

Miyako City Integrated Disaster Prevention Hazard Map

—2018—



Message to Residents

This booklet compiles broad information on disaster prevention, including estimated inundation area by tsunamis, areas at risk of flooding and sediment disasters due to heavy rain etc., and evacuation information in time of emergency. Let's get prepared for natural disasters, discuss with your family beforehand, and participate in local disaster prevention drills to increase your knowledge and awareness, so that we can minimize the damage.

3 Principles on Disaster Prevention



1

Discuss with your family

Discuss with your family beforehand. You should designate evacuation shelters and evacuation routes for various disasters such as earthquakes, tsunamis, flooding, and sediment disasters.



2

Evacuate first, then gather information

It may be too late if you wait for information through TV or radio. Evacuate first to an evacuation area or high ground, then gather information.



3

Be sure to bring your emergency bag when evacuating.

Food and daily items by public administrations may not be provided immediately. Be sure to bring your emergency bag to live without the relief for at least 3 days.



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Cover Photos

Cover photos are taken from the Great East Japan Earthquake and tsunamis in 2011 and from Typhoon 10 in 2016. Through these photos, the Miyako City and its residents will remember the dreadful damage and continue working together on disaster management.

Top

Tsunami overtopping the levee along Hei River (Shinkawa-cho)

Tsunami overtopping seawall in Taro

Tsunami surging into Otohe fishing port

Bottom

Scraped National Road 106 (Kebaraichi)

Inundated area (near Miyamachi)

Driftwood and severely damaged Warabinosawa Bridge

Preparedness for Earthquakes

—Prior countermeasures are indispensable—

Major factor of fatalities by earthquakes is crushing. To prevent being killed by an earthquake, let's consider the arrangement of furnishings and take measures to prevent them toppling down.

■ Ensure safe space at home

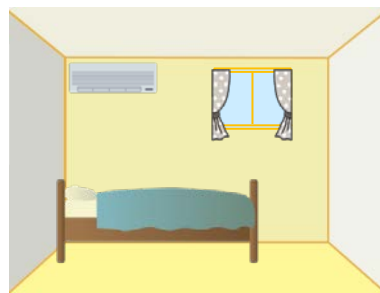
- Try to place as many furnishings as possible in a room you use in lower frequency, if there is one.
- If not, consider arranging furniture to ensure safe space.

■ Ensure doorway and escape routes clear

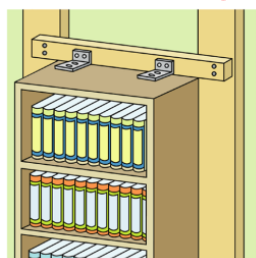
- Do not place topple-prone furniture along escape routes toward doorway.
- Objects around entrance could block doorway in time of emergency.

■ Pay attention to sleeping space and furnishing arrangement

- Do not sleep where furnishings can topple down in the case of earthquakes while asleep.
- Keep a flashlight at the bedside. You might have to react in the dark.

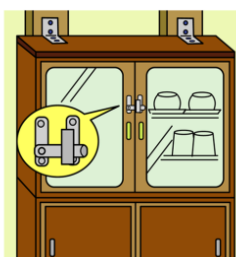
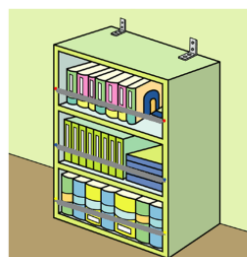


■ Prevent drawers, and bookshelves from toppling or sliding



- Use L-brackets or chains to secure furniture to the wall.
- Tension rods, which is placed between ceiling and a piece of furniture, should be placed in the back, close to the wall.

■ Prevent objects from falling out from cupboards or bookshelves



- Use ropes or elastic bands to prevent objects from flying out.
- Install safety latches on doors of cupboards to prevent dishes from falling out.

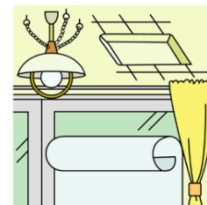
■ Prevent TVs from falling over



- Place TVs on low furniture. They can be thrown down by large-scale earthquakes.
- When using anti-quake sheet, make sure its withstand load and service life are appropriate.

■ Protect against flying glass

- Apply transparent anti-shattering film firmly by following its instruction.
- When using sticky tape, apply also to sashes. Otherwise, the glass will fall down in lump.



■ Prevent stove fire



- Ensure stoves have an anti-quake automatic extinguishing system.
- Place stoves in a safe space to protect yourself. Sliding or toppling stoves can hurt you.

■ Prevent lighting fixtures from falling down

- Install chains and anchorage in multiple positions to secure lighting fixtures.
- Secure fluorescent lighting tube by applying heat-resistant tape at its both ends.

Evacuation from Tsunamis

— Move immediately to high ground if an earthquake hits —

When in Danger of Tsunamis

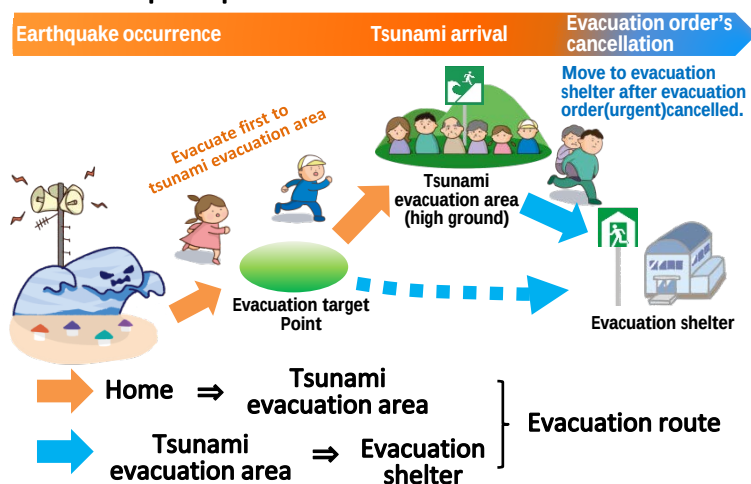
■ Evacuate first if an earthquake hits!

If you feel a strong earthquake (seismic intensity of around 4 or more), or weak but long and slow shake, immediately move away from coast and evacuate to evacuation area (high ground) etc.

■ Tsunamis hit repeatedly!

Tsunami waves are expected to hit repeatedly. Stay at tsunami evacuation area until tsunami warnings and advisories are cleared.

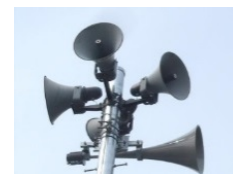
~principle of tsunami evacuation~



■ Too late to evacuate if you wait for information!

It may be too late if you wait for information through TV or radio.

Remember to evacuate first to tsunami evacuation area (high ground) etc., then gather information.



■ Protect yourself first!

Do not return home to take out valuables or go to see your boat. Protect yourself first unless you will be hit by tsunami.

■ Evacuate on foot in principle!

Evacuation by vehicles brings on traffic congestion which leads to evacuation failure. So, evacuate on foot in principle.



■ Cooperate with neighbors!

Be supportive of the elderly, those with disabilities, and others in need, so that every member of the community can evacuate.

Category of Tsunami Warning/Advisory

Three categories of tsunami forecasts are; major tsunami warning, tsunami warning, and tsunami advisory. In every forecast, estimated tsunami height, in meters, and estimated arrival time at the coast is attached.

Following the issuance of major tsunami warnings etc., Miyako City will issue evacuation order (urgent) as shown in the below table.

Category	Announced tsunami height		Coverage of evacuation order (urgent) area by Miyako City
	Announcement in numbers (range of estimated tsunami height)	Announcement in large-scale earthquakes	
Major tsunami warning	Over 10 m (10m < estimated height)	Huge	Area within 5 meters in elevation from inundated area by Great East Japan Earthquake tsunami
	10 m (5m < estimated height ≤ 10m)		
	5 m (3m < estimated height ≤ 5m)		
Tsunami warning	3 m (1m < estimated height ≤ 3m)	High	Seaside area from levees or seawalls
Tsunami advisory	1 m (0.2m < estimated height ≤ 1m)	(no notation)	

It takes time to determine the exact scale of earthquakes with a magnitude of 8 or more. In such cases, Japan Meteorological Agency (JMA) issues an initial warning based on the predefined maximum magnitude to avoid underestimation. When such values are used, estimated maximum tsunami heights are expressed in qualitative terms such as "Huge" and "High" in initial warnings to express the extraordinary situation.

Flooding

— Principles on evacuation from flooding—

■ Evacuate before inundate!

It is difficult to evacuate in inundation. Since flooding can be predicted, evacuate ahead of time if flooding risk becomes high.
Cooperate with those around you to evacuate people who need special care, including the elderly, those with sick, and children.

■ Watch your steps not to fall down!

When you evacuate in flooding, walk carefully while feeling your way with a searching stick etc. not to fall into a dip, gutter, or a manhole.
Wear comfortable shoes such as sneakers. Do not wear boots.
Boots are easily coming off once they get water inside.

■ It is dangerous to evacuate in flowing water!

Walking in flowing water is difficult even for adults if water depth is 50 cm or over. In such cases, it is safer to move to high ground and wait for rescue.



Sediment Disasters

— Do you know 3 types of sediment disasters and their signs?—

There are a few types of sediment disasters as shown below. For each category, there are signs of impending disasters. Although signs are not always observed, if you notice any unusual condition, immediately move to a safe place with people around you.

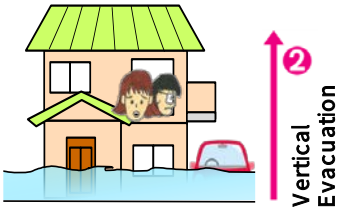
Types			Signs of impending disasters
Mudslide		Deposited soil and stones flushing along valleys or slopes with water by heavy rain or continuous rain.	• River water becoming muddy and containing driftwood. • River water level becoming lower despite continuous rainfall. • Sounds of rumbling from the mountain.
Landslip		Sudden collapse of soil and stones from cliffs filled with water.	• Small stones falling down from cliffs. • Water welling up on cliffs. • cracks on cliffs.
Landslide		Sudden movement of a mass of earth, induced by ground water deposited in slippery layer	• Water in wells and streams becoming cloudy or muddy. • Cracks in the earth. • Water spurting from cliffs and slopes.

*Source; NPO Sediment Disaster Prevention Publicity Center (SPC)

● What if too Late to Evacuate?

Evacuate to 2nd floor, as the next best measure.

In principle, evacuation in advance to a safe place is the best (①Horizontal Evacuation). But, if it is too late for a safe evacuation, consider temporary evacuation to the 2nd or upper floor (②Vertical Evacuation).



To evacuate from sediment disasters, move to 2nd or upper floor, and to the opposite side from mountain.

Disaster Prevention Information

— Various information is available for your evacuation and disaster reduction —

Evacuation Information in Time of Disaster

Evacuation information is issued by Miyako City in case of potential disasters. In the below table, lower rows are more urgent than upper ones. Note that they are not always issued in a sequence.

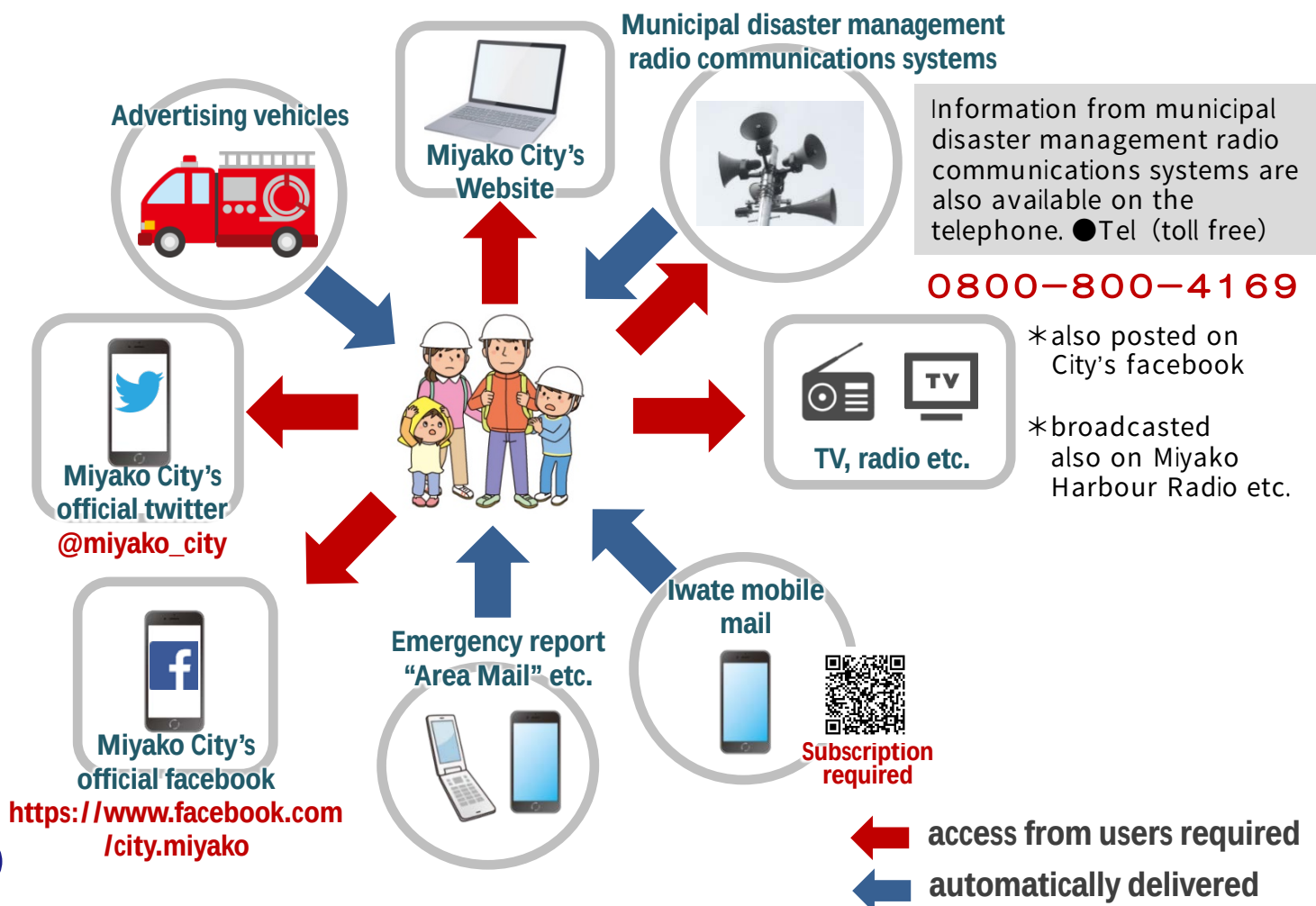
Evacuation Information	Actions to be taken
Notice to Prepare for Evacuation / Commence Evacuation for Elderly People etc.	People who take time to evacuate: commence evacuation. Elderly or disabled people, infants, and others, as well as their accompanying persons should commence evacuation, since special support is required or it takes a while for them to evacuate. Others: prepare to evacuate. Others should prepare to evacuate.
Evacuation Advisory	Commence evacuation immediately.
Evacuation Order (urgent)	Evacuate urgently as the risk of damage is imminent.

Level of Urgency

More Urgent

How to Get Disaster Prevention Information

Disaster management information issued by JMA or Iwate Prefectural government are emitted through city government or other measures. When you get tsunami forecast or evacuation information, please evacuate immediately.



Disaster Prevention Information

— Various information is available for your evacuation and disaster reduction —

How to Get Information through Data Broadcasting

Through digital data broadcasting, various disaster prevention information is available, including weather warnings and advisories, evacuation information issued areas, operating shelters, etc. Take time to learn how to obtain information to prepare for disasters.

[example] How to obtain river water level information during flood through data broadcasting.

【steps】

- ① Turn to NHK on TV, then push 「d」 button on TV remote controller.
- ② From the top menu of NHK, select 「Disaster prevention and living information」.
- ③ Select 「River water level and rainfall」.

《water level information》

- If the water level is over 「flood advisory level」, the names are shown in yellow.
- Switch water level observatory sites by 「left/right」 button. Selected site is shown in orange.



《area displayed》

- Displayed river names etc. is shown.
- To switch to other areas, press 「up・down」 buttons on the remote controller.



《Legend for water level》

- Flood risk level (Reference for issuing evacuation advisory etc.)
- Evacuation decision level (Reference for issuing notice to prepare for evacuation / commence evacuation for elderly people etc.)
- Flood advisory level (Reference for flood fighting corps to take action)
- Flood fighting corps standby level (Water level for flood management authorities to stand by)

River name	Observatory name	Flood risk level	Evacuation decision level	Flood advisory level	Flood fighting corps standby level
Hei Riv.	Sentoku	3.90m	3.70m	3.10m	2.50m
Tsugaruishi Riv.	Shinmachi	3.00m	2.70m	2.70m	2.10m

①



d button

②



Top menu of NHK data broadcasting

③



Top menu of 「Disaster prevention and living information」



Disaster Prevention Information

— Various information is available for your evacuation and disaster reduction —

Emergency Warning, Warning, and Advisory

Emergency warning, warning, and advisory, shown in the blow table, are issued by the Japan Meteorological Agency (JMA) to prevent or mitigate disasters. Please pay special attention to weather information when severe rain is predicted.

Types	Criteria for issuance ◎Actions to be taken
Heavy rain emergency warning	◎Act immediately to save lives. Heavy rainfall of an intensity observed only once every few decades is forecasted. There is a significant large risk of serious disaster occurring
Heavy rain warning	◎Pay attention to disaster information, and prepare for evacuation. There is a risk that heavy rain will cause serious disasters.
Heavy rain advisory	◎Pay attention to weather information There is the risk that heavy rain will cause disasters.
Record-time heavy rain information	Heavy rain of 100 mm/hr or over is observed or analyzed.
Sediment disaster alert bulletin	◎Commence evacuation immediately after evacuation advisory etc. is issued. A very high risk of sediment disaster arises according to observed rainfall and disaster records etc.

Information Sources for Sediment Disasters and River Flooding

● Information on Disaster Prevention and Disasters in Miyako City

Latest disaster conditions, associated information on weather and rivers, other various information on disaster management are available.

At 『Miyako City Website』, click 「**Disaster Information**」

(<http://www.city.miyako.iwate.jp/>)

● Iwate Disaster Prevention Information Portal (Iwate Prefectural)

➡ **Warnings and advisories**

➡ **Real-time information**

Not only warnings and advisories, you can browse real-time information on weather, rivers, sediment disasters, traffic information etc.
Iwate Disaster Prevention Information Portal <http://iwate.force.com/>

● Layering Hazard Map (Ministry of Land, Infrastructure, Transport and Tourism (MLIT))

Estimated inundation areas, roads, hazardous areas, elevation etc. can be layered on a map or an aerial photo so that you can browse seamlessly.

In 『MLIT Hazard Map Portal』, click 「**Layering Hazard Map**」

(<https://disaportal.gsi.go.jp/>)

To Make the Best Use of Integrated Disaster Prevention Hazard Map

How to Use Hazard Maps

Add important information on this hazard map to create “Your Hazard Map”. You should include information such as “Where is the dangerous sites that I should know?”, “Where are the evacuation areas and evacuation centers for my family?”, “Who to contact?” etc.

① Confirming dangerous sites, evacuation areas, evacuation centers, and routes

Confirm areas at risk of tsunamis, flooding, and sediment disasters, and location of nearest evacuation center. Then, confirm multiple routes to the evacuation center from home.

② Discuss on the response to disasters

Discuss with your family and neighbors on the evacuation route confirmed in ①, and make clear how to evacuate.



③ Take a walk along your evacuation routes

Take a walk along your evacuation routes to make sure it is safe to go through



Disaster Categories and Criteria of Area at Risk

Categories	Information shown in the map	Assumption etc.
① tsunamis	- Estimated inundation area by assumed tsunami - Actual inundation area by Great East Japan Earthquake tsunamis	Simulation of 3 tsunamis (Meiji Sanriku Earthquake Tsunami, Showa Sanriku Earthquake Tsunami, and assumed Miyagiken-oki coupled earthquake).
② flooding	- Estimated inundation area and depth when target rivers are flooded - Actual inundation area by Typhoon 10 in 2016	- Target rivers are Hei, Yagisawa, Tsugaruishi, Tashiro, Settai, Kanda, and Osanai Rivers. - Simulation of estimated maximum depth by a heavy rainfall of an intensity observed only once every 100 years. - For Settai River, rainfall same as Typhoon Ione in 1948 is assumed.
③ Sediment Disasters	Area at risk of mudslide, landslip, or landslide	Estimated by field survey, topographic map, etc.

※① Estimated tsunami inundation area is created from “Simulation result of Iwate earthquake tsunami (H16(2004))”, and actual inundation area by Great East Japan Earthquake Tsunami from “Detailed Map of Great East Japan Earthquake Tsunami (Japan Society of Geoinformatics)”.

※② Inundation area and depth for Hei, Yagisawa, and Tsugaruishi Rivers are created from inundation estimation simulation by Iwate Prefecture. Those for other rivers are created from simulation result by Miyako City, which is consistent to river planning by Iwate Prefecture.

※③ Area at risk of sediment disasters is created based on “Designation Map of Sediment Disaster Warning Area etc.”, “Disclosed Map of Basic Survey Result on Sediment Disasters”, and “Map of Sediment Disaster Warning Sites” by Iwate Prefecture.

◆ These Hazard Maps are Only Estimation ! !

Estimated inundation areas and areas at risk shown in the Hazard Maps are identified based on a certain assumption. Although large-scale disasters are considered, disasters can happen in the area where any risk is not shown in the Hazard Maps. So, when evacuating, please not only obtain information on weather or disaster prevention, but also pay attention to the condition of evacuation routes.

Symbols in Integrated Disaster Prevention Hazard Maps

Evacuation Areas / Evacuation Shelter



Tsunami Evacuation Area
Area for temporary evacuation to protect lives from tsunamis.



Tsunami Evacuation Building
Building for temporary evacuation to protect lives from tsunamis, in case failing to evacuate to higher ground.



Evacuation Area
Area for temporary evacuation to protect lives from flooding or sediment disasters.



Evacuation Shelter
A place that accommodates evacuees in the case of prolonged evacuation.

Symbols



Hospital



City Government



Fire Station/
Branch



General Office/
Branch Office



Firefighting
Corps



Heliport



Police Station



Sub Unit of Municipal
Disaster Management
Radio Communications
Systems



Police Box/
Substation



Main Road



Post Office



City Boundary

Tsunami Map

《Inundation Area by Tsunami》



Estimated inundation area by tsunami



Actual inundation area by tsunami
(Great East Japan Earthquake)



Evacuation direction from tsunami

《Maximum height and arrival time of assumed tsunami in each district》

Name of district
Maximum height of Meiji Sanriku Earthquake Tsunami (arrival time)
Maximum height of Showa Sanriku Earthquake Tsunami (arrival time)
Maximum height of assumed Miyagiken-oki coupled earthquake (arrival time)



...Starting time of the effect of tsunami.
The earliest estimation among 3
assumed tsunamis is shown.

Flooding / Sediment Disaster Map

《Inundation Area and Depth by Flooding》



under 0.5m



2.0~5.0m



0.5~1.0m



5.0m and over



1.0~2.0m



Actual Inundation Area
(Typhoon 10 in 2016)

《Warning Area by Sediment Disasters》



Area at risk of extreme damage



Area at risk of damage

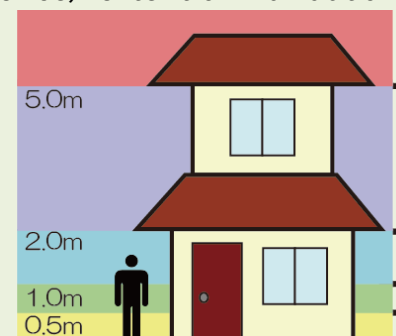


Area at risk of damage, and
detailed study to be conducted.



Evacuation direction from
sediment disasters

(reference) extent of inundation depth



Inundated to the ceiling of 2nd floor

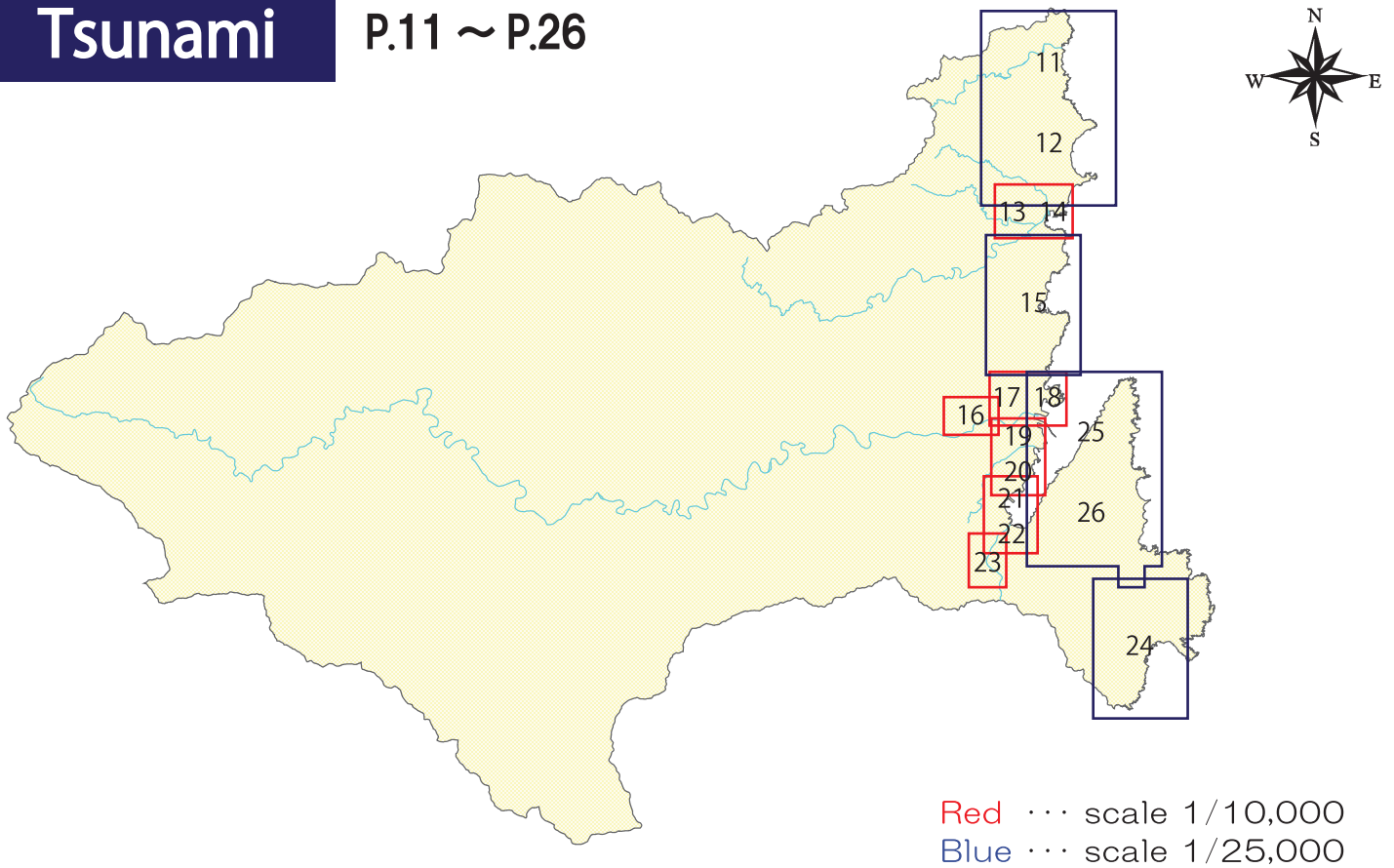
Inundated to the ceiling of 1st floor

Inundated to the height of adults' waist

Inundated to the height of adults' knees

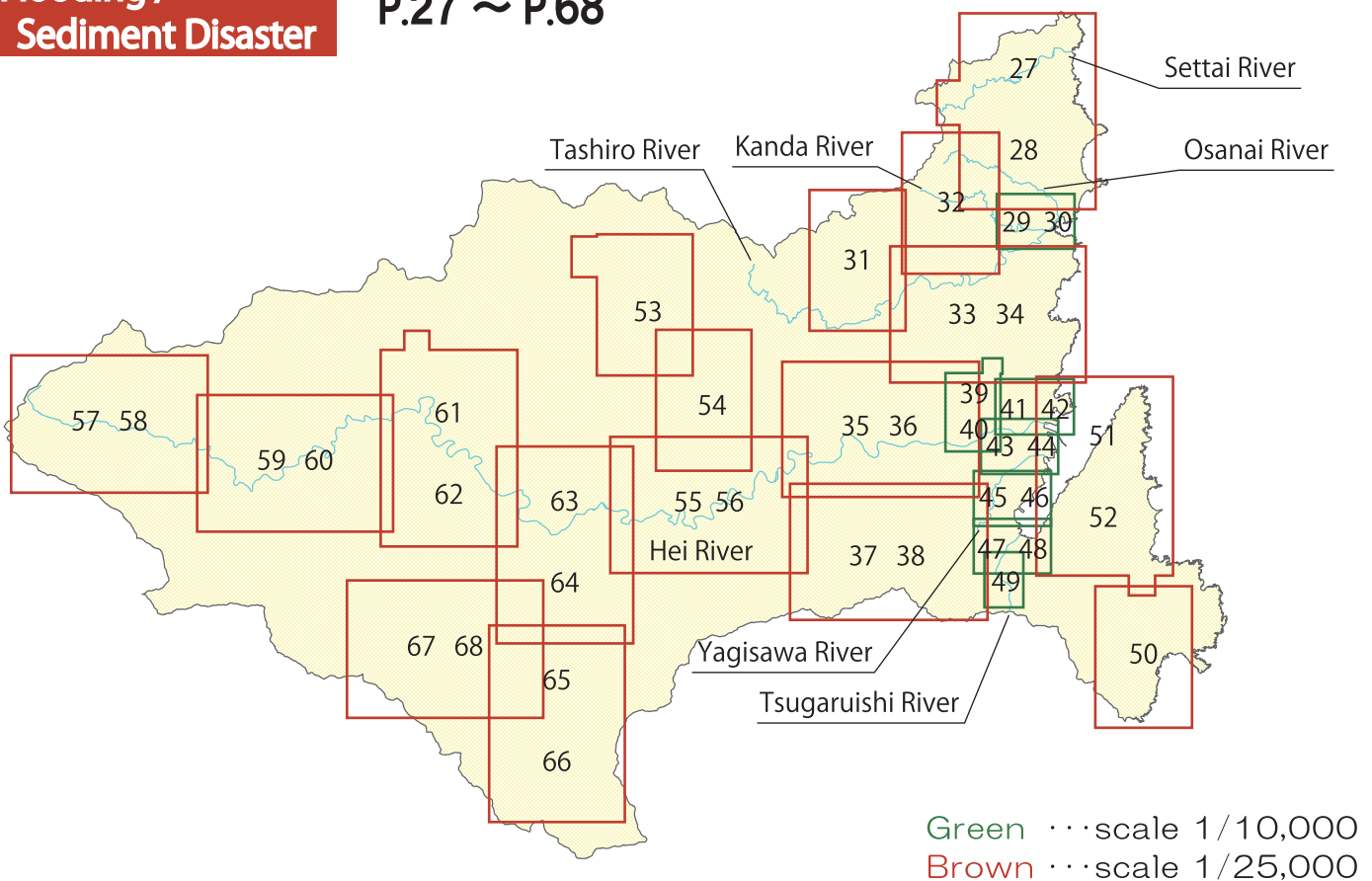
Tsunami

P.11 ~ P.26



Flooding / Sediment Disaster

P.27 ~ P.68



「この地図の作成に当たっては、国土地理院長の承認を得て、同院発行の数値地図（国土基本情報）電子国土基本図（地図情報）を使用しています。
（承認番号 平 29 情使、第 1152 号）」

※This map is created based on the Digital Maps (Basic Geospatial Information) as of Jan. 31, 2018.

Numerals are page numbers.

《Inundation Area by Tsunami》

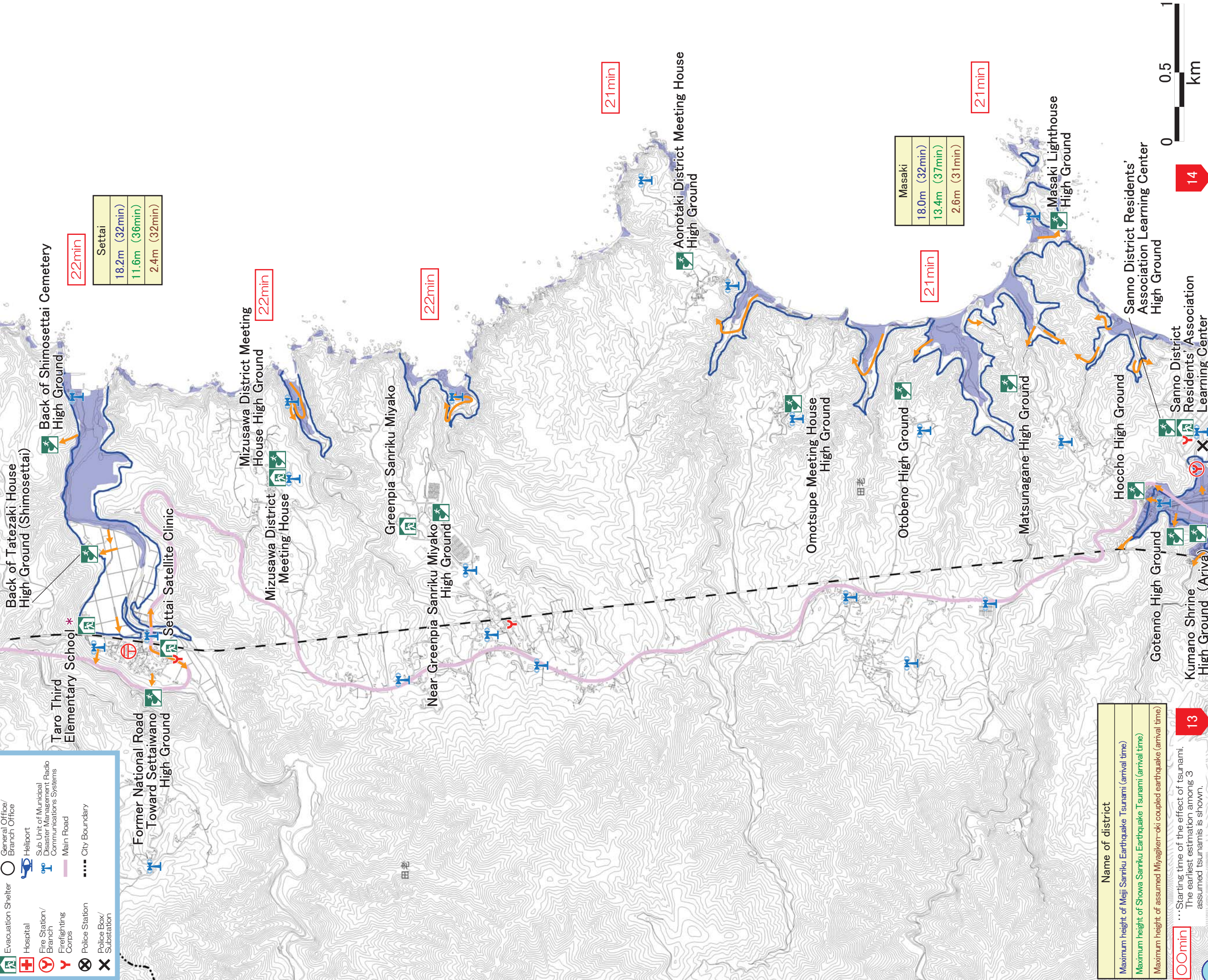
- Estimated inundation area by tsunami
- Actual inundation area by tsunami (Great East Japan Earthquake)
- Evacuation direction from tsunami

- Tsunami Evacuation Area
- Tsunami Evacuation Building
- Evacuation Shelter
- Hospital
- Fire Station/Branch
- Firefighting Corps
- Police Station
- Police Box/Substation
- Post Office
- City Government General Office/Branch Office
- Heliport
- Sub Unit of Municipal Disaster Management Radio Communications Systems
- Main Road
- City Boundary



* Note
Taro Third Elementary School Evacuation Shelter is only open upon condition, after tsunamis subside.

Tsunami



Name of district
Maximum height of Meiji Sanriku Earthquake Tsunami (arrival time)
Maximum height of Showa Sanriku Earthquake Tsunami (arrival time)
Maximum height of assumed Miyagiken-oki coupled earthquake (arrival time)

00min
... Starting time of the effect of tsunami.
The earliest estimation among 3 assumed tsunamis is shown.

14

0 0.5 1 km

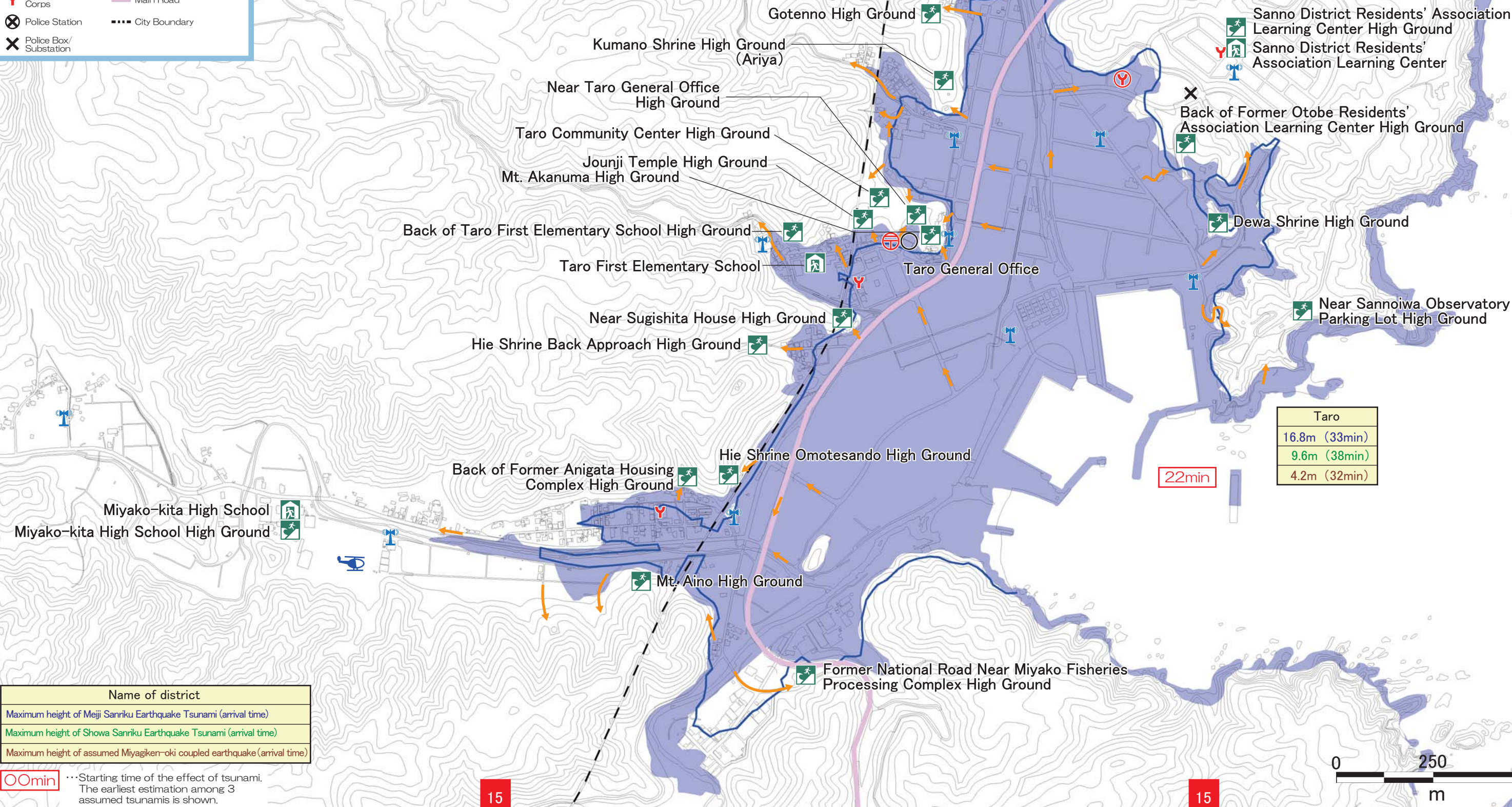
Tsunami

《Inundation Area by Tsunami》

- Estimated inundation area by tsunami
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- City Government
- General Office/Branch Office
- Helipoint
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*** Note**
Estimated inundation area due to assumed tsunami shown in the map is based on the condition before reconstruction and community development projects are completed.

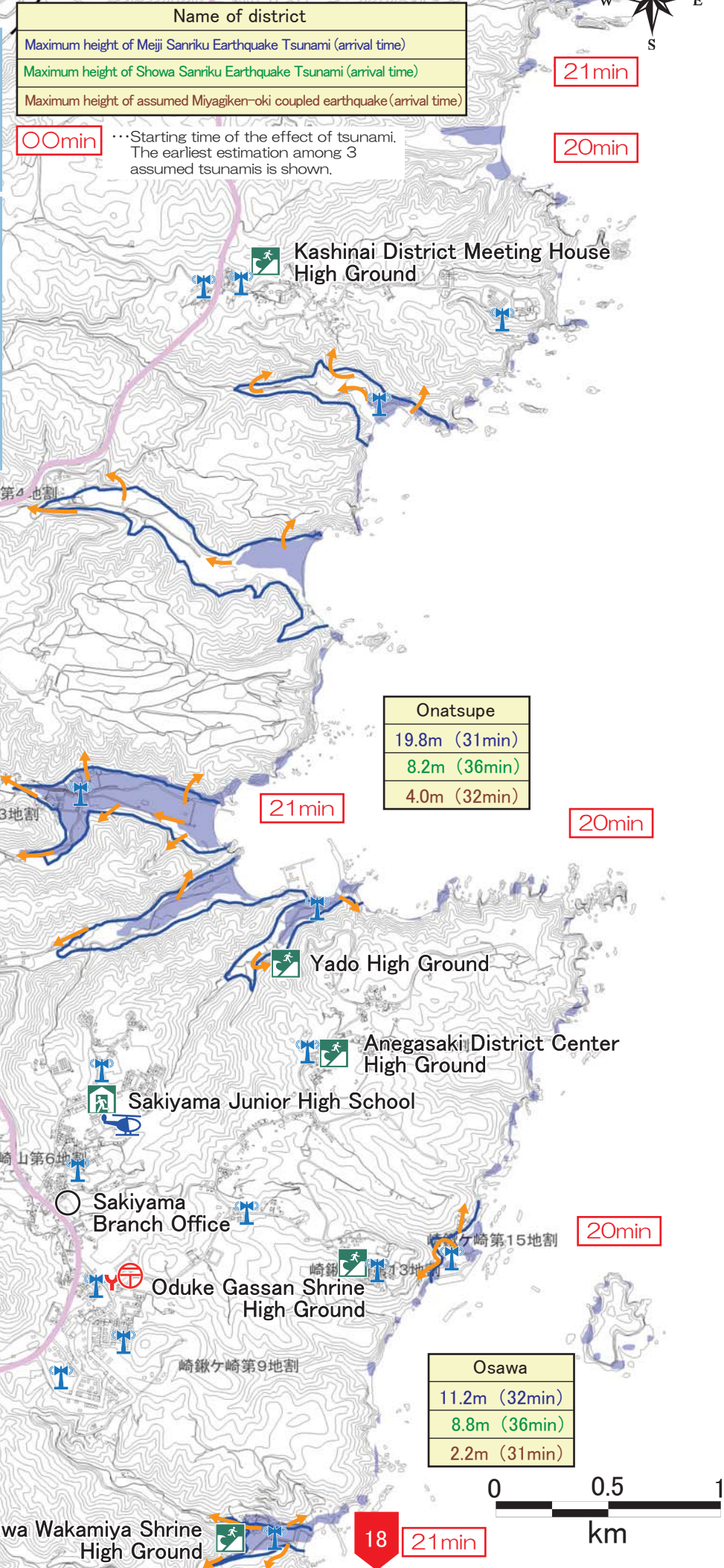


Tsunami

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Tsunami Evacuation Area	Post Office
Tsunami Evacuation Building	City Government
Evacuation Shelter	General Office/ Branch Office
Hospital	Helipoint
Fire Station/ Branch	Sub Unit of Municipal Disaster Management Radio Communications Systems
Firefighting Corps	Main Road
Police Station	City Boundary
Police Box/ Substation	

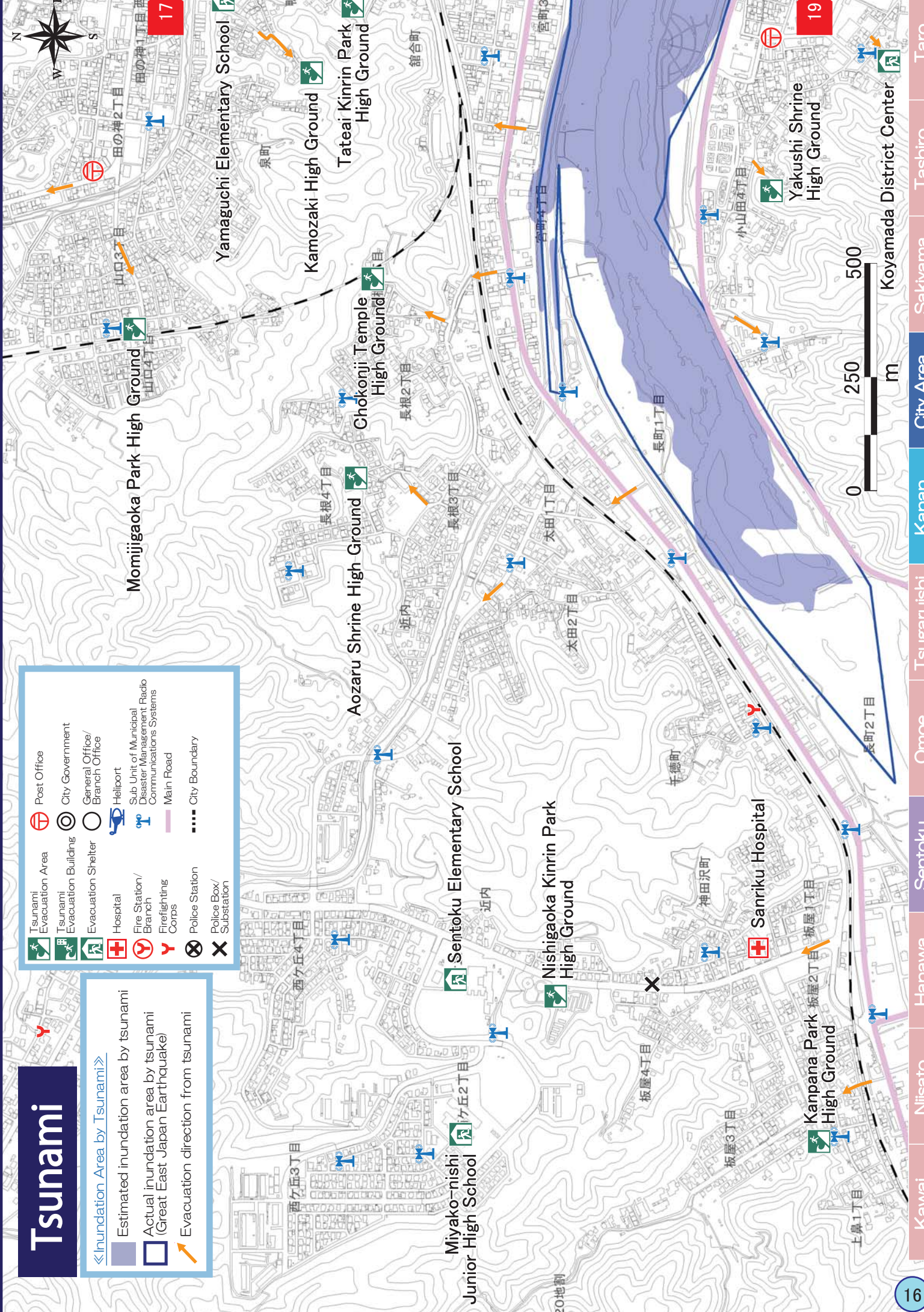


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Name of district
Maximum height of Meiji Sanriku Earthquake Tsunami (arrival time)
Maximum height of Showa Sanriku Earthquake Tsunami (arrival time)
Maximum height of assumed Miyagiken-oki coupled earthquake (arrival time)

OOmin ...Starting time of the effect of tsunami.
The earliest estimation among 3 assumed tsunamis is shown.

21min

20min

Hamayuri Gakuen High Ground

Onatsupe High Ground

崎山第3地割

21min

20min

Onatsupe
19.8m (31min)
8.2m (36min)
4.0m (32min)

Yado High Ground

Anegasaki District Center High Ground

Sakiyama Junior High School

Sakiyama Branch Office

Oduke Gassan Shrine High Ground

崎山第6地割

崎山第1地割

Osawa Wakamiya Shrine High Ground

Osawa
11.2m (32min)
8.8m (36min)
2.2m (31min)

20min

21min

0 0.5 1 km

Tsunami

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Momijiigaoka Park High Ground

Yamaguchi Elementary School

Kamozaki High Ground
Tateai Kinrin Park High Ground

Chokonji Temple High Ground

長根2丁目

長根3丁目

長根4丁目

長根1丁目

太田1丁目

太田2丁目

太田3丁目

太田4丁目

太田5丁目

太田6丁目

太田7丁目

太田8丁目

太田9丁目

太田10丁目

太田11丁目

太田12丁目

Miyako-nishi Junior High School

Sentoku Elementary School

Nishigaoka Kinrin Park High Ground

Sanriku Hospital

Kanpana Park High Ground

板屋1丁目

板屋2丁目

板屋3丁目

板屋4丁目

板屋5丁目

板屋6丁目

板屋7丁目

板屋8丁目

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Tsunami

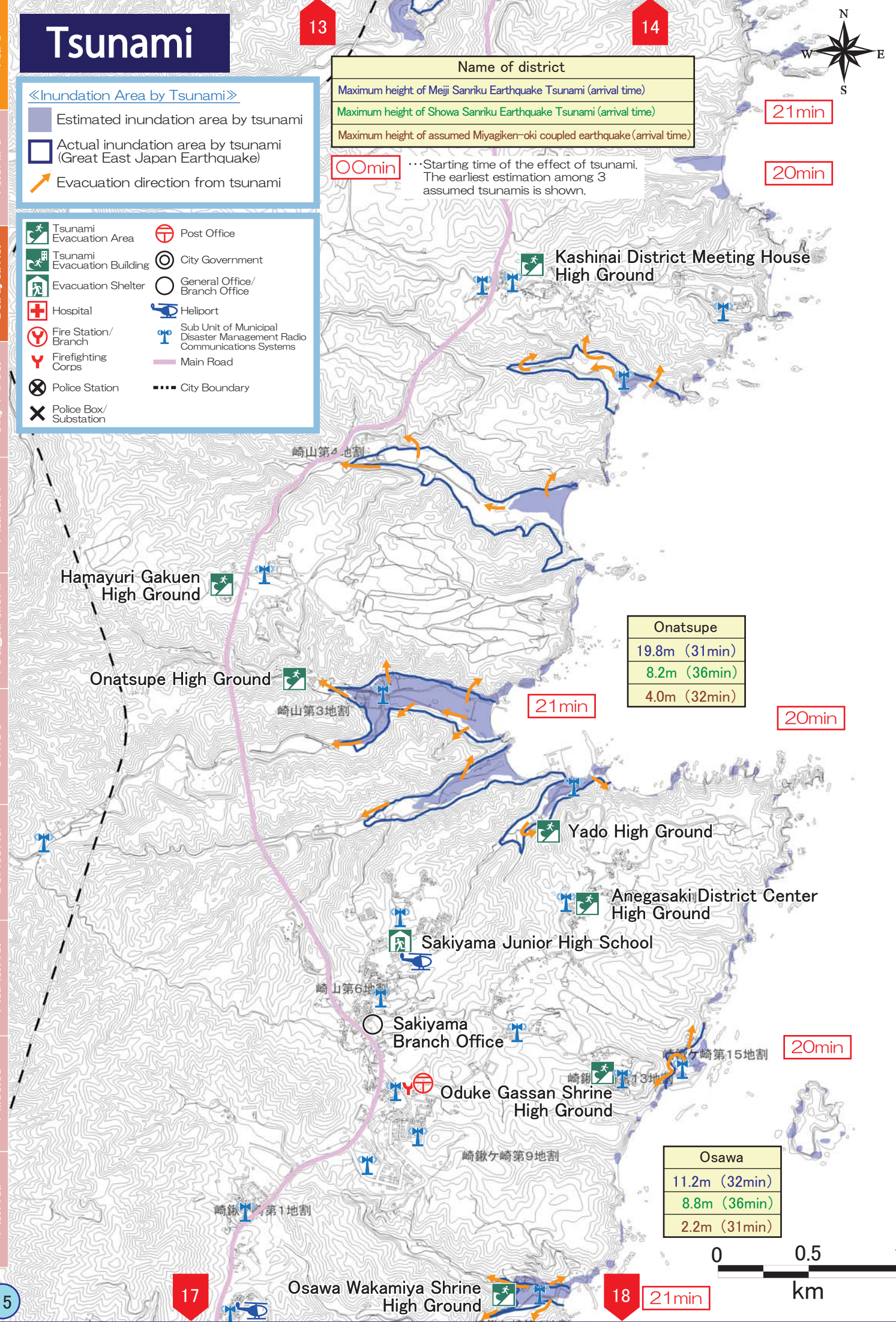
《Inundation Area by Tsunami》

- Estimated inundation area by tsunami
- Actual inundation area by tsunami (Great East Japan Earthquake)
- Evacuation direction from tsunami

- Tsunami Evacuation Area
- Tsunami Evacuation Building
- Evacuation Shelter
- Hospital
- Fire Station/Branch
- Firefighting Corps
- Police Station
- Police Box/Substation
- Post Office
- City Government
- General Office/Branch Office
- Helipoint
- Sub Unit of Municipal Disaster Management Radio Communications Systems
- Main Road
- City Boundary

Name of district
Maximum height of Meiji Sanriku Earthquake Tsunami (arrival time)
Maximum height of Showa Sanriku Earthquake Tsunami (arrival time)
Maximum height of assumed Miyagiken-oki coupled earthquake (arrival time)

OOmin ...Starting time of the effect of tsunami.
The earliest estimation among 3 assumed tsunamis is shown.



Onatsupe
19.8m (31min)
8.2m (36min)
4.0m (32min)

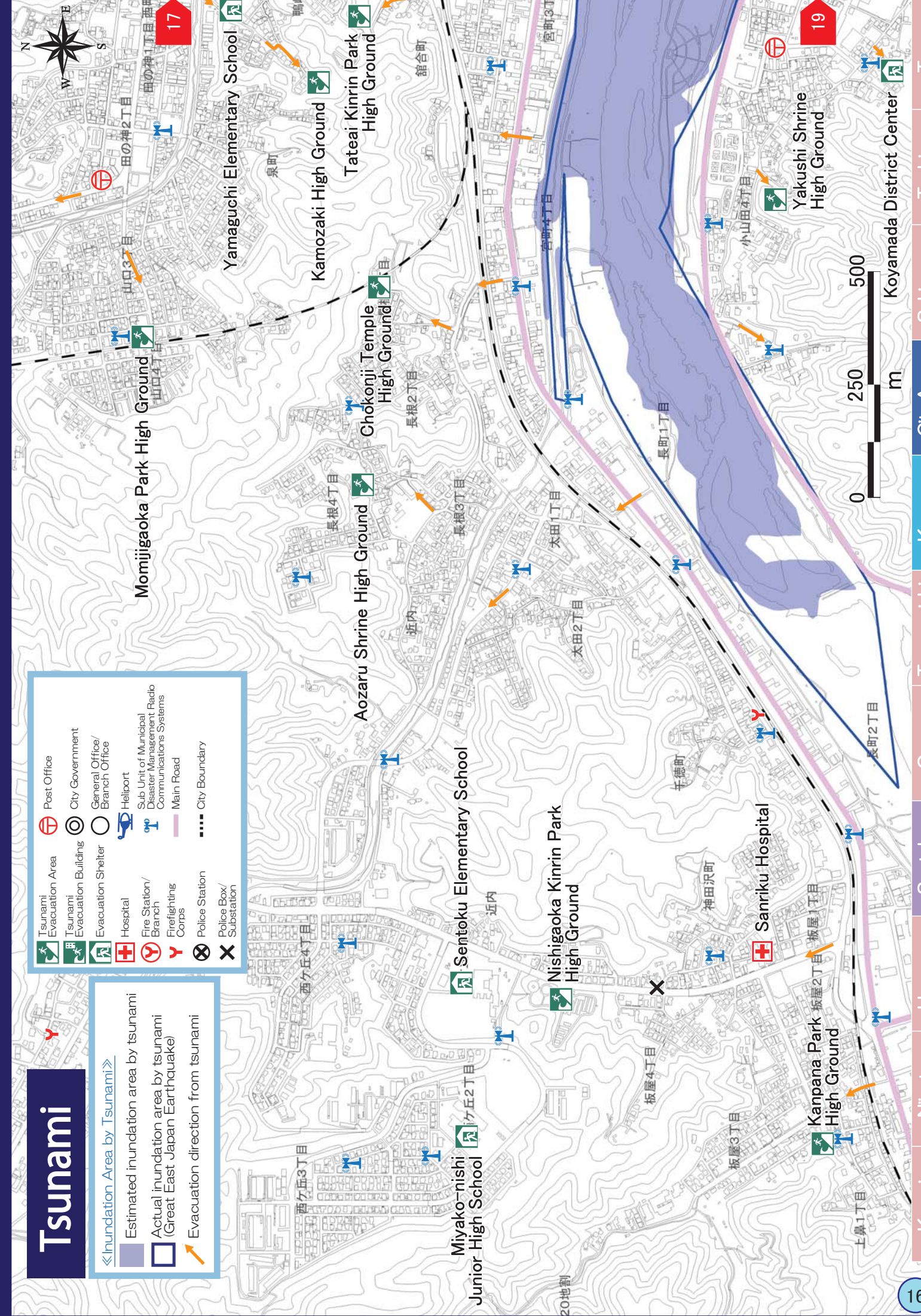
Osawa
11.2m (32min)
8.8m (36min)
2.2m (31min)

Tsunami

《Inundation Area by Tsunami》

- Estimated inundation area by tsunami
- Actual inundation area by tsunami (Great East Japan Earthquake)
- Evacuation direction from tsunami

- Tsunami Evacuation Area
- Tsunami Evacuation Building
- Evacuation Shelter
- Hospital
- Fire Station/Branch
- Firefighting Corps
- Police Station
- Police Box/Substation
- Post Office
- City Government
- General Office/Branch Office
- Helipoint
- Sub Unit of Municipal Disaster Management Radio Communications Systems
- Main Road
- City Boundary



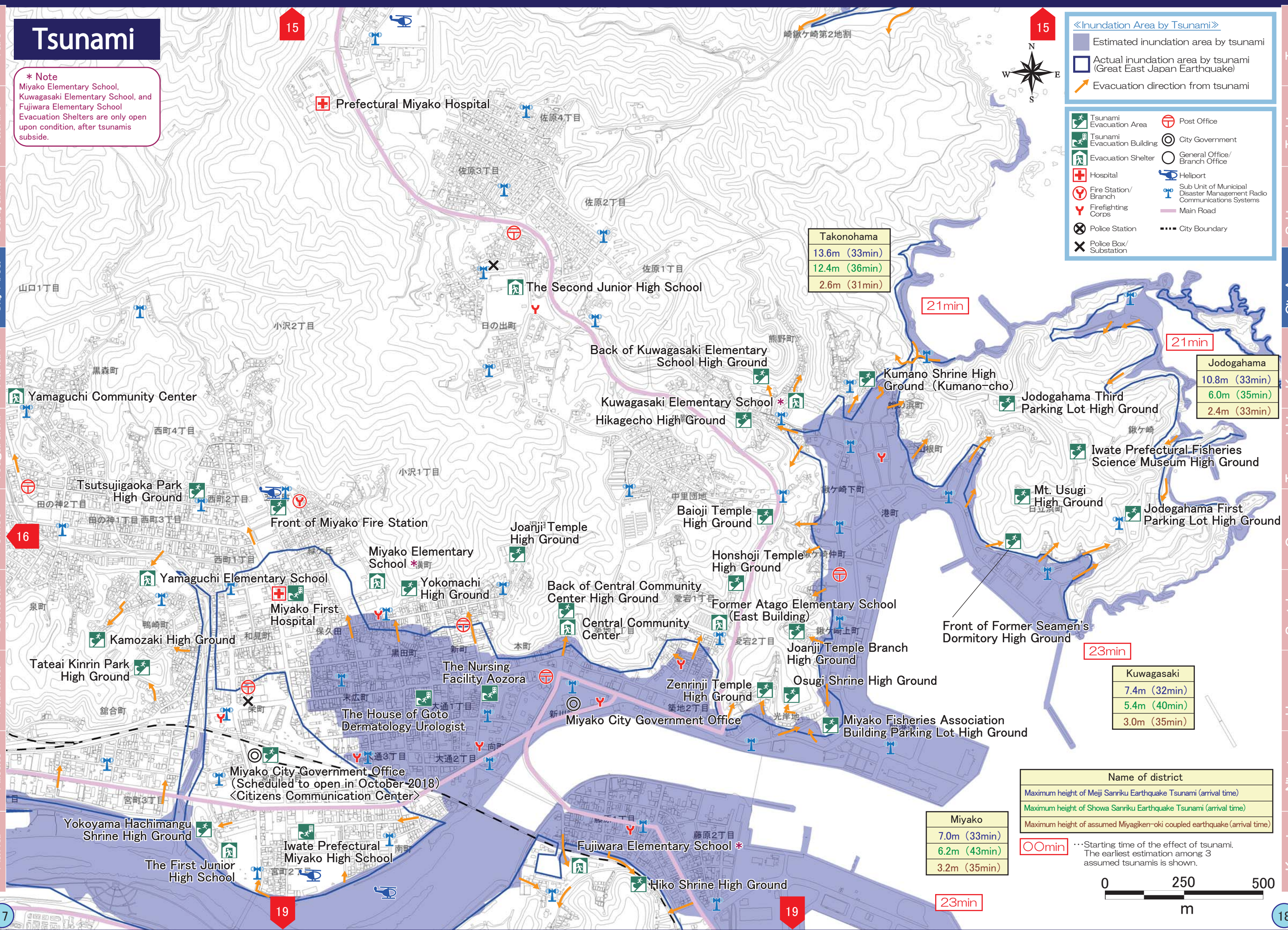
Tsunami

*** Note**
Miyako Elementary School,
Kuwasaki Elementary School, and
Fujiwara Elementary School
Evacuation Shelters are only open
upon condition, after tsunamis
subside.

《Inundation Area by Tsunami》

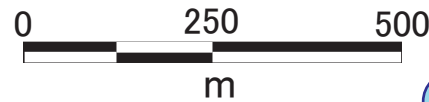
- Estimated inundation area by tsunami
- Actual inundation area by tsunami (Great East Japan Earthquake)
- Evacuation direction from tsunami

- Tsunami Evacuation Area
- Tsunami Evacuation Building
- Evacuation Shelter
- Hospital
- Fire Station/Branch
- Firefighting Corps
- Police Station
- Police Box/Substation
- Post Office
- City Government
- General Office/Branch Office
- Heliport
- Sub Unit of Municipal Disaster Management Radio Communications Systems
- Main Road
- City Boundary



Name of district
Maximum height of Meiji Sanriku Earthquake Tsunami (arrival time)
Maximum height of Showa Sanriku Earthquake Tsunami (arrival time)
Maximum height of assumed Miyagiken-oki coupled earthquake (arrival time)

〇〇min ...Starting time of the effect of tsunami.
The earliest estimation among 3
assumed tsunamis is shown.



Tsunami

《Inundation Area by Tsunami》

- Estimated inundation area by tsunami
- Actual inundation area by tsunami (Great East Japan Earthquake)
- Evacuation direction from tsunami

- Tsunami Evacuation Area
- Tsunami Evacuation Building
- Evacuation Shelter
- Hospital
- Fire Station/Branch
- Firefighting Corps
- Police Station
- Police Box/Substation
- Post Office
- City Government
- General Office/Branch Office
- Helipoint
- Sub Unit of Municipal Disaster Management Radio Communications Systems
- Main Road
- City Boundary

Name of district
Maximum height of Meiji Sanriku Earthquake Tsunami (arrival time)
Maximum height of Showa Sanriku Earthquake Tsunami (arrival time)
Maximum height of assumed Miyagiken-oki coupled earthquake (arrival time)

OOmin ...Starting time of the effect of tsunami.
The earliest estimation among 3 assumed tsunamis is shown.

21min

20min

Hamayuri Gakuen High Ground

Onatsupe High Ground

崎山第3地割

21min

20min

Onatsupe
19.8m (31min)
8.2m (36min)
4.0m (32min)

Yado High Ground

Anegasaki District Center High Ground

Sakiyama Junior High School

Sakiyama Branch Office

Oduke Gassan Shrine High Ground

崎山第6地割

崎山第1地割

Osawa Wakamiya Shrine High Ground

Osawa
11.2m (32min)
8.8m (36min)
2.2m (31min)

20min

21min

0 0.5 1 km

Tsunami

《Inundation Area by Tsunami》

- Estimated inundation area by tsunami
- Actual inundation area by tsunami (Great East Japan Earthquake)
- Evacuation direction from tsunami

- Tsunami Evacuation Area
- Tsunami Evacuation Building
- Evacuation Shelter
- Hospital
- Fire Station/Branch
- Firefighting Corps
- Police Station
- Police Box/Substation
- Post Office
- City Government
- General Office/Branch Office
- Helipoint
- Sub Unit of Municipal Disaster Management Radio Communications Systems
- Main Road
- City Boundary

Momijiigaoka Park High Ground

Yamaguchi Elementary School

Kamozaki High Ground

Tateai Kinrin Park High Ground

Chokonji Temple High Ground

Aozaru Shrine High Ground

Sentoku Elementary School

Nishigaoka Kinrin Park High Ground

Sanriku Hospital

Kanpana Park High Ground

16

Tsunami



20

高浜第2地割

高浜1丁目

高浜3丁目

高浜2丁目

高浜4丁目

26

《Inundation Area by Tsunami》

- Estimated inundation area by tsunami
- Actual inundation area by tsunami (Great East Japan Earthquake)
- Evacuation direction from tsunami

Tsunami Evacuation Area

Tsunami Evacuating Building

Evacuation Shelter

Hospital

Fire Station/Branch

Firefighting Corps

Police Station

Police Box/Substation

Post Office

City Government

General Office/Branch Office

Helicopter

Sub Unit of Municipal Disaster Management Radio Communications Systems

Main Road

City Boundary

Name of district
Maximum height of Meiji Sanriku Earthquake Tsunami (arrival time)
Maximum height of Showa Sanriku Earthquake Tsunami (arrival time)
Maximum height of assumed Miyagiken-oki coupled earthquake (arrival time)

00min

...Starting time of the effect of tsunami.
The earliest estimation among 3 assumed tsunamis is shown.

Takahama
8.6m (39min)
6.6m (47min)
3.6m (41min)

28min

Kanehama
8.4m (42min)
6.6m (52min)
3.8m (44min)

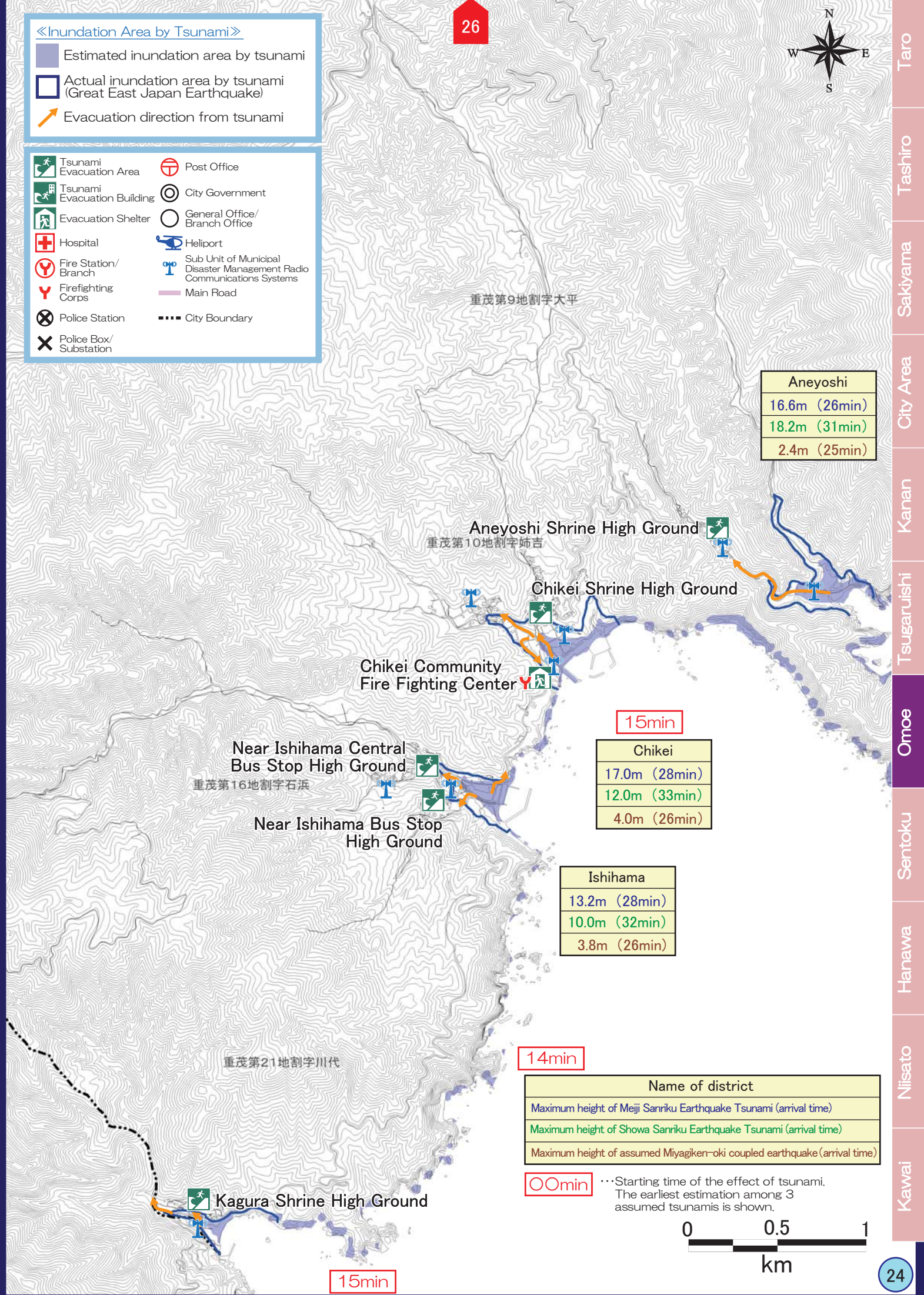
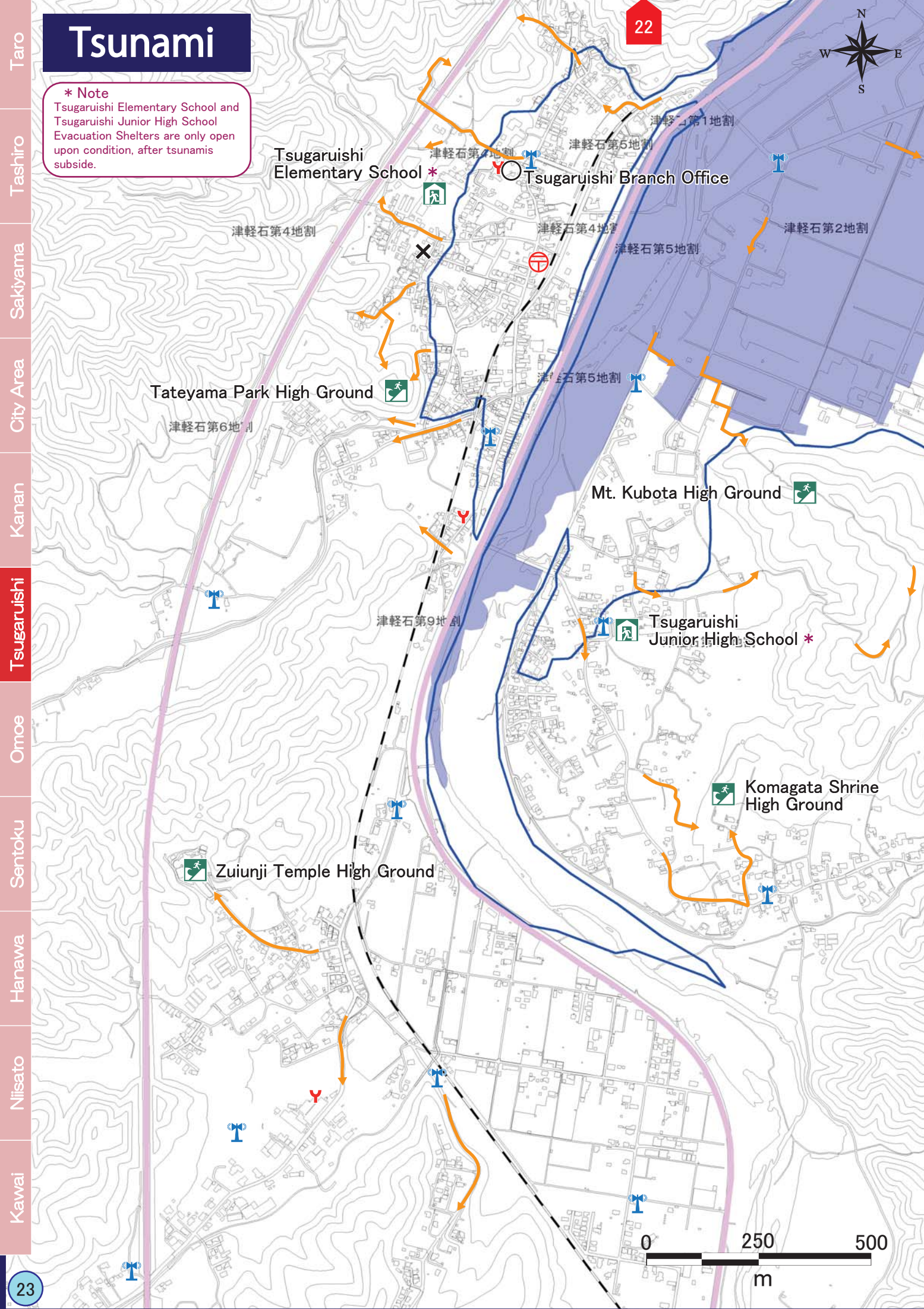
31min

Tsugaruishi
8.4m (42min)
6.6m (52min)
3.8m (44min)

26

* Note
Tsugaruishi Elementary School Evacuation
Shelter is only open upon condition, after
tsunami's subside.





Tsunami

*** Note**
Tsugaruishi Elementary School and
Tsugaruishi Junior High School
Evacuation Shelters are only open
upon condition, after tsunamis
subside.

22



Tsugaruishi
Elementary School *

Tsugaruishi Branch Office

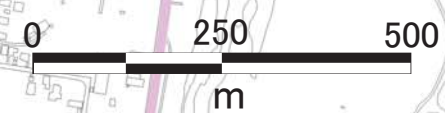
Tateyama Park High Ground

Mt. Kubota High Ground

Tsugaruishi
Junior High School *

Komagata Shrine
High Ground

Zuiunji Temple High Ground



《Inundation Area by Tsunami》

- Estimated inundation area by tsunami
- Actual inundation area by tsunami (Great East Japan Earthquake)
- Evacuation direction from tsunami

Tsunami Evacuation Area	Post Office
Tsunami Evacuation Building	City Government
Evacuation Shelter	General Office/ Branch Office
Hospital	Heliport
Fire Station/ Branch	Sub Unit of Municipal Disaster Management Radio Communications Systems
Firefighting Corps	Main Road
Police Station	City Boundary
Police Box/ Substation	

26



Aneyoshi
16.6m (26min)
18.2m (31min)
2.4m (25min)

Aneyoshi Shrine High Ground

Chikei Shrine High Ground

Chikei Community
Fire Fighting Center

Near Ishihama Central
Bus Stop High Ground

Near Ishihama Bus Stop
High Ground

Chikei
17.0m (28min)
12.0m (33min)
4.0m (26min)

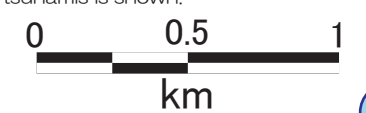
Ishihama
13.2m (28min)
10.0m (32min)
3.8m (26min)

重茂第21地割字川代

Kagura Shrine High Ground

14min
Name of district
Maximum height of Meiji Sanriku Earthquake Tsunami (arrival time)
Maximum height of Showa Sanriku Earthquake Tsunami (arrival time)
Maximum height of assumed Miyagiken-oki coupled earthquake (arrival time)

00min ...Starting time of the effect of tsunami.
The earliest estimation among 3
assumed tsunamis is shown.



15min

《Inundation Area by Tsunami》

- Estimated inundation area by tsunami
- Actual inundation area by tsunami (Great East Japan Earthquake)
- Evacuation direction from tsunami

- Tsunami Evacuation Area
- Tsunami Evacuation Building
- Evacuation Shelter
- Hospital
- Fire Station/ Branch
- Firefighting Corps
- Police Station
- Police Box/ Substation
- Post Office
- City Government
- General Office/ Branch Office
- Heliport
- Sub Unit of Municipal Disaster Management Radio Communications Systems
- Main Road
- City Boundary

Name of district
Maximum height of Meiji Sanriku Earthquake Tsunami (arrival time)
Maximum height of Showa Sanriku Earthquake Tsunami (arrival time)
Maximum height of assumed Miyagken-oki coupled earthquake (arrival time)

...Starting time of the effect of tsunami
The earliest estimation among 3 assumed tsunamis is shown.



19min

21min

17min

26min

29min

21

22

26

24



Tsunami

Oikiri High Ground

Uranosawa High Ground

North District Community Center

North District Community Center High Ground

Forest Road Uiso Line High Ground

Former Shirahama Branch School

Shirahama Rural Park High Ground

Aramaki High Ground

Otanohama High Ground

Horinai High Ground

Koborinai High Ground

Kamagasawa High Ground

Otobe Shrine High Ground

Sasaminai District Hall
Sasaminai District Hall High Ground

Omoe Branch Office
Omoe Integrated Communication Center High Ground
Omoe Integrated Communication Center

Forest Road Satomugi Uno Line High Ground
Peninsula Line High Ground

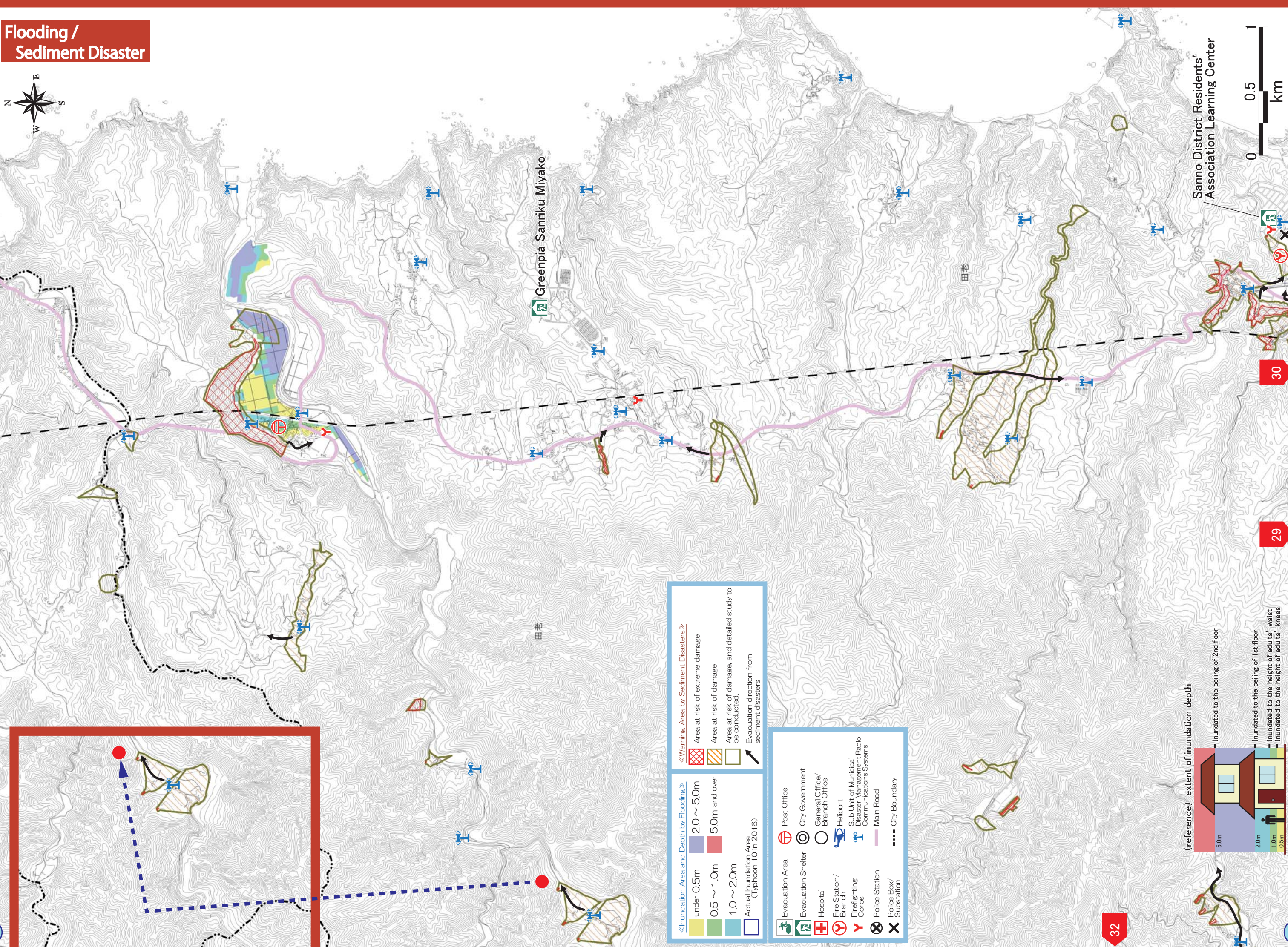
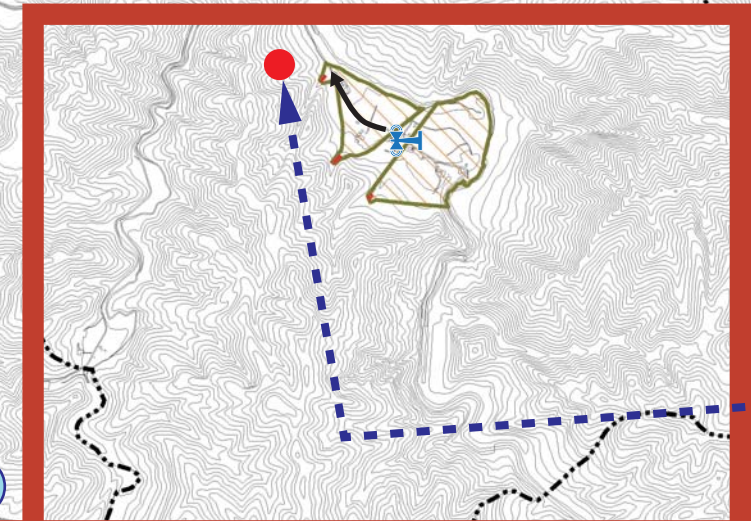
Sato Uga Shrine High Ground

Otobe
14.4m (28min)
9.4m (34min)
3.2m (27min)

Sato
18.4m (28min)
13.0m (34min)
3.8m (27min)



Flooding /
Sediment Disaster



《Inundation Area and Depth by Flooding》

under 0.5m	2.0 ~ 5.0m
0.5 ~ 1.0m	5.0m and over
1.0 ~ 2.0m	

Actual Inundation Area
(typhoon 10 in 2016)

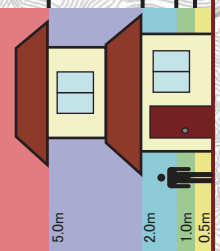
《Warning Area by Sediment Disasters》

Area at risk of extreme damage
Area at risk of damage
Area at risk of damage, and detailed study to be conducted.

Evacuation direction from sediment disasters

Evacuation Area	Post Office
Evacuation Shelter	City Government
Hospital	General Office/ Branch Office
Fire Station/ Branch	Helipoint
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
Police Box/ Substation	City Boundary

(reference) extent of inundation depth

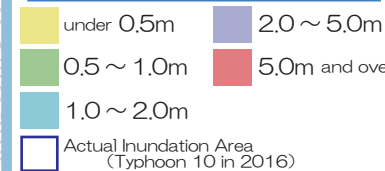


Sanno District Residents' Association Learning Center

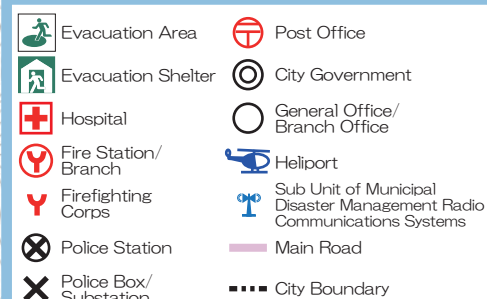
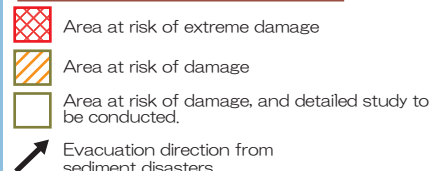


Flooding / Sediment Disaster

《Inundation Area and Depth by Flooding》



《Warning Area by Sediment Disasters》



* Note
Sediment disaster warning areas shown in the map is based on the condition before reconstruction and community development projects are completed.

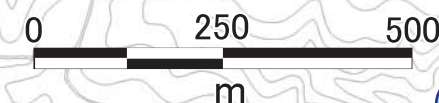
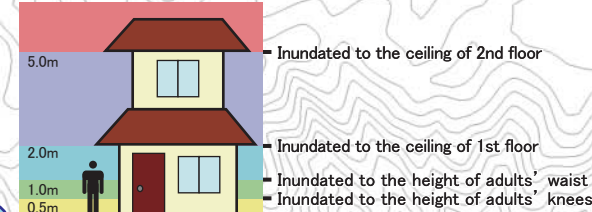


Miyako-kita High School

Taro General Office

Sanno District Residents' Association Learning Center

(reference) extent of inundation depth



Flooding /
Sediment Disaster

田代第9地割

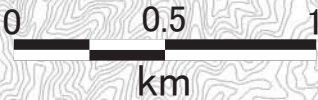
田代第7地割

田老

《Warning Area by Sediment Disasters》

- Area at risk of extreme damage
- Area at risk of damage
- Area at risk of damage, and detailed study to be conducted.
- Evacuation direction from sediment disasters

- | | |
|---------------------------|--|
| Evacuation Area | Post Office |
| Evacuation Shelter | City Government |
| Hospital | General Office/
Branch Office |
| Fire Station/
Branch | Helipoint |
| Firefighting
Corps | Sub Unit of Municipal
Disaster Management Radio
Communications Systems |
| Police Station | Main Road |
| Police Box/
Substation | City Boundary |



28

29

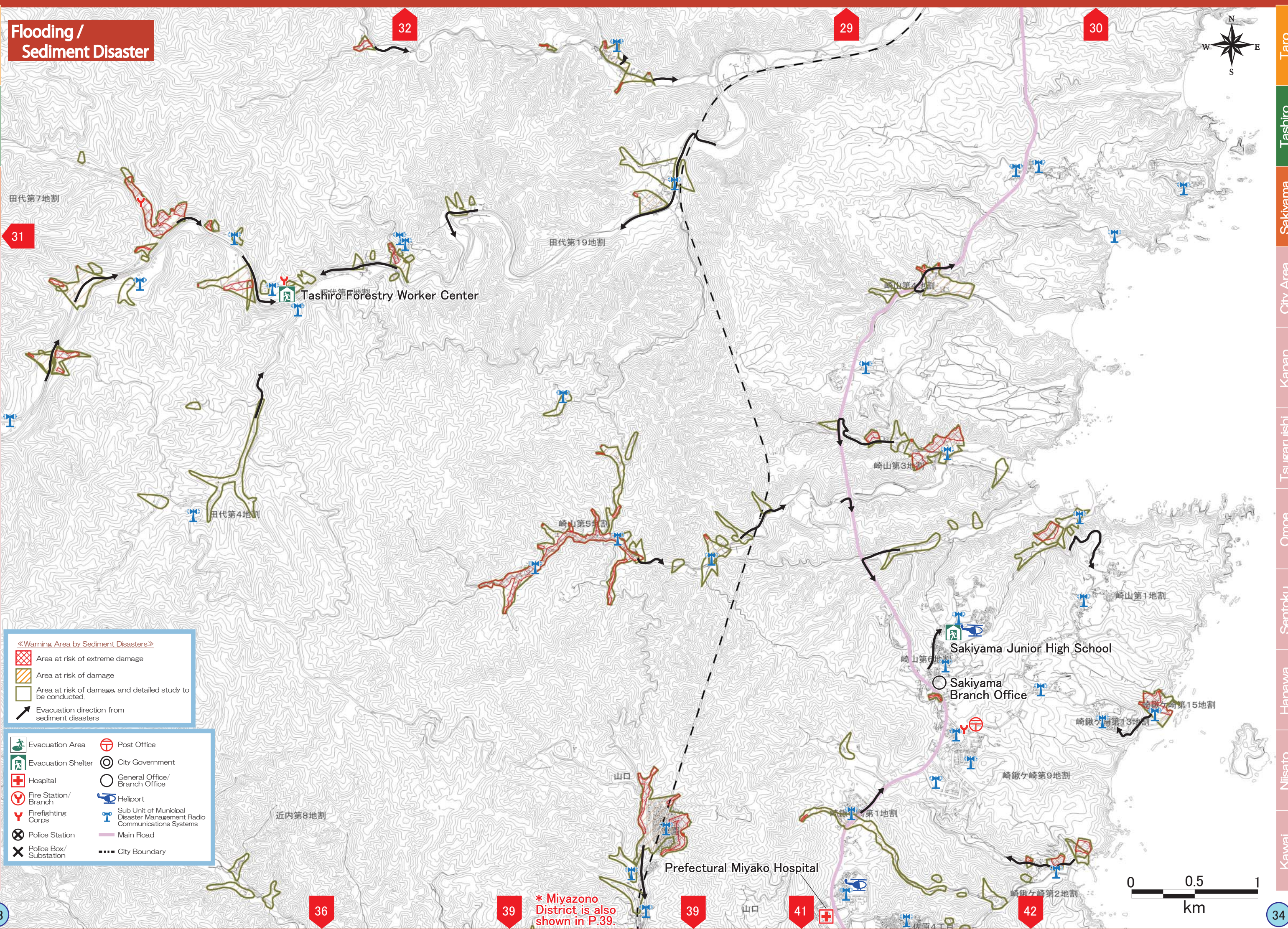
31

33



32

**Flooding /
Sediment Disaster**

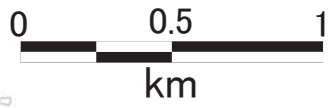


《Warning Area by Sediment Disasters》

- Area at risk of extreme damage
- Area at risk of damage
- Area at risk of damage, and detailed study to be conducted.
- Evacuation direction from sediment disasters

Evacuation Area	Post Office
Evacuation Shelter	City Government
Hospital	General Office/ Branch Office
Fire Station/ Branch	Heliport
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
Police Box/ Substation	City Boundary

* Miyazono District is also shown in P.39.



Flooding /
Sediment Disaster

田代第9地割

田代第7地割

田老

《Warning Area by Sediment Disasters》

Area at risk of extreme damage

Area at risk of damage

Area at risk of damage, and detailed study to be conducted.

Evacuation direction from sediment disasters

Evacuation Area

Evacuation Shelter

Hospital

Fire Station/
Branch

Firefighting
Corps

Police Station

Police Box/
Substation

Post Office

City Government

General Office/
Branch Office

Helipoint

Sub Unit of Municipal
Disaster Management Radio
Communications Systems

Main Road

City Boundary

0 0.5 1
km

0 0.5 1
km



28

29

31

33

32

33

28

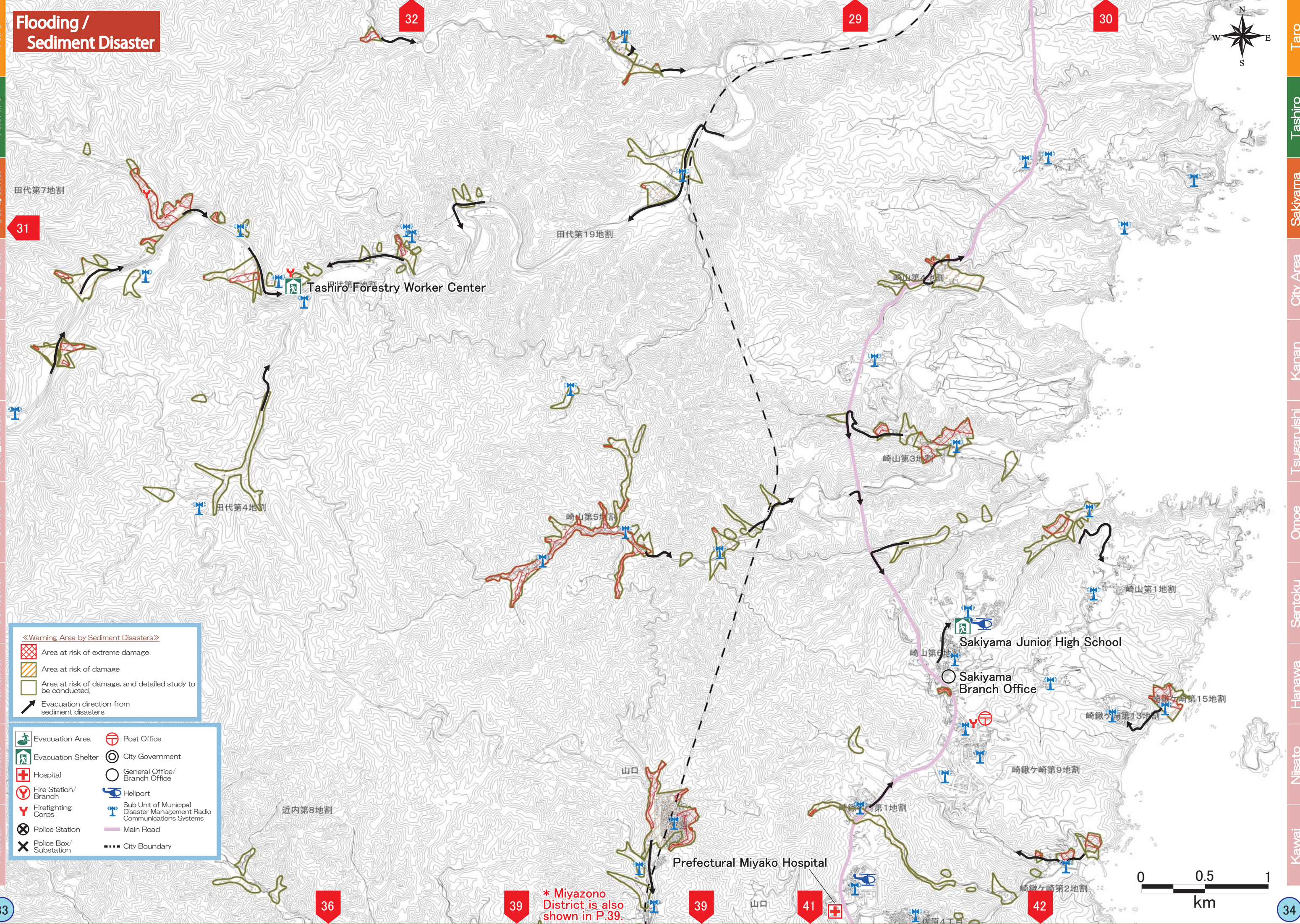
29

31

32

32

Flooding /
Sediment Disaster



《Warning Area by Sediment Disasters》

- Area at risk of extreme damage
- Area at risk of damage
- Area at risk of damage, and detailed study to be conducted.
- Evacuation direction from sediment disasters

- | | |
|---------------------------|--|
| Evacuation Area | Post Office |
| Evacuation Shelter | City Government |
| Hospital | General Office/
Branch Office |
| Fire Station/
Branch | Heliport |
| Firefighting
Corps | Sub Unit of Municipal
Disaster Management Radio
Communications Systems |
| Police Station | Main Road |
| Police Box/
Substation | City Boundary |

* Miyazono
District is also
shown in P.39.

Flooding / Sediment Disaster

《Inundation Area and Depth by Flooding》

under 0.5m	2.0 ~ 5.0m
0.5 ~ 1.0m	5.0m and over
1.0 ~ 2.0m	

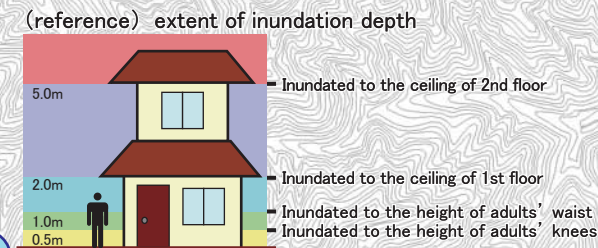
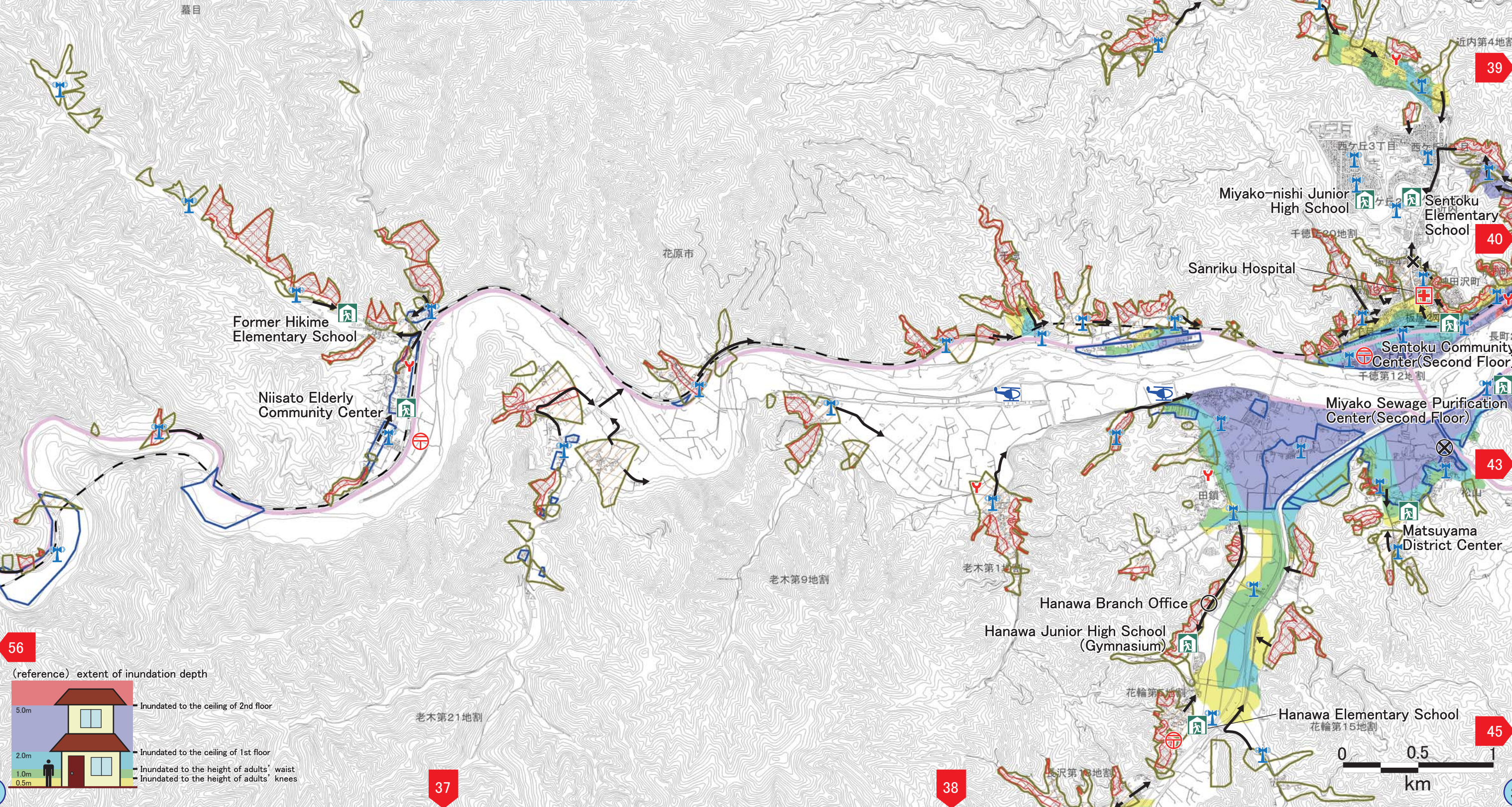
Actual Inundation Area
(Typhoon 10 in 2016)

《Warning Area by Sediment Disasters》

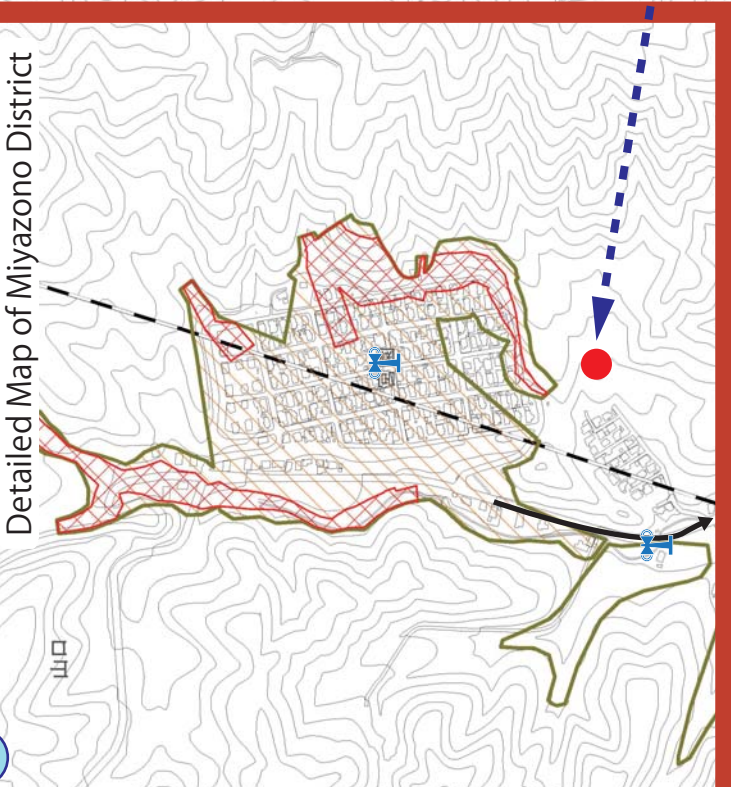
Area at risk of extreme damage
Area at risk of damage
Area at risk of damage, and detailed study to be conducted.

Evacuation direction from sediment disasters

Evacuation Area	Post Office
Evacuation Shelter	City Government
Hospital	General Office/ Branch Office
Fire Station/ Branch	Heliport
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
Police Box/ Substation	City Boundary



Detailed Map of Miyazono District



Flooding / Sediment Disaster

34

Legend for Flooding / Sediment Disaster

《Inundation Area and Depth by Flooding》

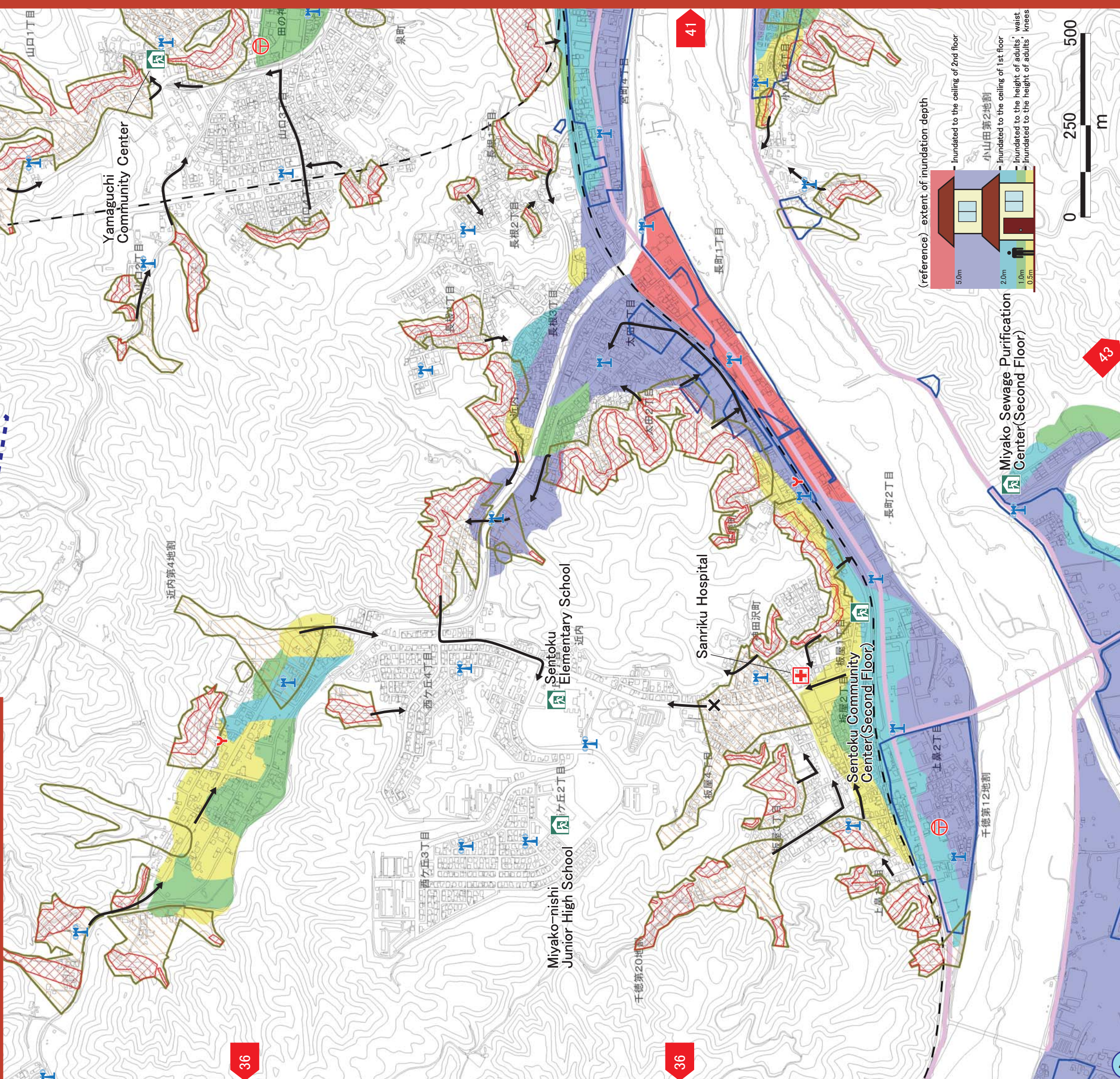
- under 0.5m
- 0.5 ~ 1.0m
- 1.0 ~ 2.0m
- Actual Inundation Area (Typhoon 10 in 2016)

《Warning Area by Sediment Disasters》

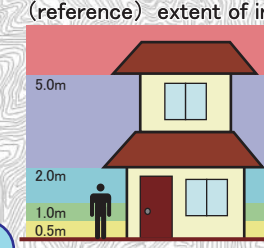
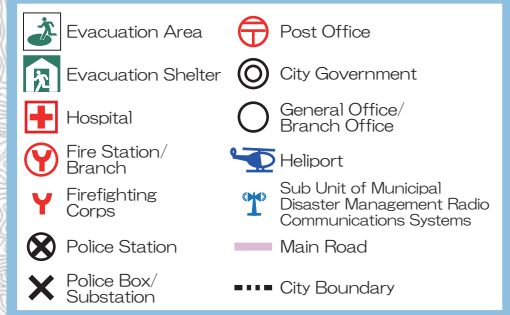
- Area at risk of extreme damage
- Area at risk of damage
- Area at risk of damage, and detailed study to be conducted.
- Evacuation direction from sediment disasters

Legend for Facilities

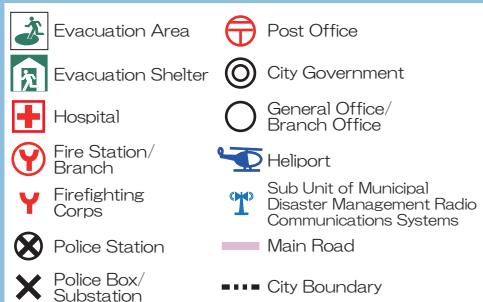
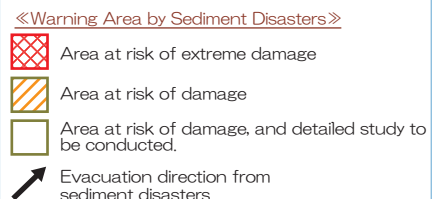
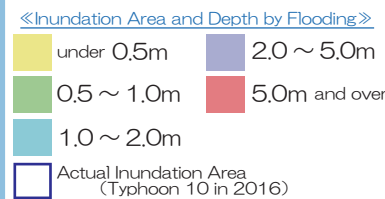
- Evacuation Area
- Evacuation Shelter
- Hospital
- Fire Station/Branch
- Firefighting Corps
- Police Station
- Police Box/Substation
- Post Office
- City Government
- General Office/Branch Office
- Heliport
- Sub Unit of Municipal Disaster Management Radio Communications Systems
- Main Road
- City Boundary



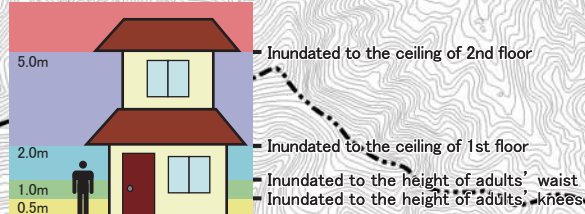
Kawai



Flooding / Sediment Disaster



(reference) extent of inundation depth



Hanawa Elementary School

Nagasawa Rural Center

津軽石第20地割

津軽石第14地割

津軽石第16地割

津軽石第18地割

長沢第23地割

長沢第20地割

長沢第9地割

長沢第15地割

長沢第13地割

花輪第5地割

花輪第15地割

花輪第1地割

花輪第18地割

長沢第8地割

長沢第1地割

長沢第4地割



Taro

Tashiro

Sakiyama

City Area

Kanan

Tsugaruishi

Omoe

Sentoku

Hanawa

Niisato

Kawai

38

45

47

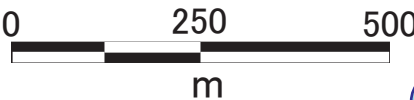
49

35

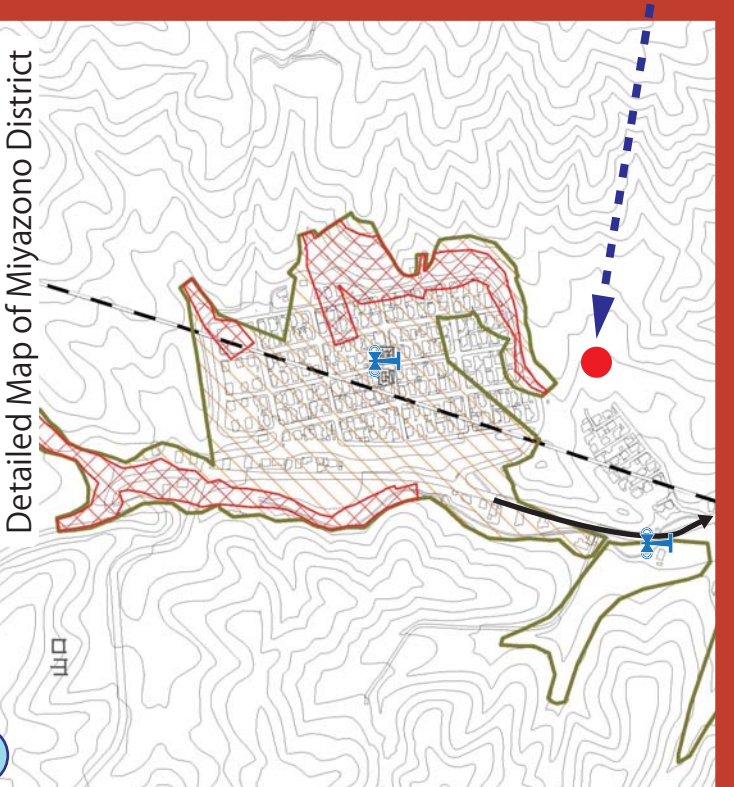
36

56

37



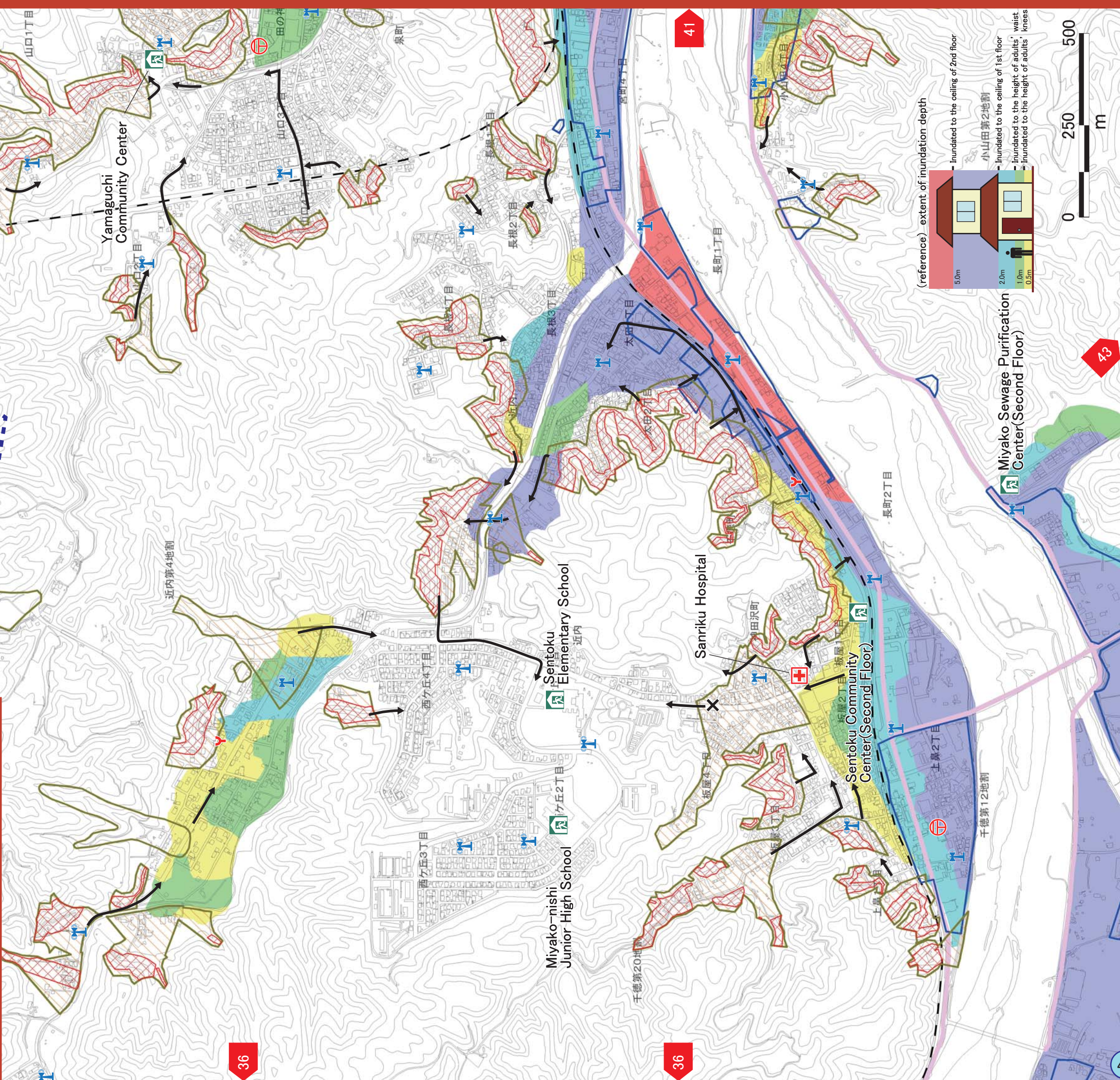
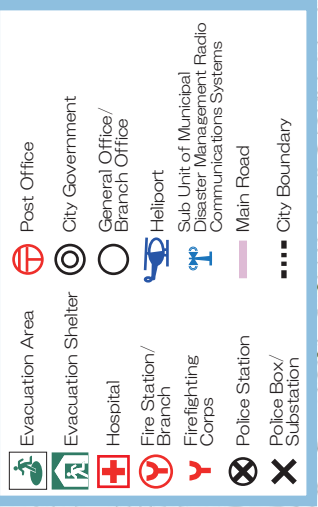
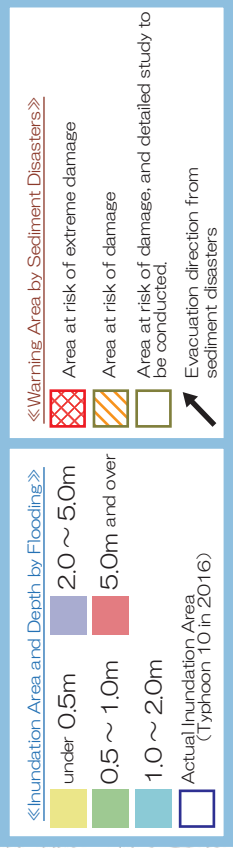
Detailed Map of Miyazono District



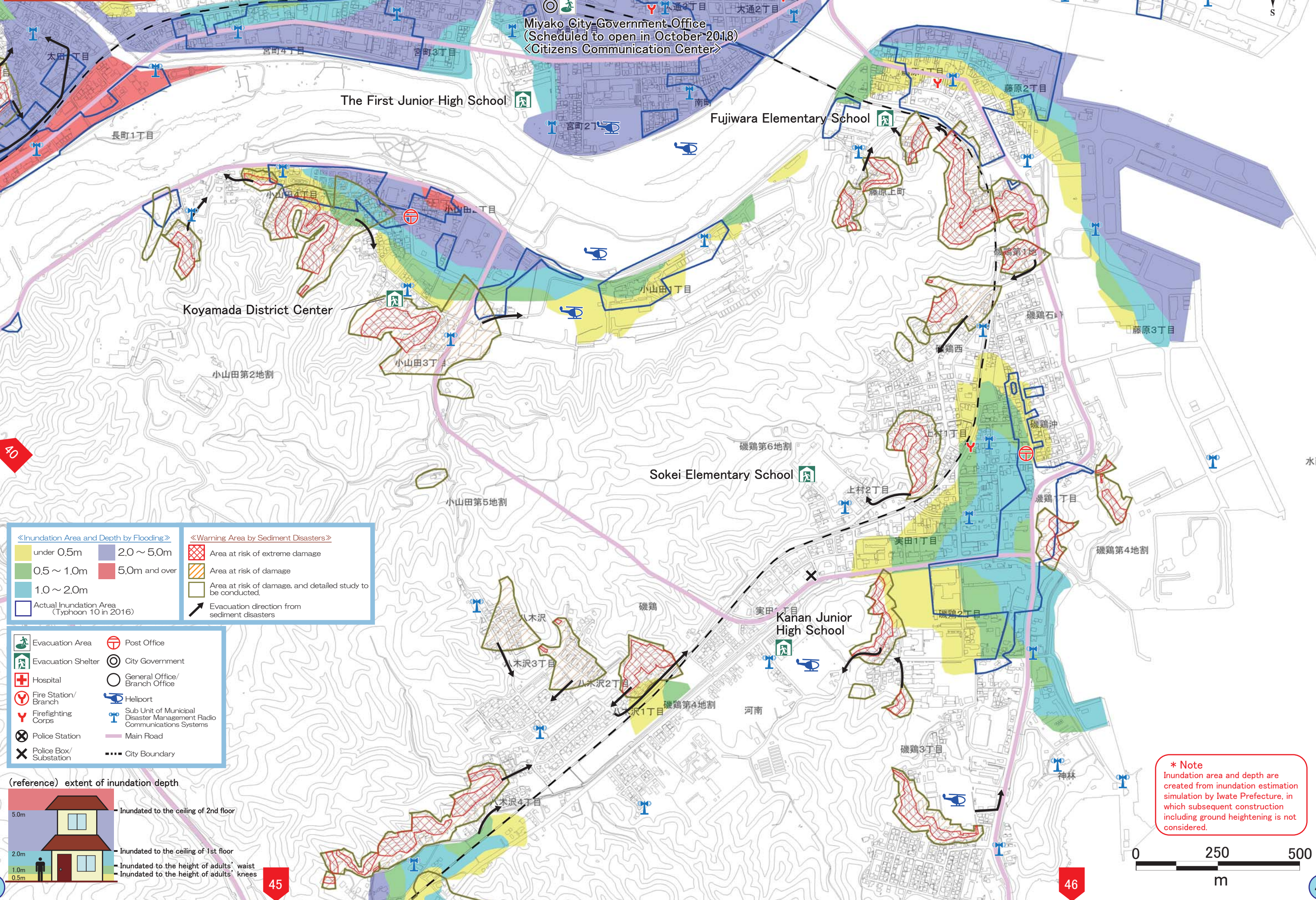
Flooding / Sediment Disaster



33



Flooding /
Sediment Disaster



Flooding /
Sediment Disaster

《Inundation Area and Depth by Flooding》

under 0.5m

0.5 ~ 1.0m

1.0 ~ 2.0m

Actual Inundation Area
(Typhoon 10 in 2016)

2.0 ~ 5.0m

5.0m and over

《Warning Area by Sediment Disasters》

Area at risk of extreme damage

Area at risk of damage

Area at risk of damage, and detailed study to be conducted.

Evacuation direction from sediment disasters

Evacuation Area

Evacuation Shelter

Hospital

Fire Station/
Branch

Firefighting
Corps

Police Station

Police Box/
Substation

Post Office

City Government

General Office/
Branch Office

Helipoint

Sub Unit of Municipal
Disaster Management Radio
Communications Systems

Main Road

City Boundary

(reference) extent of inundation depth

5.0m

2.0m

1.0m

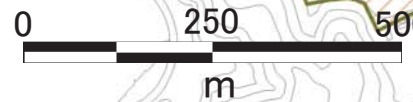
0.5m

Inundated to the ceiling of 2nd floor

Inundated to the ceiling of 1st floor

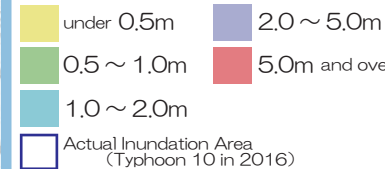
Inundated to the height of adults' waist

Inundated to the height of adults' knees

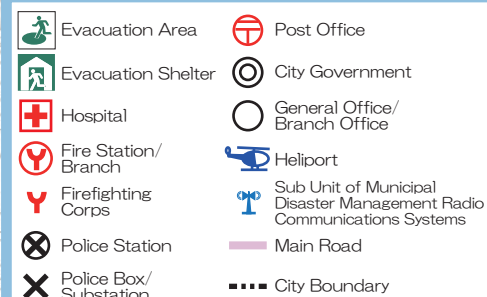
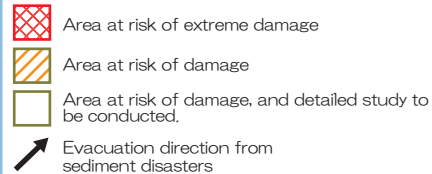


Flooding / Sediment Disaster

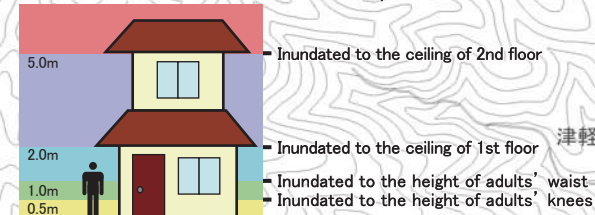
《Inundation Area and Depth by Flooding》



《Warning Area by Sediment Disasters》



(reference) extent of inundation depth



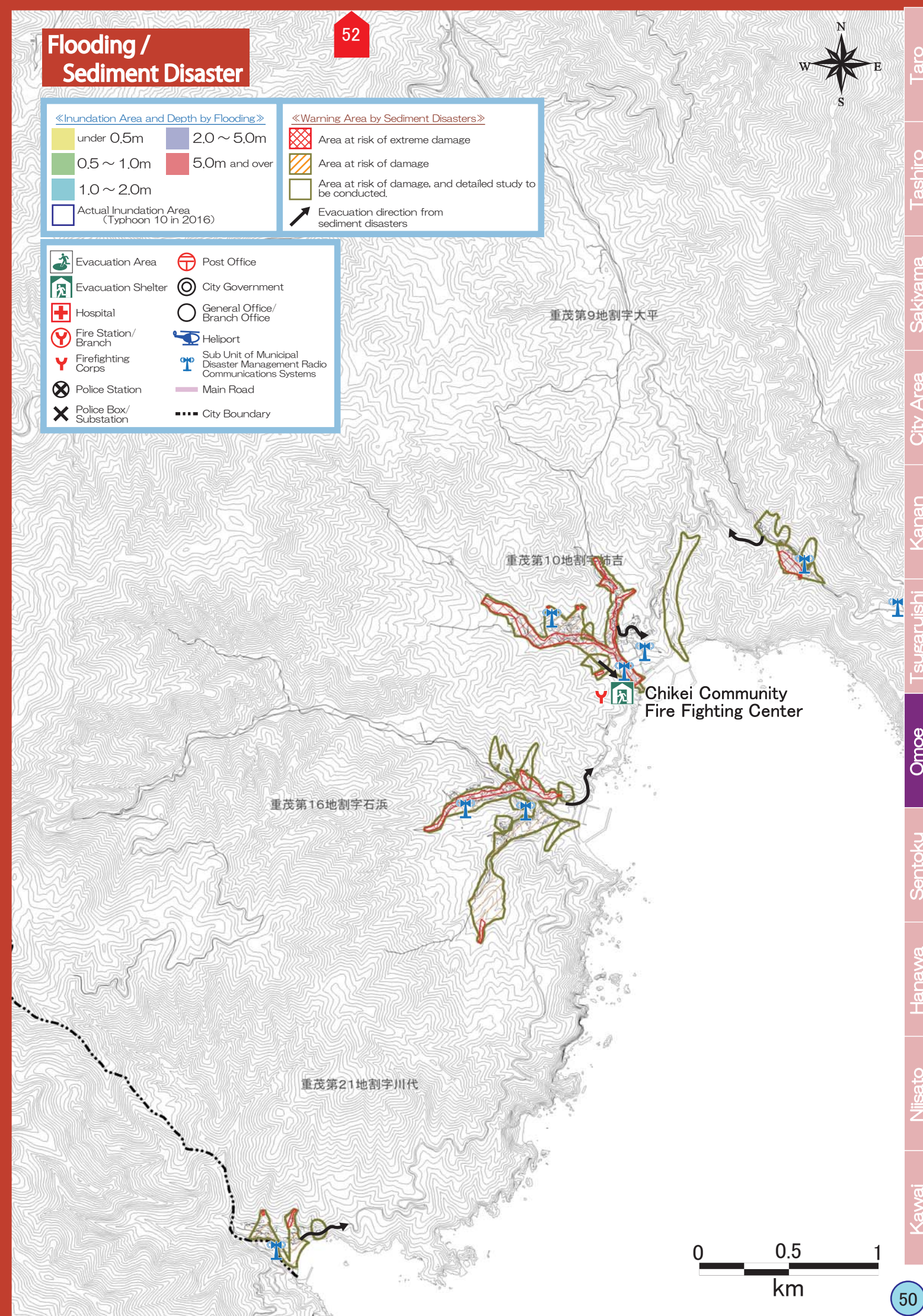
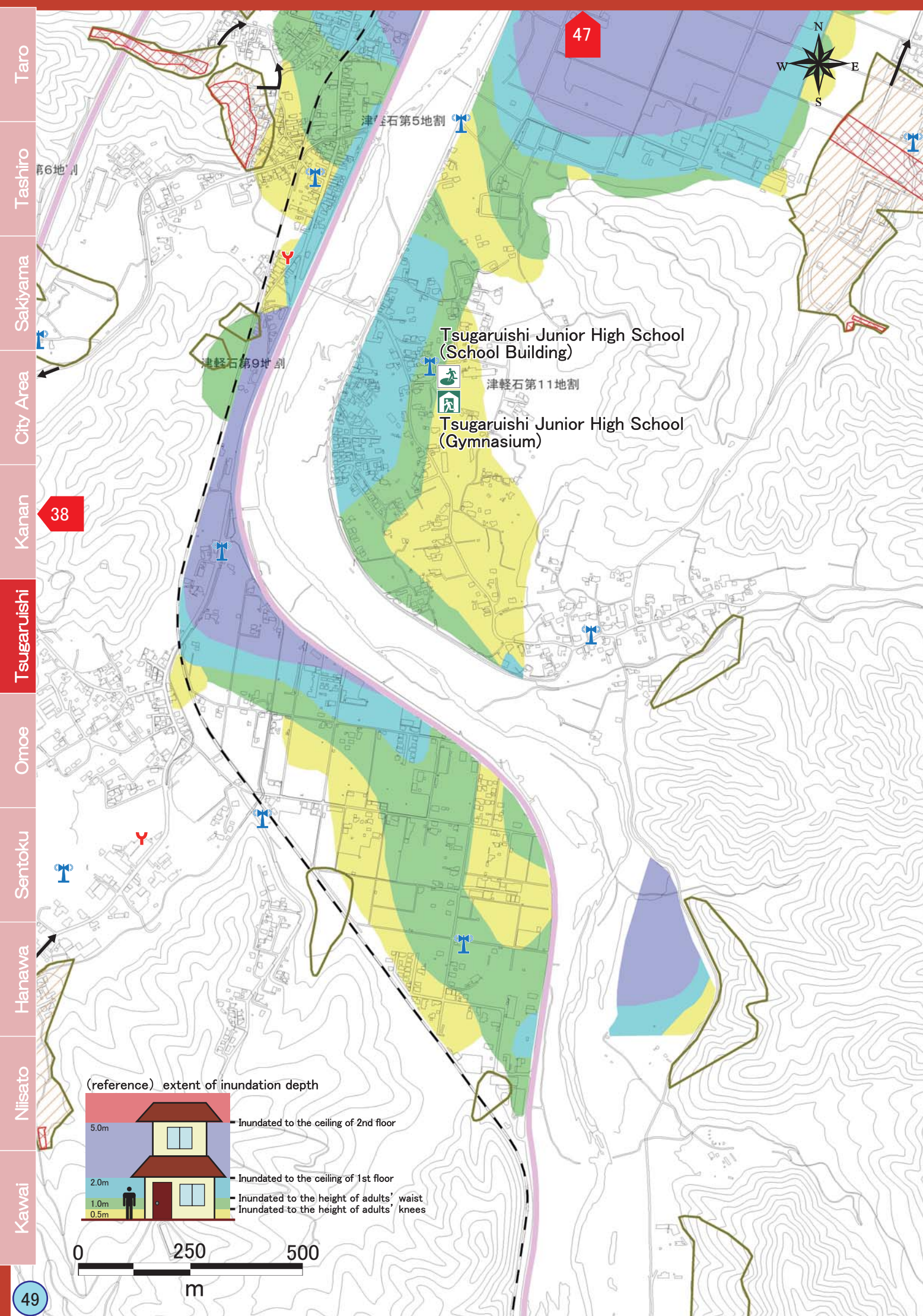
Tsugaruishi Branch Office
Tsugaruishi Community Center

Akamae Elementary School

Tsugaruishi Junior High School
(School Building)

Tsugaruishi Junior High School
(Gymnasium)





Flooding /
Sediment Disaster



《Inundation Area and Depth by Flooding》

under 0.5m	2.0 ~ 5.0m
0.5 ~ 1.0m	5.0m and over
1.0 ~ 2.0m	

Actual Inundation Area
(Typhoon 10 in 2016)

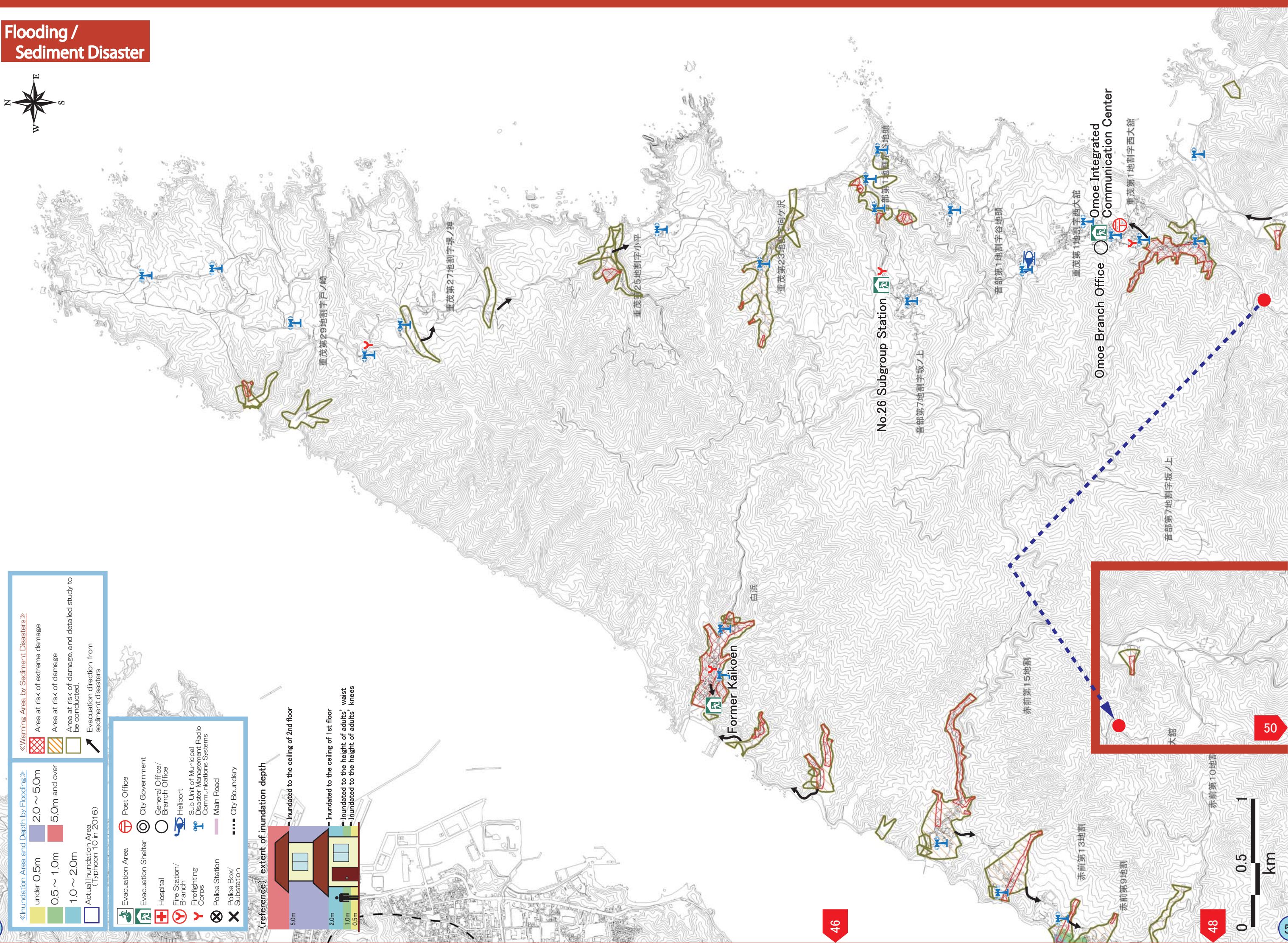
《Warning Area by Sediment Disasters》

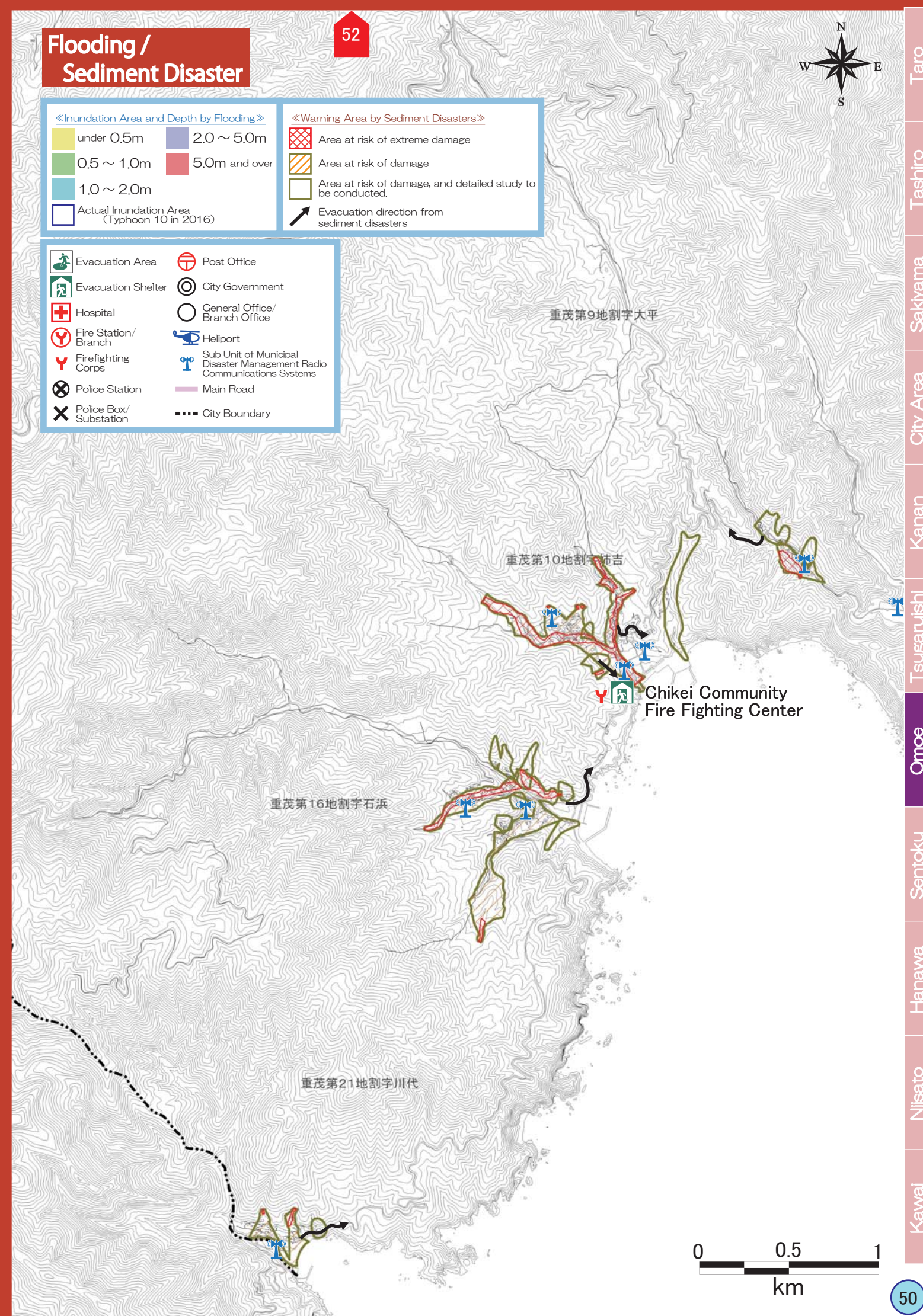
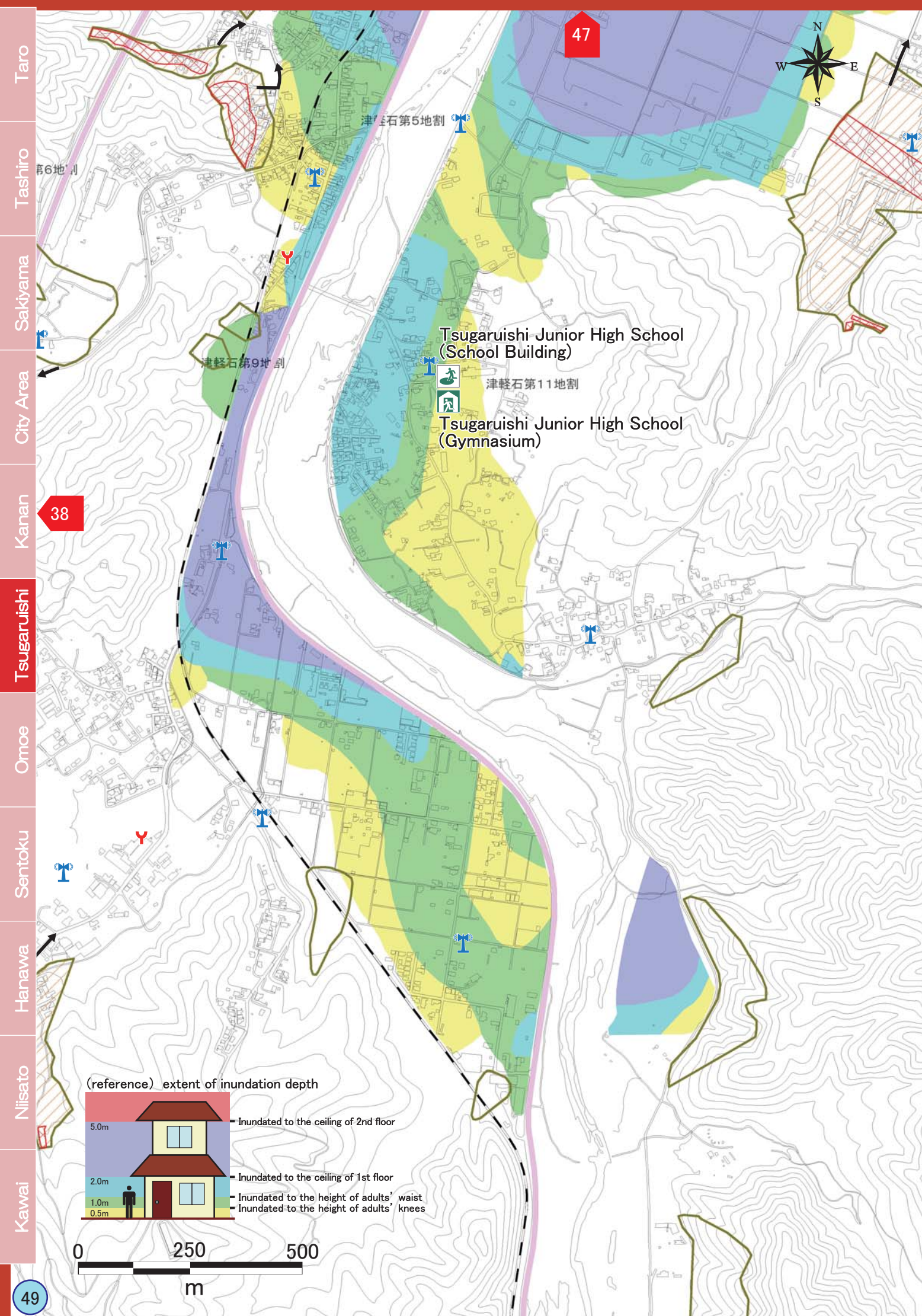
Area at risk of extreme damage
Area at risk of damage
Area at risk of damage, and detailed study to be conducted.

Evacuation direction from sediment disasters

Evacuation Area	Post Office
Evacuation Shelter	City Government
Hospital	General Office/ Branch Office
Fire Station/ Branch	Heliport
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
Police Box/ Substation	City Boundary

(reference) extent of inundation depth





Flooding /
Sediment Disaster



《Inundation Area and Depth by Flooding》

under 0.5m	2.0 ~ 5.0m
0.5 ~ 1.0m	5.0m and over
1.0 ~ 2.0m	

Actual Inundation Area
(Typhoon 10 in 2016)

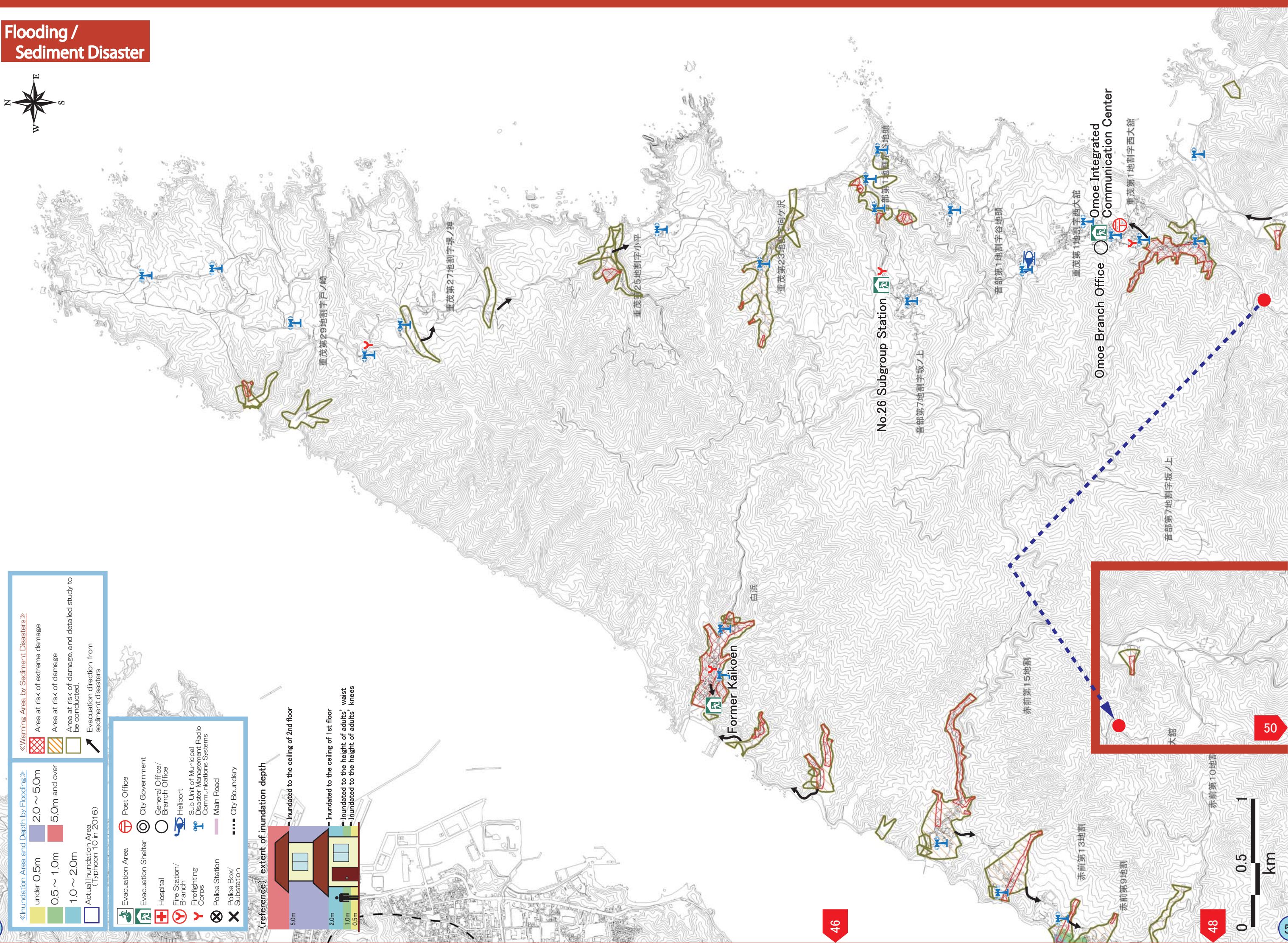
《Warning Area by Sediment Disasters》

Area at risk of extreme damage
Area at risk of damage
Area at risk of damage, and detailed study to be conducted.

Evacuation direction from sediment disasters

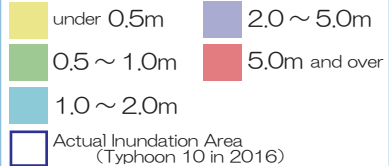
Evacuation Area	Post Office
Evacuation Shelter	City Government
Hospital	General Office / Branch Office
Fire Station / Branch	Helipoint
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
Police Box / Substation	City Boundary

(reference) extent of inundation depth

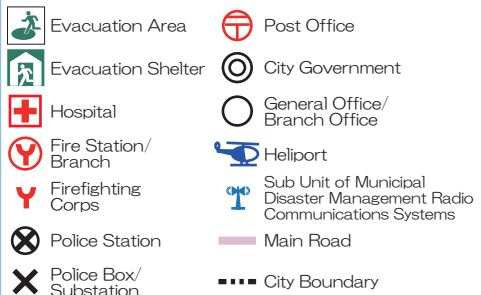
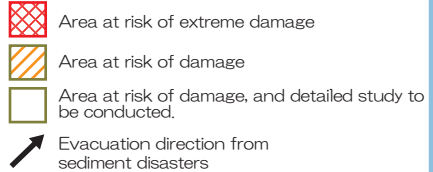


Flooding / Sediment Disaster

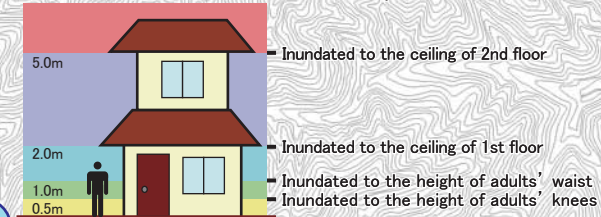
《Inundation Area and Depth by Flooding》



《Warning Area by Sediment Disasters》



(reference) extent of inundation depth



老木第21地割

37

千徳第23地割字与茂子

花原市

老木第9地割

老木第1地割

Hanawa Branch Office

Hanawa Junior High School
(Gymnasium)

花輪第3地割

Hanawa Elementary School

花輪第15地割

Miyako-nishi Junior
High School

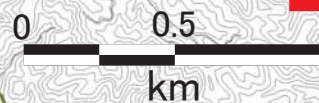
Sanriku Hospital

Sentoku Elementary
School

Sentoku Community
Center(Second Floor)

Miyako Sewage Purification
Center(Second Floor)

Matsuyama
District Center



km



33

近内第8地割

39

近内第4地割

40

43

45

36

Kawai

Niisato

Hanawa

Sentoku

Omoe

Tsugaruishi

Kanan

City Area

Sakiyama

Tashiro

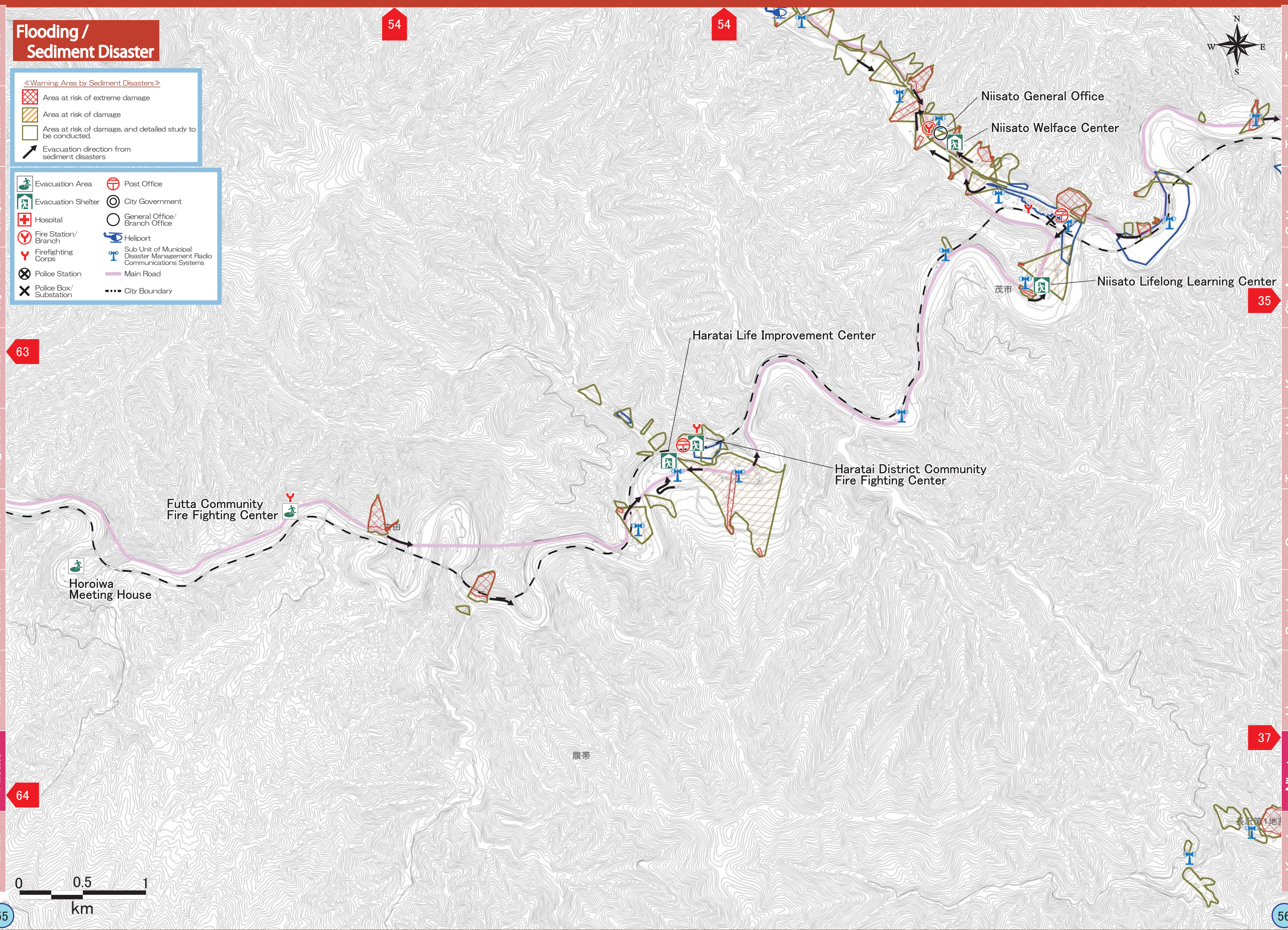
Taro

Flooding /
Sediment Disaster

《Warning Area by Sediment Disasters》

- Area at risk of extreme damage
- Area at risk of damage
- Area at risk of damage, and detailed study to be conducted.
- Evacuation direction from sediment disasters

Evacuation Area	Post Office
Evacuation Shelter	City Government
Hospital	General Office/ Branch Office
Fire Station/ Branch	Helipoint
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
Police Box/ Substation	City Boundary



Flooding /
Sediment Disaster



Kuzakai Housing Complex
Meeting House

Former Kadoma Elementary School

Kadoma Regional Promotion Center
Kadoma Branch Office

《Warning Area by Sediment Disasters》

- Area at risk of extreme damage
- Area at risk of damage
- Area at risk of damage, and detailed study to be conducted.
- Evacuation direction from sediment disasters

- | | |
|---------------------------|--|
| Evacuation Area | Post Office |
| Evacuation Shelter | City Government |
| Hospital | General Office/
Branch Office |
| Fire Station/
Branch | Heliport |
| Firefighting
Corps | Sub Unit of Municipal
Disaster Management Radio
Communications Systems |
| Police Station | Main Road |
| Police Box/
Substation | City Boundary |

0 0.5 1
km

59

58

Flooding /
Sediment Disaster

«Warning Area by Sediment Disasters»

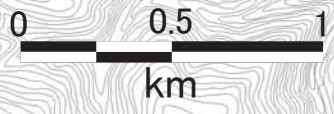
- Area at risk of extreme damage
- Area at risk of damage
- Area at risk of damage, and detailed study to be conducted.
- Evacuation direction from sediment disasters

Evacuation Area	Post Office
Evacuation Shelter	City Government
Hospital	General Office/ Branch Office
Fire Station/ Branch	Heliport
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
Police Box/ Substation	City Boundary



Hiratsuto Meeting House

平津戸



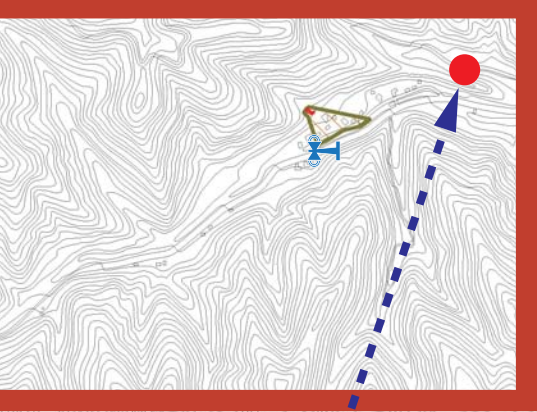
Taro
Tashiro
Sakiyama
City Area
Kanan
Tsugaruishi
Omoe
Sentoku
Hanawa
Niisato
Kawai

Taro
Tashiro
Sakiyama
City Area
Kanan
Tsugaruishi
Omoe
Sentoku
Hanawa
Niisato
Kawai

«Warning Area by Sediment Disasters»

- Area at risk of extreme damage
- Area at risk of damage
- Area at risk of damage, and detailed study to be conducted
- Evacuation direction from sediment disasters

Evacuation Area	Post Office
Evacuation Shelter	City Government
Hospital	General Office/ Branch Office
Fire Station/ Branch	Helipoint
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
Police Box/ Substation	City Boundary



Flooding / Sediment Disaster

Kawauchi Branch Office

Yakushinuri Urushi Crafts Center

Kawai Junior High School

Hakoishi Regional Promotion Center

Okamura Meeting House

Flooding /
Sediment Disaster



《Warning Area by Sediment Disasters》

- Area at risk of extreme damage
- Area at risk of damage
- Area at risk of damage, and detailed study to be conducted.
- Evacuation direction from sediment disasters

Evacuation Area	Post Office
Evacuation Shelter	City Government
Hospital	General Office / Branch Office
Fire Station / Branch	Helipoint
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
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Flooding /
Sediment Disaster

《Warning Area by Sediment Disasters》

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Fire Station/ Branch	Heliport
Firefighting Corps	Sub Unit of Municipal Disaster Management Radio Communications Systems
Police Station	Main Road
Police Box/ Substation	City Boundary



64

Etsunagi Regional
Promotion Center

65



68

67

Safety Confirmation

In time of large-scale disasters, it is often difficult to make phone calls to the affected areas. In such cases, Disaster Emergency Message Dial and Disaster Message Board are available to confirm the safety. You can practice using either of the services on designated days, so please take your time to try.

 Disaster Emergency Message Dial Tel. 171	 web171 Disaster Message Board https://www.web171.jp/ 
 NTT docomo Disaster Message Board http://dengon.docomo.ne.jp/top.cgi 	 a u Disaster Message Board http://dengon.ezweb.ne.jp/ 
 Softbank Disaster Message Board http://dengon.softbank.ne.jp/ 	 Y! mobile Disaster Message Board http://dengon.ymobile.jp/info/ 

Disaster Prevention Notebook of All

Being distributed to all households in October, 2014, “Disaster Prevention Notebook of All” compiles helpful information to perform prior preparation for disasters. To be prepared, please discuss with your family and make the best use of it.

◆Discuss with your family and write down important information

In the introductory section, you can write down your family's information. Discuss with your family on the suggested items, and write down important information that has to be kept in mind in time of disasters.



◆Bring your notebook to the local meetings

When participating in local disaster meetings etc., bring your “Disaster Prevention Notebook of All” and write down local information on disaster prevention and disaster risk in the memorandum field.



Pass Down the Story and Act

「Do not build any homes below this point.」

This clause is a part of writing on a stone monument, shown in the right picture, entitled “Mega Tsunami Memorial” in Omoeaneyoshi district. Since a number of residents were killed by Meiji Sanriku Earthquake Tsunami and Showa Sanriku Earthquake Tsunami in this district, the survived people erected this stone at tsunami reaching point. Like these predecessors, we must pass down our dreadful suffering experience and learned lessons to the next generations, and build resilient cities and communities. It is crucial for all of us that we continue working to be able to act for disaster prevention.



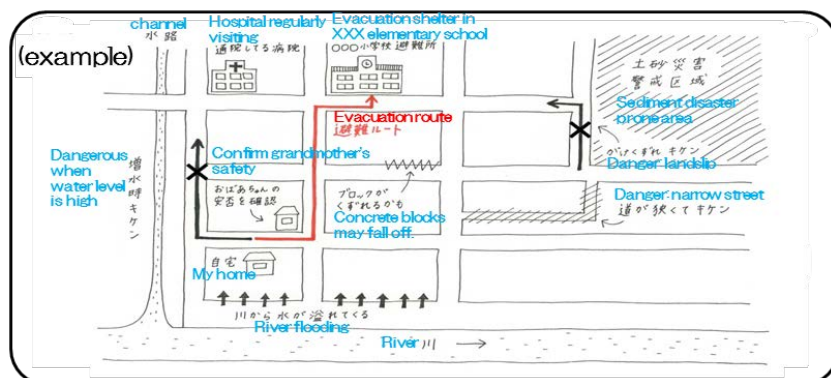
Mega Tsunami Memorial
(Omoeaneyoshi district)

※Stone monuments and remains of tsunami disasters that are scattered across the City are planned to be exhibited in the disaster prevention exhibition space in City Activity Center after October, 2018(expected).

Let's create Family's Disaster Prevention Map !

Take a walk around your home to confirm the location of dangerous areas, evacuation areas, and evacuation shelters, as well as the routes. You should confirm multiple evacuation routes for some routes might be unavailable.

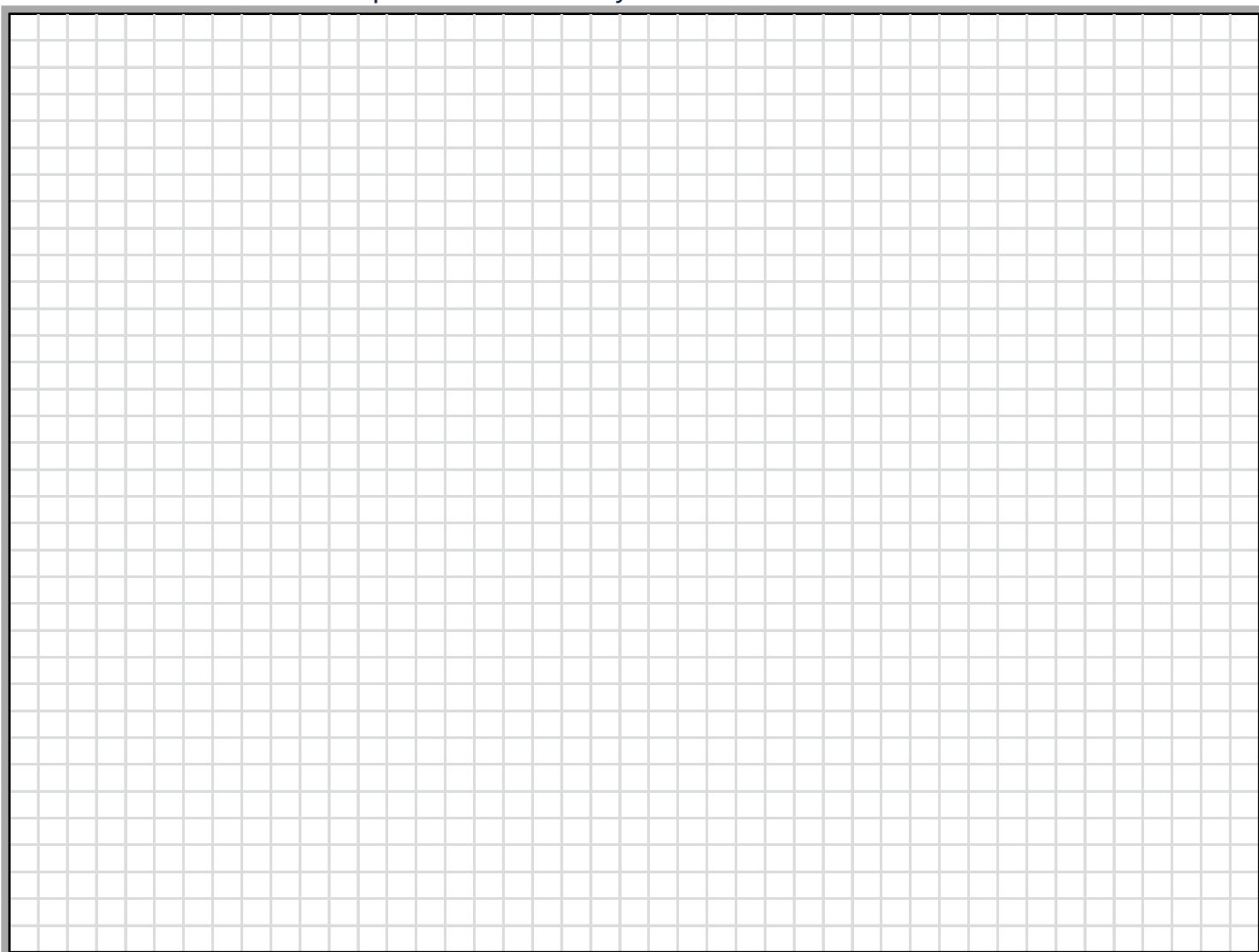
By compiling those information with illustrations etc., create “ my family's disaster prevention map ” .



family's disaster management map

<You should write the information such as...>

- meeting place with your family ● evacuation area and evacuation shelter
- evacuation routes ● places where may be at risk



Emergency Items

Prepare an emergency bag beforehand to be prepared for emergency. You should keep emergency stockpile items to live without relying anyone for around 3 days.

Discuss with your family on meeting point and contact information and create an emergency contact card etc.



Emergency food and water

- ☐ emergency food
- ☐ water



tools



- ☐ portable radio
- ☐ mobile phone
- ☐ flashlight (batteries)

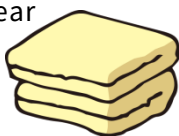


- ☐ candles, lighter, match
- ☐ tissue paper
- ☐ knife, can opener
- ☐ rope
- ☐ work gloves
- ☐ plastic bags



clothes

- ☐ underwear
- ☐ towel
- ☐ blanket
- ☐ gloves
- ☐ winter clothing



Valuables

- ☐ ID card such as driver's license or health insurance card
- ☐ Cash (coins)
- ☐ bankbook
- ☐ emergency contact information

Safety goods and first aid goods

- ☐ protective hood
- ☐ sanitary napkins
- ☐ medicine



- ☐ first aid goods (should be kept in a container etc.)

- ☐ disinfectant
- ☐ ointment
- ☐ compress
- ☐ digestive medicine
- ☐ eye-drop
- ☐ masks
- ☐ bandage
- ☐ gauze

etc.



Major Contacts in Disasters

City Government, General Office, and Branch Office

[area code 0193]

Miyako City Government	62-2111
Taro General Office	87-2111
Niisato General Office	72-2111
Kawai General Office	76-2111
Sakiyama Branch Office	62-6036
Tsugaruishi Branch Office	67-2111
Omoe Branch Office	68-2111
Hanawa Branch Office	69-2111
Oguni Branch Office	78-2111
Kadoma Branch Office	77-2111
Kawauchi Branch Office	75-2111

Police Stations, Fire Stations, Emergency Services, Hospitals, and Utilities

[area code 0193]

Miyako Police Station	64-0110	Prefectural Miyako Hospital	62-4011
Miyako Fire Station	62-5533	Sanriku Hospital	62-7021
(Taro Branch)	87-2545	Miyako First Hospital	62-3737
(Niisato Branch)	72-2011	Yamaguchi Hospital	62-3945
(Kawai Branch)	76-2110	Miyako City Dept. of Water and Wastewater Service	63-1115
		NTT East(contact for repairs)	113
		Tohoku-Electric Power Co. (contact in case of power outage)	0120-175-366

