

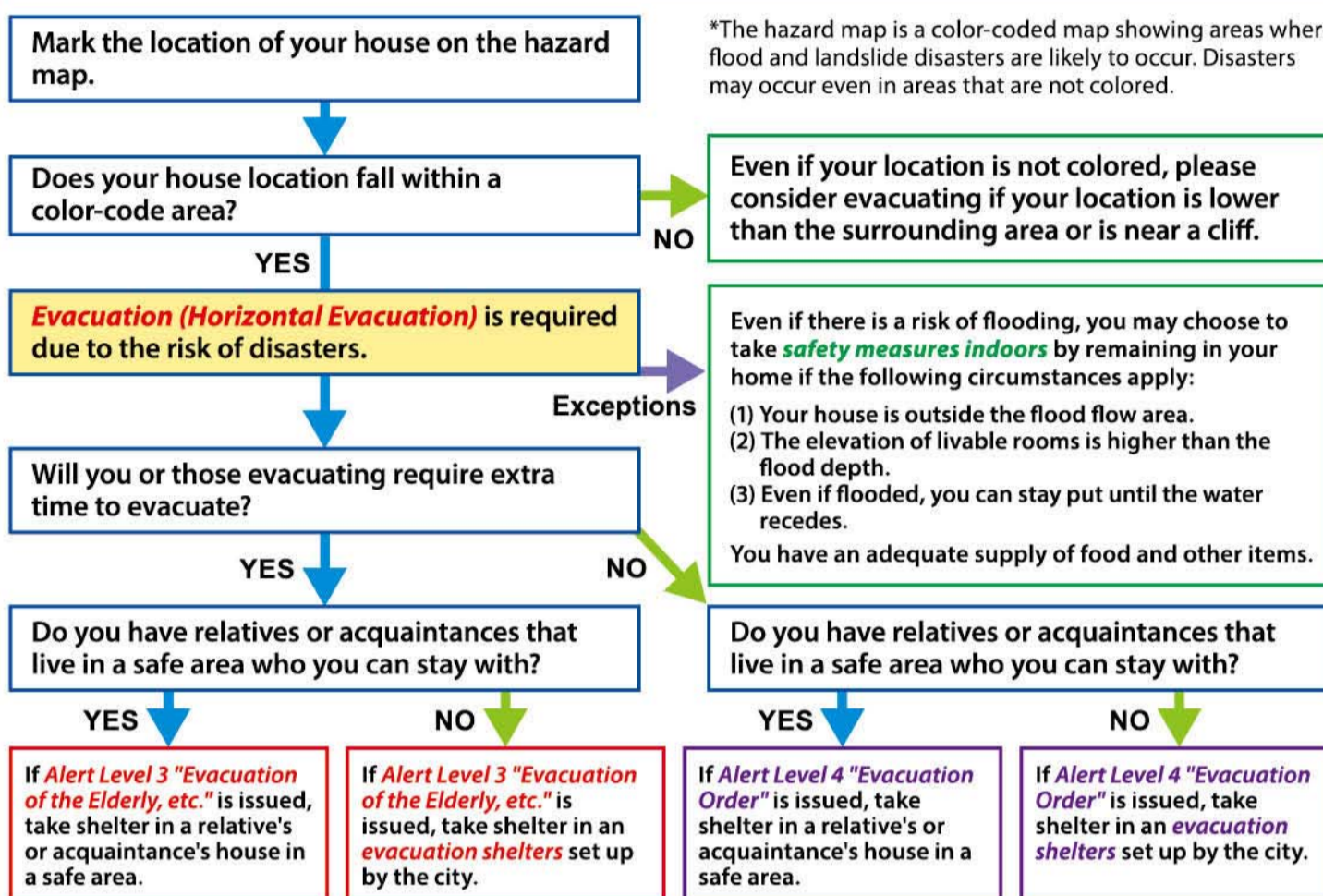
Nagano City Flood Hazard Map

Please prepare for disasters by referring to the hazard map and disaster prevention information. Create your own [My Timeline], an evacuation action plan that includes information such as "the destination evacuation centers" and "who to contact" for yourself and your family. This map also shows the "Landslide disaster alert area".

How to Use the Hazard Map

- Step 1.** Confirm the location of your house
- Step 2.** Confirm the location of your evacuation destination
- Step 3.** Confirm your evacuation route in person
- First, locate your house on the hazard map and assess the check the extent of the possible damage (e.g., whether your location is prone to flooding or landslides, the estimated flood depth, etc.).
- Next, identify your intended evacuation destination and plan your evacuation route. Choose a route that avoids roads, bridges, underpasses, and narrow streets that overlap areas of possible flooding or landslides.
- Walk to the actual evacuation destination in person. Walk with the hazard map to check for any dangerous areas, confirm the safest and easiest evacuation route, measure the time it took, and note them down on the hazard map.

Evacuation Action Decision Flowchart Confirm what evacuation action you should take



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Understanding Disaster Prevention Information

Evacuation Actions According to Alert Level

Alert Level	Actions to be taken by citizens	Types of Evacuation Information	Emergency Safety Measures (Issued by Nagano City)
Alert Level 5	A disaster has occurred or is imminent. Take all necessary action to ensure your safety.	Emergency Safety Measures (Issued by Nagano City)	Special Heavy Rain Warning
< Be sure to evacuate by Alert Level 4! >			
Alert Level 4	Everyone should evacuate from hazardous places	Evacuation Order (Issued by Nagano City)	Landslide Disaster Warning Information
Alert Level 3	Those who need extra time to evacuate (e.g., the elderly, people with disabilities, infants, etc.) and their caretakers should take evacuation action. Others should prepare for evacuation.	Evacuation of the Elderly, etc. (Issued by Nagano City)	Heavy Rain Warning (Landslide Disaster)/ Flood Warning
Alert Level 2	In preparing for evacuation, confirm your evacuation action plans using the hazard map and other information.	Heavy Rain Advisory/ Flood Advisory (Issued by JMA)	-
Alert Level 1	Be better prepared for disasters.	Early Warning Information (Possibility of warning-level weather) (Issued by JMA)	-

The various information and advisories are not necessarily released in the order of Alert Levels 1-5. Situations can change rapidly. Keep in mind that Emergency Safety Measures (Alert Level 5) may not always be issued.

Water Levels of the Rivers that Flow Through Nagano City

As water levels of these rivers rise due to heavy rain and the risk of flooding increases, the river administrator (the national or prefectural government) will issue disaster prevention information based on the following criteria. Know the criteria for rivers that flow near your home, workplace, or school, and use the knowledge as a reference for your evacuation action.

River	Chikuma River	Saigawa River	Susobana River	Hirukawa River	Asakawa River	Torii River
	Kuseike	Tategahana	Rikugo	Hirosaki (downstream)	Koichi	Okada
	Toyosaka	Tomitate	Torigawa			
Dangerous Water Level (Equivalent to Alert Level 4)	5.00	9.20	4.80	7.50	1.80	2.60
Evacuation Judgment Water Level (Equivalent to Alert Level 3)	4.00	7.50	4.50	6.80	1.50	2.00
Water Level for Flood Advisory (Equivalent to Alert Level 2)	1.60	5.00	3.30	5.20	0.00	1.10
Flood-fighting Corps Standby Water Level	0.70	3.00	2.50	3.60	-0.50	0.50
Normal water level						

*The Torii River water-level values are only given as a reference because the observation points cover Iizuna Town.
*Note that the hazard map does not take into account flooding from within levees due to heavy rainfall, such as the overflowing of gutters and small streams.

My Timeline Sheet (Nagano City version)

Let's create "My Timeline"

Think about when your preparation should begin for the period between "typhoon approaching" and "disaster occurring".

Alert Level 1 (Early Warning Information) 5 to 3 days prior

Alert Level 2 (Advisory) 2 days prior

Alert Level 3 (Evacuation of the Elderly, etc.) 1 days prior

Alert Level 4 (Evacuation Order) half a day prior

Alert Level 5 (Emergency Safety Measures) 5 hours prior

Disaster has occurred

Main disaster prevention actions:

- What should you do?
- What should you do?
- What should you do?
- What should you do?
- What should you do?
- What should you do?
- What should you do?
- What should you do?
- What should you do?
- What should you do?
- What should you do?

Examples of disaster prevention actions:

- Check the Typhoon's movement forecast
- Review the upcoming schedules of all family members
- Pick up a week's worth of medications from the hospital
- Finish all shopping
- Prepare the things to take with you during the evacuation
- Check the house and surroundings for loose items that could be blown away by the wind
- Move important items to a floor that will not be flooded.
- Check the TV, Internet, and email for information on rainfall and rivers.
- Charge your cell phone/smartphone
- Start checking the rainfall of your location and areas upstream
- Start checking the movement of rain clouds
- Start checking the water levels of rivers
- Check the hazard map for evacuation centers and decide on the means of evacuation
- Call your relatives to inform them that you will be evacuating with your family members
- Check the Internet for information on road closures
- Advise your neighbors to evacuate
- Change into comfortable clothing for evacuation
- Start moving to a safe place
- Check the Internet for the risk levels of landslide disasters
- Receive the "Landslide Disaster Warning Information" notice via cell phone, etc.
- Receive the "Evacuation Order" notice via cell phone, etc.
- Evacuation completed
- Notify your district municipal officer of your evacuation location

Your life is at risk. Seek safety immediately!
Move to a safe place, such as the upper floor of your home or a room not facing the cliff.

*Please note that the timing of the Alert Levels and other information above is only for reference and may differ during an actual disaster.

My Timeline

"My Timeline" is a chronological summary of the disaster prevention actions you (and your family) will take. Note down the information and actions necessary for evacuation according to one's family structure and living environment. Summarizing in advance the "when," "who," and "what" will lead to smooth disaster prevention and mitigation actions.

How to Create "My Timeline"

- 1. Fill out the checklist**
- To create "My Timeline", fill out the "Checklist for Creating My Timeline" using the hazard Map.
- How to Create "My Timeline"**
- | Check the hazard Map | Family status | Check the evacuation destination |
|---|---|---|
| What is the flood depth of your location?
_____m | Do you own a car?
Yes <input type="checkbox"/> No <input type="checkbox"/> | Evacuation shelters operated by the city
(Travel time: approx. _____min) |
| What is the flood duration of your location?
_____Hours | Do you have pets?
Yes <input type="checkbox"/> No <input type="checkbox"/> | Relative's or acquaintance's house
(Travel time: approx. _____min) |
| Are you located in a "Presumed area of building collapse and flood?"
Yes (Flood flow) <input type="checkbox"/>
Yes (Bank erosion) <input type="checkbox"/>
No <input type="checkbox"/> | Do you require everyday medicine?
Yes <input type="checkbox"/> No <input type="checkbox"/> | Accommodations (hotels and inns)
(Travel time: approx. _____min) |
| | Does anyone need assistance during evacuation? (the elderly, people with disabilities, infants, pregnant women, etc.)
Yes <input type="checkbox"/> No <input type="checkbox"/> | Other
(Travel time: approx. _____min) |
- Sources: Based on materials from the Kanto Regional Development Bureau website (https://www.ktr.mlit.go.jp)

2. Create "My Timeline"

- Use the "Evacuation Action Decision Flowchart" and the "Checklist for Creating My Timeline" to create your own "My Timeline Sheet (Nagano City version)".
- Write down your planned actions in the "Main Disaster Prevention Actions" section by using the "Examples of disaster prevention actions" and the "Checklist" as guides.
- Tips for creating "My Timeline"**
- Be prepared for an evacuation by "preparing early and acting early".
 - Purchase of daily necessities and hospital visits should be taken care of before the weather turns bad.
 - Make sure to fully charge your cell phone/smartphone. Prepare spare batteries.
 - Before you begin evacuating, check the weather forecasts, traffic information, and flood forecasts in your area.
 - Once the evacuation is complete, notify your district municipal officer.

"My Timeline" is only a guide
"My Timeline" is only a guide for disaster prevention action in the event of approaching danger such as typhoons. Actual disasters do not always unfold as envisioned in "My Timeline". For example, depending on the scale and extent of the disaster, authorities might skip Alert Level 3 "Evacuation of the Elderly, etc." and directly issue Alert Level 4 "Evacuation Order".

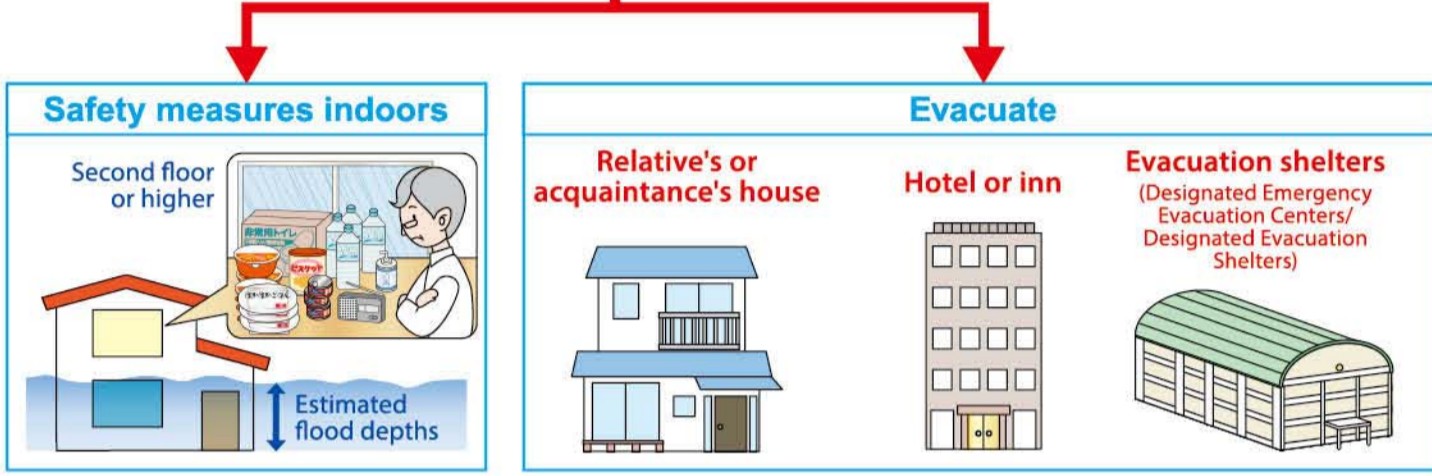
What to Do During an Evacuation

Evacuation means "Avoiding Difficulties"

- Evacuation (Horizontal Evacuation)**
 - Evacuate to a safe place (such as a designated evacuation shelters) if the danger of disaster is imminent in your home area.
- Vertical Evacuation**
 - If there is no danger of building collapse due to flooding or landslides, or if the evacuation is more dangerous due to nighttime or heavy rain, evacuate to the second floor or higher of your home or a nearby sturdy building.

Dispersed Evacuation

- To avoid crowding at evacuation shelters (Designated Emergency Evacuation Centers/Designated Evacuation Shelters), consider a dispersed evacuation. This includes evacuating to locations other than the city's evacuation shelters, such as a relative's or acquaintance's house, hotels, or inns. If you determine that your home is safe, you may also consider seeking safety measures indoors.



Safety measures for your home - Preparing for wind and flood disasters -

- Indoor flood prevention measures**
 - Move important documents, albums, appliances, etc. to a higher location.
 - Unplug electrical appliances to prevent short circuits.
 - Place a water bag over the drainage of bathtubs and washing machines, as well as inside toilet bowls to prevent backflow.
- Outdoor flood prevention measures**
 - Clean out street gutters and rainwater basins to prevent flooding of homes due to overflow.
 - To prevent fallen trees from severing power and telephone lines, regularly trim trees and branches within your property.
 - For semi-underground buildings and basements, prepare sandbags, and conduct maintenance and inspection of the drainage systems.

Tips for Evacuation

One can easily panic during disasters. Recklessly running away or acting on impulse can be dangerous. Calmly assess the situation and try to evacuate safely.

Evacuation Precautions

- Stay away from rivers and waterways**
 - Do not approach rivers or waterways, or go check on fields or irrigation canals, as it is dangerous.
- When Evacuating on Foot...**
 - Do not wear boots. Wear sneaker-like shoes.
 - Use an umbrella or long stick as a walking stick to identify hazards along your route.

Understand the Dangers of Walking in Water

- Gutters and manholes are difficult to spot when submerged. There is a risk of losing your footing.
 - Fast-flowing water can knock you over and sweep you away.
 - It can be difficult and dangerous to walk even for adults.
 - Children will lose their footing and be swept away.
- From knees to your crotch

Do not evacuate by car

- Refrain from evacuating by car. If the flood depth exceeds 30 cm, the engine will stop running.
- Supporting people with special needs
 - Take care of not only your own family but also the people of the community.
 - Communicate regularly with those who need assistance during an evacuation, such as the elderly, people with disabilities, infants, and pregnant women.

Check electricity, gas and fire sources

- Before evacuating, make sure to turn off electricity, gas, and fire sources.
 - Unplug electrical appliances and turn off circuit breakers.
 - Make sure you turn off the stove and the main gas valve as well.
- Evacuation actions in the event of a failed escape
 - If you failed to escape in response to an evacuation order you could be in danger. Evacuate to the second floor or higher of your home or a nearby sturdy building.

Emergency Supplies and Stockpiles

Immediately after a disaster strikes, relief supplies from disaster management agencies may not be able to reach you due to damaged roads and bridges. Prepare at least three days' worth of drinking water, food, and daily necessities, preferably seven days' worth of supplies. Inspect your emergency supplies once a year and restock any items that are close to their expiration date.

Emergency Supplies(Example)

Prepare emergency supplies so that they should weigh no more than 15 kg for men and 10 kg for women. Don't store them in a single location. Spread the items out across your car, the balcony, etc.

Food and drinks	Infectious disease control supplies	Personal essential items
<input type="checkbox"/> Food (Emergency food)	<input type="checkbox"/> Masks	<input type="checkbox"/> Glasses, contact lenses
<input type="checkbox"/> Drinking water (Bottled)	<input type="checkbox"/> Thermometer	<input type="checkbox"/> Dentures, hearing aids
<input type="checkbox"/> Clothing and daily supplies	<input type="checkbox"/> Antiseptic solution, sterilization sheets	<input type="checkbox"/> Sanitary items
<input type="checkbox"/> Clothing, underwear etc., towels	<input type="checkbox"/> Emergency medical supplies	<input type="checkbox"/> Disposable diapers
<input type="checkbox"/> Blankets, sleeping bags	<input type="checkbox"/> Adhesive plasters, bandages, triangular bandages	<input type="checkbox"/> Baby food, baby formula, Maternal and Child Health Handbook
<input type="checkbox"/> Wet wipes	<input type="checkbox"/> Disinfectants, ointment	<input type="checkbox"/> Allergen-free foods
<input type="checkbox"/> Tissue paper	<input type="checkbox"/> Medication notebook	<input type="checkbox"/> Pet Supplies
<input type="checkbox"/> Plastic bags	<input type="checkbox"/> Everyday medicine, household medicine	<input type="checkbox"/> Other necessary items
<input type="checkbox"/> Portable radio	<input type="checkbox"/> Copies of prescriptions	
<input type="checkbox"/> Flashlight, headlight	Valuables	
<input type="checkbox"/> Spare batteries, emergency charger	<input type="checkbox"/> Driver's license	
<input type="checkbox"/> Cell phones/smartphones	<input type="checkbox"/> Health insurance card	
<input type="checkbox"/> Writing implements	<input type="checkbox"/> My number card	
<input type="checkbox"/> Hat/cap (helmet), emergency whistle	<input type="checkbox"/> Cash (including coins), credit cards, etc.	
<input type="checkbox"/> Rain gear, gloves	<input type="checkbox"/> Bankbook, seal	
<input type="checkbox"/> Sneakers, slippers		

Stockpiles (Example)

Food and drinks	Daily supplies	Knife, can opener
<input type="checkbox"/> Pre-packaged rice	<input type="checkbox"/> Disposable tableware, chopsticks	<input type="checkbox"/> Other essential items
<input type="checkbox"/> Pre-packaged foods	<input type="checkbox"/> Cassette stove	
<input type="checkbox"/> Canned, bottled foods	<input type="checkbox"/> Food wrap, aluminum foil	
<input type="checkbox"/> Instant Foods	<input type="checkbox"/> Toiletries, oral care products	
<input type="checkbox"/> Drinking water (3L a day per person)	<input type="checkbox"/> Garbage bags, toilet paper	
<input type="checkbox"/> Sports drinks, vegetable juice	<input type="checkbox"/> Disposable body warmer	
<input type="checkbox"/> Instant soups	<input type="checkbox"/> Portable toilet	

Have extra supplies through "Rolling Stock"

Rolling stock is a stockpiling method in which you purchase slightly more of the foods and items that you use daily, such as canned and pre-packaged foods, and daily necessities (batteries, household medicine, plastic wrap, toilet paper, etc.). By always replenishing what you use, you will have a constant supply of food and daily necessities.

Information Sources / Means of Communication During Disasters

Information announced by the City

- Nagano City Disaster Prevention Nav (App)**
 - Emergency information such as the Disaster Administrative Radio can be obtained via smartphone.
- Nagano City Disaster Prevention Email Delivery Service**
 - Disaster prevention information is broadcasted.
 - [To register] Scan the QR code on the left or send a blank email to bousaimail@nagano-bousai.jp
- Nagano City Official LINE Account**
- Nagano City Official Twitter Account**
- Emergency Alert Email (Area Mail)**
 - Evacuation information will be simultaneously sent out to NTT docomo, au, SoftBank, and Rakuten Mobile smartphones and cell phones in the city. No prior registration is required.
- Nagano City Disaster Prevention Information Portal**
 - You can find information such as the operating status of evacuation shelters and Disaster-related Weather Information.
- Nagano City Disaster Prevention Information Portal**
 - You can check the content of the Disaster Administrative Radio broadcasts by phone.
 - Phone : 0120-479-231
 - *Excludes broadcasts in the Toyono, Togakushi, Kinasa, O-oka, Shinshu-Shinmachi and Nakajo districts
- Nagano City Official LINE Account**
- Nagano City Official Twitter Account**
- Yahoo! Disaster Warning**
 - Obtain disaster prevention information released by the local government of your specified area or your current location.
 - [To register] After installing the app, set "Nagano City" as the area to receive notifications.

Information from relevant agencies

- JMA (Risk level distribution)**
 - A map that shows the increase in risk levels of flood and landslide disasters.
- "River Disaster Prevention Information" by the Ministry of Land, Infrastructure, Transport & Tourism**
 - Information on the water levels of rivers (live camera) and rainfall is available.
 - *Water levels at Asahi Branch Office-Mae and Ishiwata Balancing Reservoir-Mae 026-223-4002
- Shinshu Disaster Prevention App**
 - Check river conditions and Evacuation Information in Nagano Prefecture.
- Nagano Prefecture River & Landslide Information Station**
 - Check rainfall, water levels of rivers (live camera) and risk levels of landslide disasters in Nagano Prefecture.
- TV Data Broadcasting (d button)**
 - Set your channel to NHK General TV, press the [d button] on the remote control, and select "Disaster Prevention/Living Information".

Means of communication during disasters

171 Phone Number for Emergency Messages

Voice Guidance: To record 1, To playback 2

Please enter the landline phone number (including the area code), the cell phone number, or the IP phone number of the person in the affected area.

Register a message

Follow the guidance.

Record (Playback)

web 171 Emergency Message Board

Visit <https://www.web171.jp> or search for "web171"

Register a message

Follow the guidance.

*If there is a message posted on another carrier's message board, a link will be displayed.