

Sanjo City Flood Disaster Manual

SanjoshiSuigaiTajouManual
三條市水害対応マニュアル

(Citizen's Copy · 市民編)

June, 2005

Sanjo City

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Evacuation Information 避難情報

Hinanjouchou

Sanjo has three stages for evacuation. They are the *Evacuation Preparation, Evacuation Warning, and Evacuation Order stages.* (Standard measures are subject to change after careful consideration.)

1. Evacuation Preparation Stage : *Physically and mentally challenged people*(people who may need assistance in evacuating or may not understand instructions on evacuating on their own) need to start evacuating. The chances of a disaster are high.

HinanJunbiJouhou
避難準備情報

2. Evacuation Warning Stage : It is recommended that everyone goes to an evacuation center. The chances of a disaster are extremely high.

Hinankankoku
避難勧告

3. Evacuation Order Stage: A natural disaster is imminent or a natural disaster has occurred. It is imperative that one evacuates to an evacuation center or the 2nd floor of a safe building.

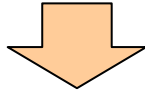
Hinanshiji
避難指示

Standard Measures for Evacuation			
	Ikarashi River (五十嵐川)	Kariyata River(刈谷田川)	Shinano River (信濃川)
	Affected areas: Ranpoku,Rannan,Iguri,Honjoji, Osaki, Honjoji, and Nagasawa area	Affected areas: Sakaekita, Sakaechuo , Ohmo, Rannan, and Honjoji area	Affected areas: Ranpoku, Rannan, Iguri, Honjoji, Oojima, sakaekita, Sakaechuo, and Ohmo area
If any of the following conditions occur, that stage will be in effect			
Evacuation Preparation Stage Hinanjunbijouhou (避難準備情報)	Over 90mm of rain within 3 hours in the Sanjo Area. Water level at 一新橋 is over 8.5m, total rainfall at kasabori 笠堀 dam is over 200mm or there is over 60mm rainfall within 2 hours. The water flow at kasabori 笠堀 dam is over 300m ³ /s or dam water release is over 80m ³ /s.	Over 90mm of rain within 3 hours in the Sakae Area. Water level at 大堰 is over 15.5m, total rainfall at Tochio 栃尾 is over 200mm or there is over 100mm of rain within 3 hours. The water flow at Kariyata River dam is over 170m ³ /s or dam water release is over 45 m ³ /s.	Water level at the Ozaki Water Level observation point(尾崎水位観測所) is over 9.5m.
Evacuation Warning Stage Hinankankoku (避難勧告)	Over 120mm of rain within 3 hours. Water level at 一新橋 bridge is over 9.5m. Total rainfall at kasabori 笠堀 dam is over 200mm or there is over 80mm rainfall within 2 hours kasabori 笠堀 dam is almost full and the water has to be released to match the water flow.	Over 120mm of rain within 3 hours. Water level at 大堰 is over 16.5m. Total rainfall at Tochio 栃尾 is 220mm, there is over 130mm of rain within 3 hours or the water flow at Kariyata River dam is over 170m ³ /s. Kariyata river dam is almost full and water needs to be released to match the water flow.	Water level at the Osaki Shinanogawa water level observation point (尾崎水位観測所) is over 10.5m.
Evacuation Order Stage Hinanshiji (避難指示)	1. A natural disaster is imminent. 2. A natural disaster has already occurred.		

Once information on evacuations is sent out, please act accordingly to the following instructions:

When an Evacuation Preparation Order has been Called For:

1. Please prepare for an evacuation.
2. Physically and mentally challenged people should prepare emergency goods and immediately go to a primary or secondary evacuation center. (Refer to p. 5 for details on evacuation centers)
3. Volunteers that have been chosen to help the physically and mentally people should go to their assigned places.



When an Evacuation Warning has been Called For:

1. Everybody that has not started to evacuate should go to a primary or secondary evacuation center.



When an Evacuation Order has been Called For:

1. If you are evacuating, please finish as soon as possible.
2. People that have not evacuated already should go to an evacuation center as soon as possible. If you cannot make it to one, go to the second floor of a safe building.

How to Retrieve Disaster Related Information Before it Occurs

Gathering Information

If one listens to weather reports and is prepared, flood damage can be reduced. Please check for the accuracy of the information and act accordingly.

One can get information from television, radio, the internet, or by telephone (Dial 177 **Japanese only**). There will also be information from the city office so please look out for this information.

The Sanjo City Office will send disaster related information through the following methods:

1. Information through mass media

- Information from the city will be sent out through television, and radio broadcasts. Please listen to 76.8 Tsubame Sanjo FM or NHK(AM:837, FM:82.3). Depending on your area, you may not be able to receive Tsubame Sanjo FM.

2. Emergency Warning Cars.

- Emergency cars with loud speakers will drive around the city to send warnings. The rain can block the sounds so please open your windows or go outside if you cannot clearly hear the speakers.

3. Look at the Sanjo City Homepage for updates.

Sanjo City Homepage
<http://www.city.sanjo.niigata.jp/>

(Others) Neighborhood Council Network

- Your neighborhood council is working in cooperation with Sanjo City to distribute disaster related information. However, please gather information by the various means of mass communication as well.

【 Main Content of the Warnings 】

- **Warning regarding typhoons, weather, and river water levels.**
- **Information regarding Evacuation Preparation, Evacuation Warnings, and Evacuation Orders.**

- The weather and river conditions can change at any given moment and there is the possibility that the warning may not reach every citizen. Please gather as much information on your own and take the necessary measures to protect yourself and your family.

The Evacuation Center

Establishment of Evacuation Centers

Primary evacuation centers will be set up before the Evacuation Preparation stage and secondary evacuation centers will be set up by the time that Evacuation Preparation warnings are set out. Also depending on evacuee numbers, *back up evacuation centers* may be set up. However, the back up centers may not have the proper amount of personnel and may not have up to date information. If possible, please go to the primary and secondary evacuation centers.

List of Evacuation Centers

●Primary and Secondary Evacuation Centers (In the event of a flood)

shougakkou 小学校=elementary school, chugakkou 中学校 = junior high school, koukou 高校 = high school
 kouminkan 公民館=community center hoikusho 保育所=day care

Area	Evacuation Center	Center Type
Ranpoku Area (嵐北地区)	Daini Chugakkou 第二中学校	Primary Center
	Chuoh Kouminkan 中央公民館	"
	Taiiku Bunka Center 体育文化センター /Sports and Cultural Center	Secondary Center
	Ichinokido Shougakkou 一ノ木戸小学校	"
	Kenritsu Sanjo Shogyo Koukou 県立三条商業高校	"
	Uradate Shougakkou 裏館小学校	"
	Kanbayashi Shougakkou 上林小学校	"
Rannan Area (嵐南地区)	Kinroseishou jnenho-mu 勤労青少年ホーム(soleil Sanjo)/ Working Youth Center	Primary Center
	Daiichi Chugakkou 第一中学校	"
	Rannan Kouminkan 嵐南公民館	Secondary Center
	Yokkamachi Shougakkou 四日町小学校	"
	Minami Shougakkou 南小学校	"
Iguri Area (井栗地区)	Daishi Chugakkou 第四中学校	Primary Center
	Iguri Shougakkou 井栗小学校	Secondary Center
	Asahi Shougakkou 旭小学校	"
	Tsukanome Hoikusho 塚野目保育所	"

Area	Evacuation Center	Center Type
本成寺地区 (Honjoji Area)	NishitaradaShougakkou 西鱈田小学校	Primary Center
	TsukiokaShougakkou 月岡小学校	Secondary Center
	Sougofukushicenter 総合福祉センター Public Health and Welfare Center	"
大崎地区 (Oosaki Area)	OosakiShougakkou 大崎小学校	Primary Center
	HonaiShougakkou 保内小学校	Secondary Center
	OosakiChugakkou 大崎中学校	"
大島地区 (Ojima Area)	OojimaChugakkou 大島中学校	Primary Center
	OojimaShougakkou 大島小学校	Secondary Center
	SugoroShougakkou 須頃小学校	"
栄地区 (Sakae Area)	SakaeNosonKankyoKaizenCenter 栄農村環境改善センター Sakae Agricultural Environment Improvement Center	Primary Center
	SakaekitaShougakkou 栄北小学校	Secondary Center
	OomoShougakkou 大面小学校	"
下田地区 (Shitada Area)	ShitadahokenCenter 下田保健センター Shitada Health and Welfare Center	Primary Center
	OouraShougakkou 大浦小学校	Secondary Center
	IidaShougakkou 飯田小学校	"

Back up evacuation Centers (In the case of flooding)

Area	Evacuation Centers	Area	Evacuation Centers
嵐北地区 (Ranpoku Area)	SanjoShougakkou 三条小学校	嵐南地区 (Rannan Area)	JonanShougakkou 条南小学校
	DaisanChugakkou 第三中学校		RannanHoikusho 嵐南保育所
	TajimaHoikusho 田島保育所		KenritsuKenouKougyouKoukou 県立県央工業高校
	UradateHoikusho 裏館保育所	井栗地区 (Iguri Area)	IguriKouminkan 井栗公民館
	SanjoHoikusho 三条保育所	本成寺地区 (Honjoji Area)	HonjojiChugakkou 本成寺中学校
	AsahiHoikusho 旭保育所		TsukiokaHoikusho 月岡保育所
	IchinomonHoikusho 一ノ門保育所		HonjojiKouminkan 本成寺公民館
	KatsubogawaHoikusho 嘉坪川保育所		KenritsuTsukigaokaYougogakkou 県立月ヶ岡養護学校
	SougouTaikukan 総合体育館 SanjoSogo Gymnasium		SouguUndokouen 総合運動公園 Torino Mori

Area	Evacuation Centers
大 崎 地 区 (Osaki Area)	Honai Hoikusho 保内保育所
	Sanchiku Hoikusho 三竹保育所
	Osaki Kouminkan 大崎公民館
	Osaki Kouminkan Honai Bunkan 大崎公民館保内分館
	Kenritsu Sanjougashi Koukou 県立三條東高校
	Kenritsu Sanjo Techno School 県立三條テクノスクール
大島 地区 (Ojima Area)	Sugoro Hoikusho 須頃保育所
	Ojima Kouminkan 大島公民館
栄 地 区 (Sakae Area)	Region Center リージョンセンター
	Sakaechuou Shougakkou 栄中央小学校
	Sakae Chuugakkou 栄中学校
	Nakayoshi Jidoukan なかよし児童館 Nakayoshi Children's Community Center
下 田 地 区 (Shitada Area)	Shitada Kouminkan 下田公民館
	Ogibori Hoikusho 萩堀保育所
	Shitada Chuggakkou 下田中学校
	Shitada Sougou Taiikukan 下田総合体育館 Shitada Sogo Gymnasium
	Nagasawa Shougakkou 長沢小学校

Area	Evacuation Centers
下 田 地 区 (Shitada Area)	Hara Hoikusho 原保育所
	Morino Kenkoukan Kodama 森の健康館こだま
	Sasaoka Shougakkou 笹岡小学校
	Sasaoka Hoikusho 笹岡保育所
	Arasawa Shougakkou 荒沢小学校
	Arasawa Hoikusho 荒沢保育所
	Morimachi Shougakkou 森町小学校
	Shitada Kouminkan Morimachi Bunkan 下田公民館森町分館
	Yottegetei よってげ邸
	Kyuukasabori Bunko 旧笠堀分校
	Myoge Hoikusho 名下保育所
	Iida Hoikusho 飯田保育所
	Wellness Shitada ウエルネスしただ
	Totani Komunitesenta Himesayuri とたにコミュニティーセンターひめさゆり Totani Community center Himesayuri
Nakaura Hoikusho 中浦保育所	
Magaridani tamokuteki Kenshu Kouryu Shisetu 曲谷多目的研修交流施設 Yamayuri やまゆり Yamayuri-Magaritani Multi Purpose center	

How to Evacuate

How to Evacuate in Case of a Flood

1. Wear Safe Clothing !
BousaiZukin
 Helmet、 protective hood(防災頭巾)、 shoes with shoelaces. Do not go barefoot or wear boots.
 (If water gets into boots, it makes it difficult to move.)
2. Watch your feet !
 In the event of a flood, some gutters cannot be seen and can be dangerous. While walking, bring a stick and check if your path is safe.
3. Be careful of deep water !
 The approximate safe depth of water to walk in is 70cm for males, 50cm for females and 30cm for children. If the water is too deep please go to high ground and wait for help.
4. Call on your neighbor!
 Before evacuating, call your neighbors and evacuate together. Do not evacuate by yourself.
5. Take care of children an senior citizens !
 Give children and seniors a floatation device and carry sick people and people that are physically challenged.
6. Evacuate on foot or by bicycle !
 When evacuating, please go on foot or by bicycle. Do not drive a car. Also, if flooding occurs, there is a chance of falling into a gutter so do not ride a bicycle.

Emergency Kit

Prepare an emergency bag with necessary items in it to be able to evacuate quickly in case of emergency.

Basic items for your emergency pack (3 days worth drinking water and food) *Prepare roughly 3L of water per day per person.	<ul style="list-style-type: none"> -important property (money, bankbook, stamp, passport, and insurance papers. 10yen coins are good for pay phones.) -water (3days worth. roughly 3L/day per person. Crackers, Canned food etc.) -flashlight, radio (extra batteries) -matches, lighters, candles -First-aid kit (antiseptic lotion, bandana, absorbent cotton, bandages, etc.) -clothing (underwear, sweaters, jackets, durable shoes) -protective hood or helmet, gloves, towels -can opener, plastic bag, toilet paper, rain coat, knife -tissues, tooth brush set, sanitary napkins
Families with babies	<ul style="list-style-type: none"> -milk products, milk bottle, mineral water, and a bag -diapers, baby backpack/sling, hat, clothing, jackets
Families with senior citizens or physically challenged people	<ul style="list-style-type: none"> -medicine, nursing tools, diapers, piggy back sling

Distribution of Post Disaster Related Information and Relief Goods

Relief Goods

In the event of a disaster one will require food, living products and disinfectants and sand bags. Relief goods will be **sent to and distributed** at the primary and secondary evacuation centers. Relief will be given to evacuees and also victims that could not make it to the evacuation centers. Please check your nearest evacuation center and go to it for your relief supplies.

* The evacuation center list is on pages 4 ~ 6.

Disaster Related Information

1. In the event of a natural disaster, relief goods and post evacuation information will both be sent out to both primary and secondary evacuation centers.
However, during a crisis conditions may make it difficult to retrieve information. Therefore try to use various media outlets such as television, radio or the internet. Since there is the chance of false rumors, please make sure to get proper information.
2. During the 7.13 Sanjo Flood, Community FM TsubameSanjo FM changed their program schedule to accommodate for disaster updates. Broadcasts TsubameSanjo FM may have more details than other means of communication.

TsubameSanjo FM
76.8MHz

NHK Radio
AM : 837kHz
FM : 82.3MHz

*Tsubame Sanjo FM cannot be retrieved in some areas. Please check beforehand for availability. (Radio Information is in Japanese Only)

Sanjo City Homepage
<http://www.city.sanjo.niigata.jp/>

Evacuation Procedures for Physically and Mentally Challenged People

Assistance for Physically and Mentally Challenged People

In the event of a disaster, senior citizens, physically challenged people and people that may not understand the evacuation information may need the assistance of the people in the community.

In order to make a “City that is resilient towards disasters” and make it safe for the rapidly aging population, there is a need to maintain or set up a “**Local Disaster Prevention Organization**”
jishu bousai soshiki
(自主防災組織) for evacuation. (Refer to page 11 for details on Local Disaster Prevention Organizations.)

However, at present Sanjo City is behind in setting up such a system. Therefore, here are the steps that will be taken.

1. With the permission of the person, a list will be made for people that may have difficulty in evacuating (Physically and Mentally Challenged people). Furthermore, there will be two categories people. People that can evacuate with the help of family, friends or a care-taker and also people that cannot.
2. For people that can evacuate on their own, they will receive information from their district welfare officer (民生委員), home nursing center (在宅介護支援センター), or Nursing Insurance service (介護保険サービス事業所) and will be asked to evacuate beforehand so that they have ample time to go to the evacuation centers. The District welfare officer will help under the responsibility of the Sanjo City Hall. Please prepare ahead so that you can protect yourself.
3. For citizens that cannot evacuate on their own please evacuate with the help of members of the neighborhood council or your local disaster prevention organization. If it is not possible to reach the evacuation centers, go to the 2nd floor of a safe building. (The neighborhood council, and local disaster prevention organization are working in cooperation under the responsibility of the Sanjo City Office. Please keep this into consideration and try to take care of yourself as much as possible.
4. The list of physically and mentally challenged people that need assistance in evacuation is personal information and will be protected by the city, neighborhood council, local disaster prevention organization and the district welfare officer and will be used only to make the evacuation efforts as efficient as possible.

The Sanjo City Office is working as hard as possible to help the physically and mentally challenged people according to the above methods. However, the support from the community is still lacking therefore this is not a perfect system.

The City Office list for people who need assistance in evacuation is used as a last resort. Please try to cooperate with your neighbors and local disaster prevention organization to insure that you, your family, and friends are safe.

Requirements for being included in the physically and mentally challenged people's list

You must live at home and fulfill one of the requirements.

(1) People that have nursing certification(^{kaigonintei}介護認定)

(2) Physically challenged people(Under the age of 65)

Level 1~ 6 visual impairment(^{shikakushougai}視覚障害者)

Level 1-6 hearing impairment(^{choukakushougai}聴覚障害者)

Lower, upper body paralysis, Level 1-3 Paralysis)

Any other impairment between level 1 and 2.

(3) Mentally Challenged People (Under the age of 65 and has a Ryoiku Mental Education

^{ryoikutechou}
Notebook A (療育手帳 A)

(4) People with mental illnesses that are receiving regular home treatments from the city.

(5) People with incurable sicknesses that are receiving allowances from the city

(6) Physically Challenged Senior Citizens that have over an A rank from the self support grade

(7) Senior citizens with dementia ranking over II

A Request to the Citizens of Sanjo

As mentioned before, the most important thing is to protect yourself in the event of a disaster. In fact, during the Hanshin Earthquake in Kobe, 60% of the people were saved by their neighbors, 20% by family members and 20% of the citizens were saved through public institutions.

With this in mind, please take the following precautions.

1. Speak with family and neighbors and ask each other, “How can we evacuate”, “How can we help each other?” and “How can I protect myself?”.
2. Do not be passive. Be proactive in gathering information on disaster news.

Others Information (Local Disaster Prevention Organization)

What is a Local Disaster Prevention Organization?

In the event of a disaster, fires, loss in gas/hydro/water, and disaster relief efforts may be paralyzed. In times like this disaster prevention among yourselves with neighbors and members in your community can achieve big results.

This organization is called “Local Disaster Prevention Organization(自主防災組織)” and is an organization that acts to prevent disasters from occurring without the help of the government. Unfortunately, efforts are far behind in Sanjo City. Please keep in mind the mentality of “Help each other protect your neighborhood”. If you hear of any the organization’s activities, please take the time and take part in them.

j i shubousaisoshiki

The Role of the Local Disaster Prevention Organization

1. The role of the “Local Disaster Prevention Organization” is to practice disaster prevention activities and for the members to help each other in protecting their neighborhood in the event of a natural disaster.
2. The main objective of the local disaster prevention organization is to take lead role and assist the local people in the evacuation of physically and mentally challenged people.

Support for Local Disaster Prevention Organizations

For the promotion of the creation and maintenance of Local Disaster Prevention Organizations, Sanjo City will fund your organization. This money can be used for necessary material for disaster prevention.

【Requirements for Support】

The cost of the materials must be over 10,000yen and up to 350,000yen can be applied for.

【Amount of Funding】

1. Sanjo city will fund half of the amount of the products that have been purchased. For any amount less than 1,000yen, it will be lost.
2. Therefore, the maximum amount of money that can be received is 175,000yen.
3. Application for funding can only be done once a year and you may only apply for funding within 5 years of your first application.

Other Information (Affects of Rain)

Levels of Rainfall

Amount of rain/hour	Situation with Regards to Flooding
10-20mm	Weather Cautions will be sent out if it is to continue.
20-30mm	Gutters and small rivers start to overflow and small landslides may occur.
30-50mm	It is easy for landslides to occur, thus people living in vulnerable areas should start preparations for evacuation.
50-80mm	In large cities, water flows into underground pathways. Water comes out of the manholes. Landslide can occur easily. Damage has started in many places.
Over 80mm	There is a high chance of damage due to rain, therefore one needs to watch out.

Damage Caused by Rain

【Rain can causes the following 3 types of damage.】

Flooding of Rivers KouzuiSaigai 洪水災害	Rise in water can lead to flooding and can result breakage in the river banks.
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Flooding ShinsuiSaigai 浸水災害	Flooding as a result of a rise in river water where sewers and drainage pipes cannot channel the water away.
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Land slides ^{d.o} 土砂災害 ^{sha sai gai}	Warning Signs ^{zen} 前兆現象 ^{chou gen shou}
Landslides Gakekuzure かけ崩れ Yamakuzure ・山崩れ	Sudden breakage in the surface of a mountain or cliff.
Rock Slides Dosekiiryuu 土石流	Earth and rocks start falling with running water. It is very damaging.
Large Landslides Jisuberi 地すべり	Slight slopes in mountains slowly start to slide. Occurs in wide areas.
	<ul style="list-style-type: none"> • Cliff water get muddy. • Cracks form in cliffs. Small stones start to fall. • Sounds come from cliffs. • Rumbling sounds come from the mountain. • Drop in river water level even though there is continued rainfall. • Rivers get muddy or trees flow in the river. • Cracks form in the land. • Wells and streams get muddy. • Water flows out of cliffs and slopes.

Other Information (Useful Information)

Safety Confirmation Voice Box

Saigai rouDengonDaiaru
(災害用伝言ダイヤル)

In the event of a disaster, many people will call to check if their friends and family are safe and the telephone lines clog up.

NTT has a service that can prevent this called the, “Safety Confirmation Voice Box”. In the event of a disaster, please use this service.

How to record a message



*Follow the instructions

Both victims, friends and family can call from outside the city.

max
30 seconds

How to play a message



*Follow the instructions

Both victims, friends and family can call from outside the city.

First Aid Treatment

For Heavy Bleeding

- Use a clean gauze or handkerchief and apply pressure to the wound. Raise the wounded area above the heart.
- If you cannot put pressure due to a broken bone, use a tourniquet. Tightly tie a towel on the part that is closer to the heart, place a stick and slowly wrap around the wound. If the tourniquet is used for more than 1 hour there is the possibility of death in the limb. Loosen the band every 30 minutes.

Treatment of Broken Bones

- Try not to move the affected area.
- Apply a splint to the broken bone.

(If there is no splint, find something that is strong and thin enough instead. For example: cardboard, weekly publication, newspaper, umbrella, or a baseball bat)

Symptoms

Intense pain.
Sudden swelling or change in shape.
Change in skin color

Other Information (Checklist)

Be calm on the phone!
Clearly state your name and address !

Ambulance • Rescue

119

Police

110

Family Emergency Contact List

Emergency Contact

(Surname, Given name)	Company/school	Address	Tel. Number

Our Evacuation Center

Name of Center	
-----------------------	--

* Decide with beforehand on your family's shelter.

Emergency Contacts

Name of Place	Telephone Number
SanjoShiyakusho Sanjo City Office(三条市役所)	3 4 - 5 5 1 1
Sakaechosha Sanjo City Sakae Branch(三条市役所 栄 庁 舎)	4 5 - 4 1 1 1
Shi tadaChosha Sanjo City Shitada Branch(三条市役所 下 田 庁 舎)	4 6 - 2 5 1 1
Shoubousho Sanjo City Fire Department(三条市 消 防 署)	3 4 - 1 1 1 1
Keisatsusho SanjoPolice Department(三条 警 察 署)	3 3 - 0 1 1 0
TohokuDenryoku Tohoku Electric Power(東 北 電 力 株)	0 1 2 0 - 1 7 5 - 3 6 6
HigashinohonDenshinDenwa NTT East, Niigata Branch 東 日 本 電 信 電 話 株 新 潟 支 店	Repair Service(修 理) 「 1 1 3 」 Telephone line relocation(移 転) 「 1 1 6 」
Hokuriku Gas, Sanjo Office Hokurikugasu 北 陸 ガ ス 株 長 岡 支 社 三 条 事 務 所	3 2 - 2 2 1 1
SakaemachiGasu Sakae Gas 栄 町 ガ ス 消 費 生 活 協 同 組 合	4 5 - 2 0 4 9
Suidoukyoku Sanjo City Water Bureau(三条市 水 道 局)	4 6 - 5 9 0 0