

Disaster Preparedness

Give yourself the best chance
possible

Our Objectives

✓ YES

- Basics
 - Earthquakes
 - Tsunamis
 - Nuclear disasters
- Where to look
- Personal specifics later

✗ NO

- *All* specifics
- Be done



GETTING STARTED

What is Disaster Preparedness?

- Measures for preparation and reduction
 - Preparation
 - Knowledge
 - Materials
 - Plans
 - Reduction
 - Application of knowledge, materials, and plans



Why is Disaster Preparedness Important?

- No warning
- Speed is of the essence
- Risk reduction

Niigata Prefecture

2004 Chuetsu earthquake

- 6.6 magnitude - Shindo 7 in Kawaguchi
- Many more earthquakes and aftershocks

Kariwa Nuclear Power Plant

General Preparation

- Emergency bag
- Household preparation
- Stock of supplies
- Traveler's program
- Know your evacuation centers
- Know important contact info
 - RAs, PAs, supervisors, embassies, etc.



What is An Emergency Bag?

JP: 非常持出袋(ひじょうもちだしぶくろ) (Hijoumochidashibukuro)

- Emergency grab-and-go bag
- Easy-to-grab location
- Contains...
 - 3 days' worth of food and water
 - Survival items (e.g., flashlight, blanket, radio, etc.)
 - First aid kit
 - Emergency contact info
 - Important documents (ID, passport, finance, medical, etc.)
 - Batteries/hand crank charger for electronics



Household Preparation

- Look around
- Imagine things...
 - Falling
 - Tipping
 - Breaking
- Risks?
- Eliminate the risks!

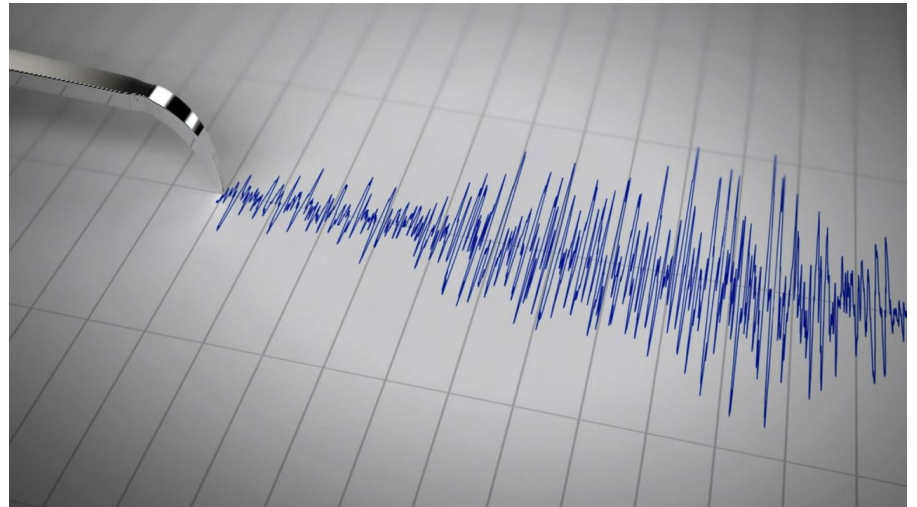


DISASTERS

Earthquakes

Preparation

- Evacuation center
- Know a few areas that are open spaces without power lines or large structures. Parking lots and fields are good.
- Know what an earthquake alert sounds like.



Earthquakes

In the Event Of

- First
 - Stay away from windows and doors. Get under a desk or table as best as you can, covering the head and back.
 - If outside, stay away from power lines, trees, and high buildings
- Then
 - Wait before attempting to leave. Aftershocks may occur.
 - Move to your designated evacuation area. Avoid entering buildings and stay in as open an area as possible when traveling. Watch for mudslides or avalanches.

Tsunamis Preparation

- **Follow all government instructions**
- Evacuation center
- Know where higher ground from your location is.
- Be alert for tsunami warnings.

Tsunamis

In the Event Of

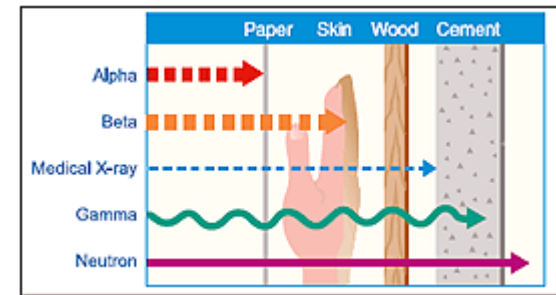
- When a tsunami warning is issued, move immediately to higher ground. DO NOT go to watch.
- Evacuation centers should be at higher ground, but check to make sure.



Nuclear Disasters

Preparation

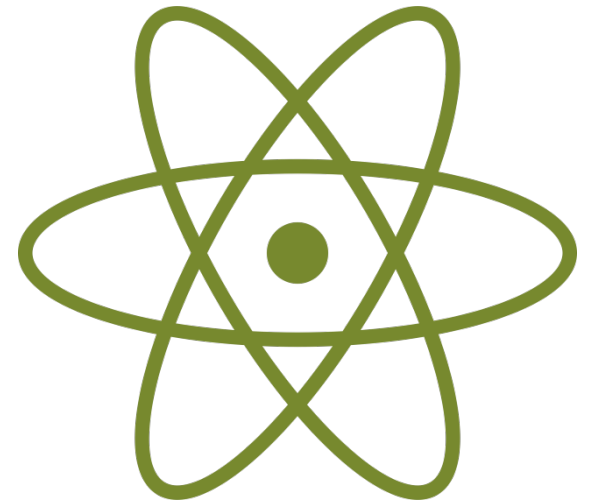
- Different kinds of radiation
 - Penetration
 - Distance
 - Transmission
- Nuclear power plants are sturdy
 - Attack
 - Natural disaster
 - Much more



Nuclear Disasters

In the Event Of

- **Follow all government instructions**
- Government will provide aid
- Potassium iodide (KI) (a.k.a. stable iodine)
- Sheltering in place
- Evacuation



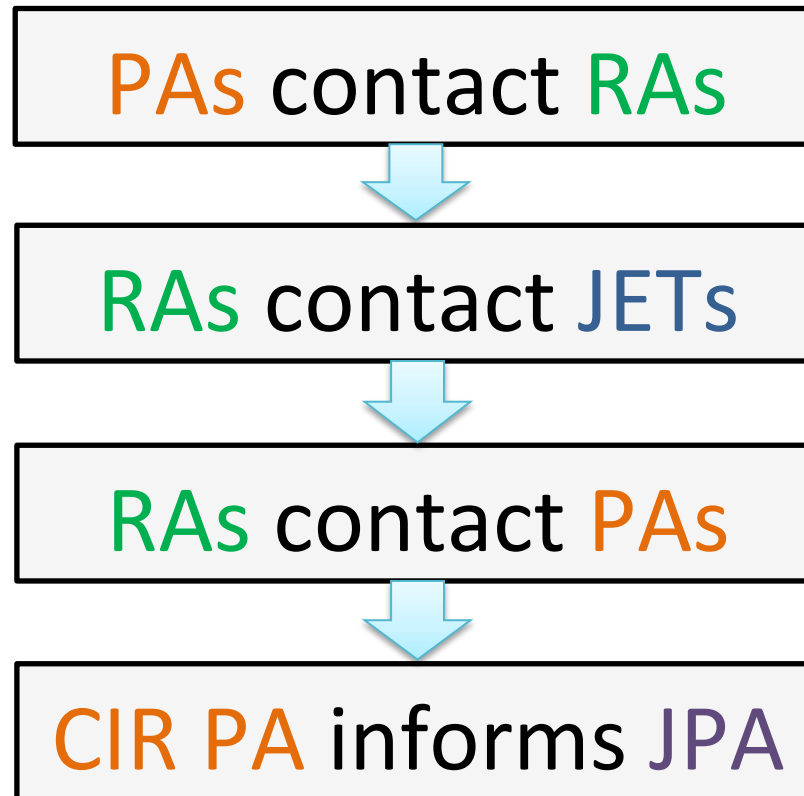
Post-Disaster Recovery

- Communicate
 - Talk to the people around you
 - Share information
- Returning home
 - Assess the safety of your home
 - If unsafe, stay elsewhere
- Reflection and improvement



JET LIFE

Niigata Prefecture JET Program Emergency Contact System



Living Abroad

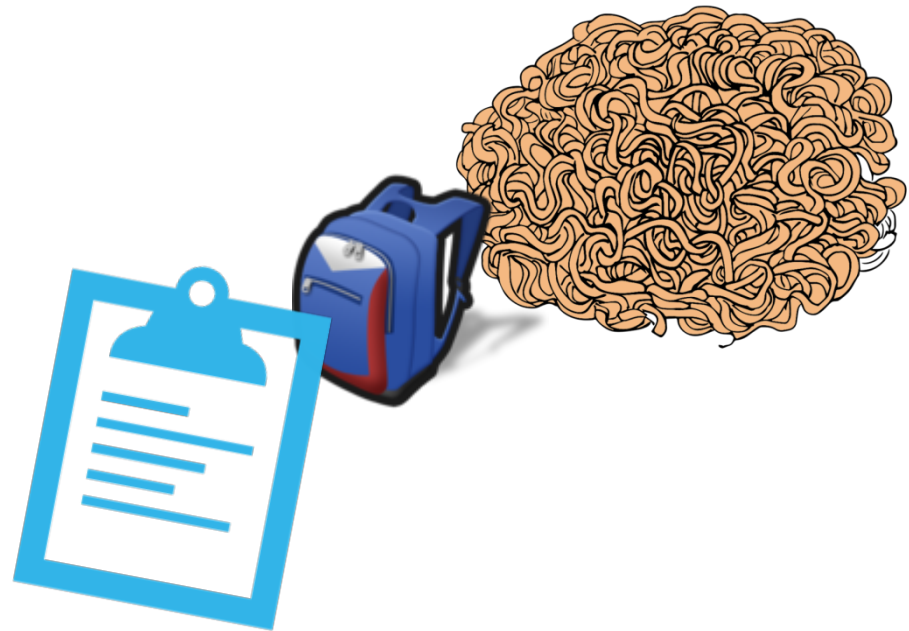
- Even more difficult and stressful
- Reduce stress
 - Know emergency contact procedures
 - Emergency contact numbers
 - Learning Japanese phrases
 - Disaster Preparedness Anki deck



CONCLUSION

Good Job!

- Preparation
 - Knowledge
 - Materials
 - Plans
- Reduction
 - You'll be ready



Further Reading

- General
 - WaNavi's Help Card: <http://www.wanavi.org/resource/>
 - Shelter in Place: <https://emergency.cdc.gov/preparedness/shelter/>
- Nuclear Disaster
 - What to Do in a Radiological Emergency:
<http://www.nrc.gov/about-nrc/emerg-preparedness/in-radiological-emerg.html>
 - Radiation Protection FAQ: <http://www.nrc.gov/about-nrc/radiation/related-info/faq.html>
 - Potassium Iodide: <https://emergency.cdc.gov/radiation/ki.asp>



Questions?

