
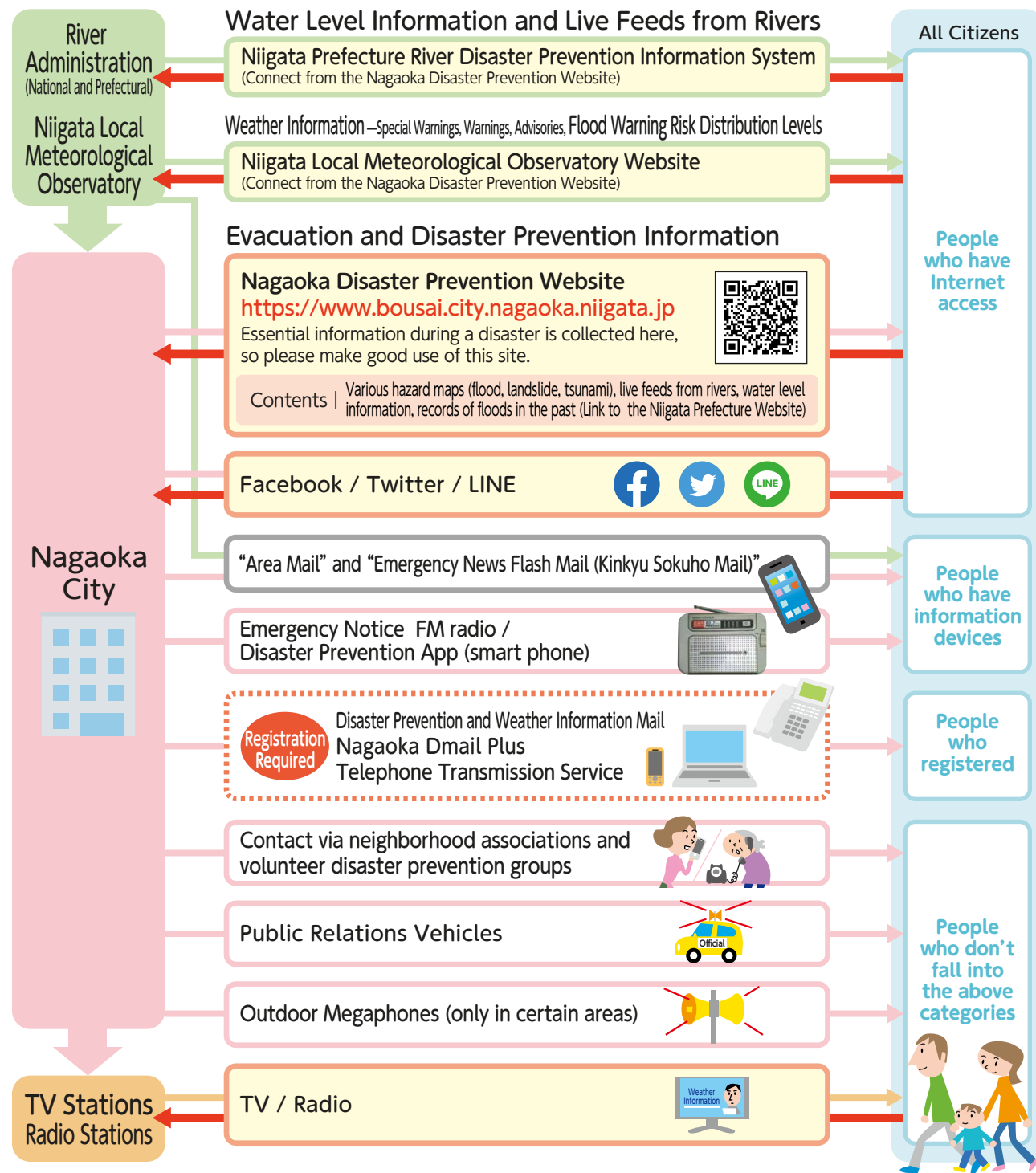


Methods of Transmitting and Receiving Information (How to Gather Information)

The city provides information through various means. You can obtain some information on your own. Rather than just waiting for information to come from the city, you should actively gather information for early evacuation.  This arrow indicates information you can gather on your own.



- Registration Required**
- Disaster Prevention and Weather Information Mail — River water level information, weather information, earthquake information, tsunami information, etc.
 - Nagaoka Dmail Plus — **evacuation information, etc. from the city**
 - Telephone Transmission Service — **Evacuation information from the city**
- How to register via e-mail or phone

To register, check "the Nagaoka Disaster Prevention Website" or call the Crisis Management Disaster Prevention Headquarters: Phone: 0258-39-2262.

People who don't have access to the Internet should gather information from TV and radio broadcasts. You can check the latest weather, water level, and evacuation information by using the "d button" on your remote control.



Safety Information Card for International Residents

The Disaster Information Card for International Residents written in English, Chinese, and Vietnamese, includes information about an app and contacts, which are useful in case of disaster or emergency. You are advised to keep this card with you, for instance in your wallet, to obtain necessary information anytime.

The Nagaoka City website
The Safety Information Card for International Residents PDF



<https://www.city.nagaoka.niigata.jp/kurashi/cate13/chikyuhiroba/file/dp-card.pdf>

Also available at the Chikyû Hiroba at the Nagaoka City International Affairs Center.

The card includes the following information:

- Emergency Call**
 - 救急・消防 / Ambulance・Fire Service: 119, 24時間受付、お金はかかりません (24 hours a day, at no charge)
 - 警察 / Police: 110, 24時間受付、お金はかかりません (24 hours a day, at no charge)
- Emergency Notification**
 - Safety tips (無料) / Safety tips (free): Download this App to receive notifications in case of earthquake, flooding, etc. (free). QR codes for Android and iPhone.
 - NHK World-Japan (無料) / NHK World-Japan (free): Download this App for information about natural disasters, etc. (free). QR codes for Android and iPhone.
 - 気象庁 / Meteorological Agency: 地震、大雨、台風などの天気のお知らせを見ることができます。Information on earthquakes, heavy rain and typhoons, etc. can be viewed here. QR code for Translation App.
 - Voice Trans: 外国語に翻訳してくれる音声翻訳アプリです。(無料) Download this translation App to translate into different languages. (free) QR codes for Android and iPhone.
- Multilingual Information**
 - Facebook: Available Languages: Japanese, English, Chinese (in simplified and traditional characters), Vietnamese, Korean, Portuguese.
 - Website: Available Languages: Japanese, English, Chinese (in simplified and traditional characters), Vietnamese, Korean, Portuguese.

"Chikyû Hiroba" at the Nagaoka City International Affairs Center

Multilingual Consultations are available at "Chikyû Hiroba".

- Phone: 0258-39-2714
- Address: First Floor, Nagaoka Civic Center 2-2-6 Otedori, Nagaoka City
- Skype: Look for the Chikyû Hiroba

Multilingual Information is provided in case of disasters.

- Facebook
 - Available Languages: Japanese, English, Chinese (in simplified characters)
- Website
 - Available Languages: Japanese, English, Chinese (in simplified and traditional characters), Vietnamese, Korean, Portuguese

Emergency Notification in case of difficulties

- Safety tips (free)
 - Download the app to receive the notification in case of disasters such as earthquakes or floods.
- NHK World-Japan (free)
 - Downloaded the app for information about natural disasters, etc.



Preparations and Actions to Protect Yourself from Disasters Self-Help

In order to keep damage from a disaster to a minimum, Self-Help (dealing with problems by yourself or with your family), Cooperative Help (helping one another in your own community), and Public Assistance (help from the government in support of Self-Help and Cooperative Help) are very important. Out of all of these, the most basic is Self-Help.

The material in this publication is simply for reference. Since each person's situation is different, you will need to think carefully about what is necessary for yourself. Keeping in mind the idea of "Each person should protect his own life by himself," you should make your own decisions and take action.

Self-Help 1 Daily Preparations

Talk with Your Family

Using the Hazard Map, confirm with your family the actions you should take at the time of disaster, such as your evacuation route and destination.



Prepare Thoroughly for Maintaining Your Safety Inside Your House

If the first floor of your house is flooded, you might not be able to use infrastructure such as electricity, gas, or water for an extended period of time. If you decide on Maintaining Your Safety Inside Your House, you will need to stock an appropriate amount of supplies. Maintaining Your Safety Inside Your House →Refer to p.3

Items to Take at the time of an Emergency / Stocking up Supplies

Taking necessary items with you when you evacuate is a fundamental action. Use the list below as a reference for your preparations. Also, if your stocked supplies get flooded, you won't be able to use them. Make sure to store them on the higher floors of your house.



Items to Take at the time of an Emergency

Keep them in a backpack or easy-to-carry bag!

Emergency Rations

- ☐ Water ☐ Food

Clothing, Etc.

- ☐ Helmets ☐ Underwear and socks
☐ Masks ☐ Towels ☐ Blankets
☐ Glasses ☐ Sanitary-protection products ☐ Diapers
☐ Contact lenses ☐ Rain gear ☐ Indoor shoes

Disaster Prevention Supplies

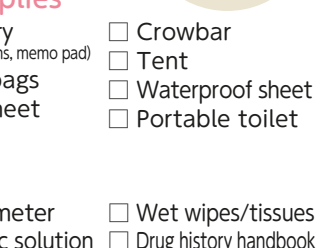
- ☐ Portable radio ☐ Stationery (ball-point pens, memo pad) ☐ Crowbar
☐ Flashlight ☐ Plastic bags ☐ Tent
☐ Batteries ☐ Picnic sheet ☐ Waterproof sheet
☐ Battery charger (including hand-cranked) ☐ Rope ☐ Portable toilet

First Aid Supplies

- ☐ Household medicine ☐ Thermometer ☐ Wet wipes/tissues
☐ Simple first aid kit ☐ Antiseptic solution ☐ Drug history handbook

Valuables

- ☐ Cash ☐ Health Insurance Card
☐ Bankbooks, personal seals
☐ Identification papers



When evacuating to a place where people are gathered together, remember to bring masks, antiseptic solution, and other goods to prevent infectious diseases.

Other Necessary Items Based on Your Family Makeup

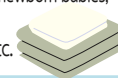
Infants

Milk (powdered- and liquid-type), baby bottles, diapers, baby food, spoons, baby wipes, baby slings, etc.



Pregnant Women

Absorbent cotton, gauze, bleached cotton cloth, T-shaped bandage, baby wipes, items for newborn babies, Mother and Child Health Handbook, etc.



People Who Require Special Care

Diapers, tissues, spare support equipment, medicine for daily use, Certificate for the Disabled, Etc.



Pets

Pet food, water, pet carrier, leash, cage, toilet supplies for pets, etc.



Self-Help 2 Gathering Information and Deciding Whether to Evacuate

Check Updated Weather Information

If heavy rain is forecasted or if it continues to rain, check the latest weather information on T.V. or the internet and prepare for immediate evacuation.



Deciding Whether to Evacuate →Refer to p.4
 Gathering Information →Refer to p.31

Things You Should Not Do

It is quite dangerous for you to go out and check river conditions. If you want to check river conditions, visit the Nagaoka Disaster Prevention website for water level information or surveillance camera images of rivers.



Gathering Information →Refer to p.31

Gather Accurate Information

False rumors or baseless rumors are likely to spread during the time of disaster. Gather reliable information provided by the administrative government and the press.



Gathering Information →Refer to p.31

Deciding Whether to Evacuate Based on Gathered Information

Take proper evacuation procedures based on information you have gathered or evacuation information provided by the city. If you evacuate your house, tell your neighbors about your evacuation if possible.



Evacuation Procedures →Refer to p.3
 Deciding Whether to Evacuate →Refer to p.4

Self-Help 3 Things to Keep in Mind for Evacuation

Evacuate as Early as Possible

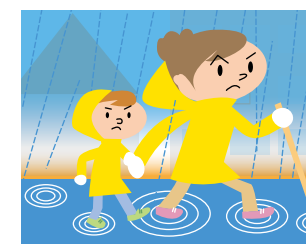
You should evacuate voluntarily and as early as possible. If you are evacuating by car, evacuate before the city issues evacuation information so that you can avoid traffic jams and you don't block emergency vehicles.



Deciding Whether to Evacuate →Refer to p.4

Wear clothing that is easy to move around and sneakers when evacuating your house.

When evacuating your house, walk to an evacuation shelter while it is still light outside, when it is much safer. Wear sneakers because it will be very difficult to walk in boots if water gets into them.



Check Designated Evacuation Shelters

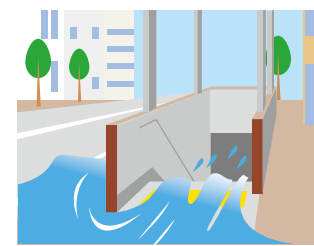
If you want to go to a city-designated evacuation shelter, check available shelters through the Disaster Prevention Website or TV data broadcasts (using the "d button" on your TV remote).



Gathering Information →Refer to p.31

Avoid Hazardous Areas When Evacuating

Riverbanks and bridges of flooded rivers, subterranean tunnels, and landslide disaster warning areas are hazardous. Evacuate via a safe route that you have checked in advance.



Evacuation Procedures →Refer to p.3

If You Are Unable to Evacuate in Time

It is difficult even for an adult to wade through 50-centimeter-deep (knee-high) water. If the water is deep, evacuate to higher floors of your house by using the stairs.



If You Are Stranded in Your House

If the water reaches the highest level of your house, wear a lifejacket or use a flotation device and wait for rescuers.



Community Cooperation and Assistance for Evacuation Cooperative Help

In cases of disasters, the city and the fire department are not always able to offer immediate evacuation assistance or rescue operations. In such cases, those who can rush in and provide help first are your neighbors. Based on the idea, “The people of each neighborhood should protect their own neighborhood,” Autonomous Disaster Prevention Associations, Neighborhood Associations, community social workers, etc. should come together to cooperate and assist in the evacuation of each neighborhood.

Cooperative Help 1 Daily Preparations

Build good relationships with your neighbors so that it's easier to help each other.

Keep good relationships with your neighbors so that you can easily talk to or consult with them by customarily exchanging greetings or participating in neighborhood activities.

Practice Evacuation Drills

Practice evacuation procedures by joining periodic evacuation drills so that you can cooperate with your neighbors in case of a disaster.

Members of the Association of Chuetsu Citizens' Disaster Prevention and Safety Officers (neighborhood disaster prevention leaders) support disaster prevention and other drills in your neighborhood.

For further information : Association of Chuetsu Citizens' Disaster Prevention and Safety Officers Phone: 0258-77-3918

There Are People Who Will Need Assistance in Cases of Disasters

People Requiring Consideration

The elderly, the disabled, people with infants, pregnant women, and international residents
Other People Requiring Special Consideration

People Requiring Evacuation Assistance

People who require consideration and are not able to evacuate by themselves will need assistance for smooth and immediate evacuation



Decide on the necessary evacuation assistance by confirming with the people requiring evacuation assistance, especially focusing on the three points listed on the right.

▶Plans depend on the situation of each neighborhood ▶Make plans through discussions ▶Start with things you can do right away ▶Periodically review the evacuation plans

Refer to the Evacuation Support Guidebook

This guidebook summarizes evacuation procedures for people requiring evacuation assistance and examples for your reference. For further information: Social Welfare General Affairs Division Phone: 0258-39-2217

- Who can help? (e.g. multiple assistants, neighborhood association groups)
- How to give them evacuation information and how to confirm their safety
- Make individual plans (decide on individual support plans)

Cooperative Help 2 Gathering and Providing Information and Deciding Whether to Evacuate

Share Disaster Information with Your Neighbors

Gather and share disaster information and pass it on to people who need assistance. Try to share information with people with hearing difficulties through sign language, writing, or gestures.



Gathering Information →Refer to p.31

Deciding Whether to Evacuate in the Community

Encourage evacuation based on information gathered in your neighborhood or provided by the city. It is important to encourage early evacuation because it gets more difficult to evacuate as the risk of danger increases.



Deciding Whether to Evacuate →Refer to p.4

Cooperative Help 3 Evacuation Assistance and Life at an Evacuation Shelter

Safety Confirmation and Evacuation Assistance

Confirm the safety of people who need evacuation assistance by telephoning or visiting. Provide evacuation assistance depending on the situation and in accordance with their requests.



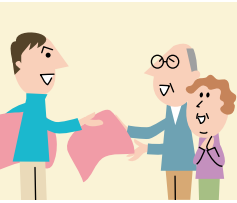
Evacuate in Groups and Help Each Other

It is dangerous to evacuate alone. If you evacuate in a group, you can help each other in case something dangerous happens. Help children, the elderly, and the physically challenged with their evacuation.



Cooperate while Staying at an Evacuation Shelter

Life at evacuation shelters requires the cooperation with the city staff, shelter managers (school staff, etc.), and evacuees. In order to avoid problems, people from all walks of life should discuss the decisions regarding life at the evacuation shelter, such as the rules, assistance for people who need support, awareness of the number of evacuees, distribution of goods, etc. Mutual assistance and sharing will help evacuees have a comfortable stay at evacuation shelters.



A list of evacuation facilities for the Shinano River and the Uono River areas

Evacuation facilities to be open in case of floods may differ from facility to facility depending on their conditions. Locations of evacuation facilities will be announced when the evacuation information is issued. Please make sure to confirm them via the Facebook page of the Chikyū Hiroba at the Nagaoka City International Affairs Center.

< Nagaoka District >

No	Facility Name	Availability Judgement	No	Facility Name	Availability Judgement
4	Nagaoka Technical High School	★	56	Nishi Junior High School	▲
6	Senju Elementary School EV	★	57	Kibogaoka Elementary School EV	▲
11	Shiromaru Elementary School	▲	59	Miyauchi Junior High School EV	▲
12	Niigata Univ. Affiliated Nagaoka Elementary School-Nagaoka Junior High School	△	60	Miyauchi Community Center Branch	△
13	Nagaoka City Gymnasium EV	△	61	Miyauchi Elementary School	▲
14	Central Library EV	▲	63	Nagaoka Agricultural High School	△
15	Nagaoka High School	▲	64	Miyauchi Community Center	△
16	Nagaoka Ote High School	△	65	Nagaoka City South Gymnasium EV	△
17	Sun Life Nagaoka	○	66	Senior Citizens' Center Miyauchi EV	△
18	Toyoda Elementary School	△	67	Kamigumi Elementary School EV	△
20	Asahioka Junior High School	△	68	Ishizaka Nursery School	○
21	Teikyo Nagaoka High School	▲	69	Ishizaka Elementary School	○
22	Sakanoue Elementary School EV	▲	70	Maekawa Elementary School	△
23	Sakanoue Community Center	▲	71	Konan Junior High School	△
25	Senior Citizens' Center Kesajiro EV	▲	72	Tokamachi Elementary School	△
27	Social Welfare Center Tomoshia EV	▲	73	Tokamachi Community Center	△
28	Omotemachi Elementary School	▲	75	Konan Elementary School	△
29	Omotemachi Community Center	▲	76	Buried Cultural Property Storage Center	○
31	Nakajima Elementary School	★	77	Muikaichi Community Center	○
33	Nagaoka City Waterworks Bureau	▲	78	Shinano River Myoken Disaster Prevention Center (Myoken Memorial Hall)	○
34	Former Social Welfare Center EV	▲	79	Kakigaoka School	○
35	Nagaoka Meitoku High School	▲	80	Kagi Elementary School	○
37	Kanda Elementary School	▲	81	Yamadori Nursery School	○
40	Kawasaki Elementary School EV	▲	82	Yamadori Community Center	○
42	Tohoku Junior High School EV	△	83	Nakazawa Nursery School	○
43	Kawasaki Community Center	△	84	Nakanuki Nursery School	○
44	Kawasaki Higashi Elementary School	△	85	Suyoshi Junior High School	○
45	Aramachi Elementary School EV	▲	86	Suyoshi Elementary School	○
48	Kita Junior High School	▲	87	Suyoshi Community Center EV	○
50	Ojima Elementary School EV	▲	88	Nagaoka University	○
52	Ojima Junior High School	▲	89	Nagaoka Commercial High School	○
55	Convention Center Hive Nagaoka EV	△	90	National Institute of Technology, Nagaoka College	○

Detailed Information about Evacuation Facilities →Refer to p.2 00:Evacuation Shelter 00:Evacuation Shelter (with a social welfare room) 00:Evacuation Shelter (to be transitioned into a Social Welfare Evacuation Shelter later on) 00:Evacuation Shelters Safe for Child Rearing ○:Available △:2F and above: Available ▲:3F and above: Available ★:4F and above: Available EV:Elevator: Available

A list of evacuation facilities for the Shinano River and the Uono River areas

< Nagaoka District >

No	Facility Name	Availability Judgement
91	Suyoshi Community Center Branch	○
92	Suyoshi Nursery School	○
93	Chuetsu High School	△
94	Senior Citizens' Center Fusoki EV	△
95	Fusoki Elementary School EV	△
96	Fusoki Community Center	△
98	Urase Elementary School	○
99	Yamamoto Nursery School	○
100	Yamamoto Community Center	○
101	Yamamoto Junior High School	○
102	Katsura Elementary School	○
103	Katsura Nursery School	○
104	Shingumi Elementary School	▲
107	Tsutsumioka Junior High School EV	△
108	Kurojo Elementary School	△
109	Kurojo Community Center EV	△
110	Shinano River Downstream Region Nagaoka Area Sewage Treatment Nagaoka Facility	△
111	Shimokawanishi Elementary School	▲
114	Kamikawanishi Community Center Branch	△
115	Kamikawanishi Elementary School EV	△

< Nakanoshima District >

No	Facility Name	Availability Judgement
146	Nakanoshima Nursery School	△
147	Nakanoshima Community Center	△
148	Nakanoshima Culture Center EV	○
149	Nakanoshima Gymnasium EV	○
150	Nakanoshima Chuo Elementary School EV	△

< Koshiji District >

No	Facility Name	Availability Judgement
164	Ishizu Training Center	○
165	Koshiji Elementary School EV	△
166	Koshiji Nursery School	○

No	Facility Name	Availability Judgement
116	Koyo Junior High School	△
117	Senior Citizens' Center Makiyama EV	△
118	Nagaoka Institute of Design EV	△
119	Fukuto Elementary School	△
122	Nagaoka Koryo High School	▲
123	Nagaoka Long Life Center	○
124	Comprehensive Support-High School for Students in Special Needs EV	○
125	Kaminozoki Nursery School	○
126	Higoshi Elementary School EV	△
127	Higoshi Community Center EV	△
128	Nagaoka City Shinsan Gymnasium	△
129	Nagaoka University of Technology	○
130	Fukasawa Elementary School	○
131	Shinsai Community Center EV	○
132	Saizu Elementary School	△
135	Sekihara Elementary School	○
136	Sekihara Community Center EV	○
137	Sekihara Junior High School	○
255	Saiwai Plaza	★

No	Facility Name	Availability Judgement
151	Nakanoshima Junior High School	▲
152	Kamidori Elementary School	▲
155	Sanparuko Nakanoshima EV	△
157	Nakanoshima North Gymnasium	△
159	Shinjo Elementary School	▲

No	Facility Name	Availability Judgement
166	Child-Rearing Support Facility Koshiji Nobi Nobi	○
167	Ura Gymnasium	○
168	Koshiji Junior High School	○

Detailed Information about Evacuation Facilities →Refer to p.2 ○○:Evacuation Shelter ○○:Evacuation Shelter (with a social welfare room)
○○:Evacuation Shelter (to be transitioned into a Social Welfare Evacuation Shelter later on) ○○:Evacuation Shelters Safe for Child Rearing
○:Available △:2F and above: Available ▲:3F and above: Available ★:4F and above: Available EV:Elevator: Available

A list of evacuation facilities for the Shinano River and the Uono River areas

< Koshiji District >

No	Facility Name	Availability Judgement
169	Koshiji Gymnasium	○
170	Raikoji Nursery School	○

< Mishima District >

No	Facility Name	Availability Judgement
175	Hiyoshi Elementary School EV	○
176	Mishima Hall	○
177	Mishima Community Center EV	○

< Washima District >

No	Facility Name	Availability Judgement
199	Washima Gymnasium	△
200	Washima Branch Office EV	△
201	Child-Rearing Support Facility Washima Waku Waku EV	○

< Teradomari District >

No	Facility Name	Availability Judgement
206	Senior Citizens' Relaxation House Yubae-so	○
207	Isesaki City Seaside Summer School	○
208	Teradomari Sports Center	○
209	Teradomari Elementary School	○
210	Teradomari Culture Center EV	○

< Yoita District >

No	Facility Name	Availability Judgement
233	Makihara Farming Community Center	△
234	Yoita Kindergarten	○

No	Facility Name	Availability Judgement
171	Koshiji Comprehensive Welfare Center EV	○

No	Facility Name	Availability Judgement
178	Child-Rearing Support Facility Mishima Mori Mori	○
179	Mishima Gymnasium	△
180	Wakinomachi Elementary School EV	△

No	Facility Name	Availability Judgement
204	Hokushin Junior High School	○
205	Roadside Station Ryokan no Sato Washima District Interaction Center	○

No	Facility Name	Availability Judgement
211	Youth Training Center	○
212	Teradomari Junior High School	○
215	Teradomari Yamanowaki Center	▲
216	Okozu Elementary School	○

No	Facility Name	Availability Judgement
234	Child-Rearing Support Facility Yoita Nijinoko Hiroba	○
240	Shionori-so EV	○

< Kawaguchi District >

No	Facility Name	Availability Judgement
242	Wanazu Assembly Hall	○
243	Kawaguchi Sports Park Gymnasium EV	○
249	Nishi Kawaguchi Community Development Center	○
250	Kawaguchi Community Hall Sensui Branch	○

No	Facility Name	Availability Judgement
251	Child-Rearing Support Facility Kawaguchi Sukoyaka	○
252	Kawaguchi Hands-on-Experience Interaction Center	○
253	Kawaguchi Community Hall Tamugiyama Branch	○

Detailed Information about Evacuation Facilities →Refer to p.2 ○○:Evacuation Shelter ○○:Evacuation Shelter (with a social welfare room)
○○:Evacuation Shelter (to be transitioned into a Social Welfare Evacuation Shelter later on) ○○:Evacuation Shelters Safe for Child Rearing
○:Available △:2F and above: Available ▲:3F and above: Available ★:4F and above: Available EV:Elevator: Available