

Be informed, be prepared.

The Nuclear Disaster Prevention Handbook

I should start talking to my family about what to do in a critical situation

If I can tell a disaster has happened, I need to go get my children right away!

They say it's safer to stay inside instead of running off somewhere far away.



Special publication
Revised Feb 2021

In the unlikely event of a nuclear disaster, find indoor shelter within a safe location and obtain further information.

Introduction

This easy to understand handbook covers the fundamentals about radiation and nuclear power, as well as preventative measures against nuclear disaster.

Genkai Town, Imari City and Karatsu City in Saga Prefecture fall within the 30km radius Nuclear Disaster Prevention Priority Zone of the Genkai Nuclear Power Plant. For this reason, the Prefecture has drawn up plans to reduce disaster risk in the region, including countermeasures against nuclear disaster in the unlikely event of a nuclear incident. Each city and town also has formulated disaster prevention measures and evacuation plans, which are also outlined within this guide. Furthermore, the national government and associated agencies have established a council that determines what steps should be taken in case of an emergency.

Additionally, in order to increase the effectiveness of these plans, we hold annual nuclear emergency response exercises to develop a better understanding of, and improve the ability to respond to nuclear incidents. We revise these plans as needed and we reinforce our disaster prevention system by using the lessons learned during our training. We hope the residents of Saga Prefecture, as well as those commuting to work and school here, will make use of this handbook and always keep it on hand just in case. In a disaster situation, you will only be able to do the things you've practiced and learned in drills. Consider getting involved with disaster prevention drills in your area.

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1

What is a Nuclear Disaster?

We can define a nuclear disaster as damage caused by the abnormal emission of radiation or radioactive material resulting from an accident, etc. at a nuclear facility.

Characteristics of a nuclear disaster

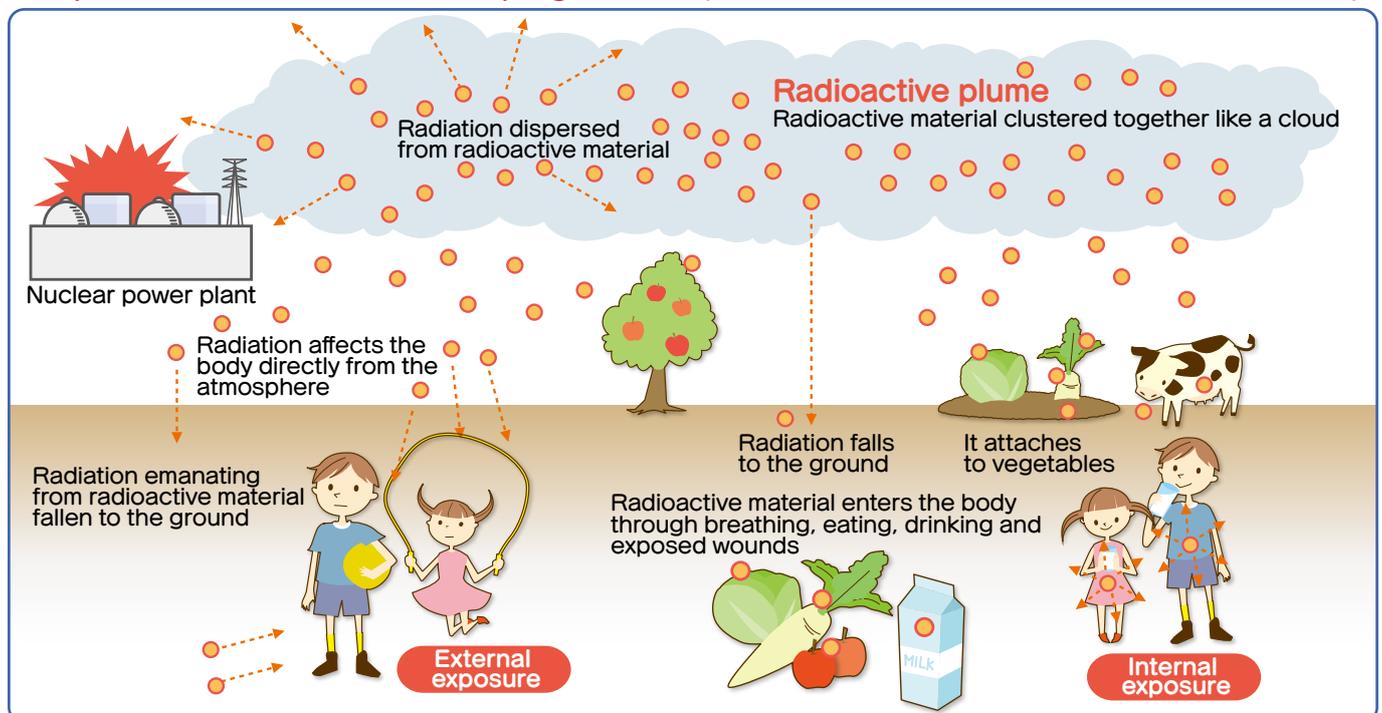
Unlike storms, floods damage, earthquakes, fires and so forth, a nuclear disaster has no discernible smells or visual warnings and such that we can detect with our five senses.

In order to cope with this kind of emergency, it is vital to have the correct information about radiation and radioactive material and follow the instructions provided by the national government, prefecture and municipalities rather than taking action on your own. Above all else, stay calm.

What happens if a nuclear disaster occurs?

- Should an incident occur at a nuclear power plant, radioactive material may be released into the surroundings.
- This radioactive material forms something like a cloud (or "radioactive plume") and begins to spread.

[Depiction of a disaster developing] * In reality, radioactive material and radiation are invisible to the eye



The difference between "exposure" and "contamination"

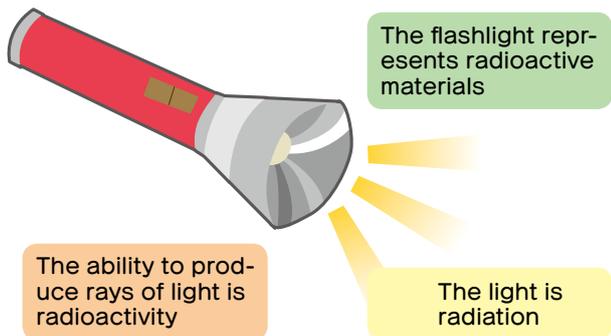
Exposure : A person or animal is subject to radiation
Contamination : Radioactive material adheres to skin or clothing. Exposed skin and clothing may be washed or wiped to remove radioactive materials (decontamination).

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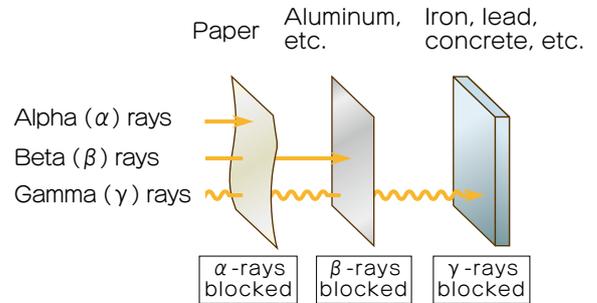
Radiation, Radioactivity & Radioactive Materials

● "Radiation" is the particles and electromagnetic waves produced by radioactive materials. "Radioactivity" is the capacity to produce radiation. Finally, "radioactive materials" are substances that are radioactive.

[If we liken this to a flashlight]



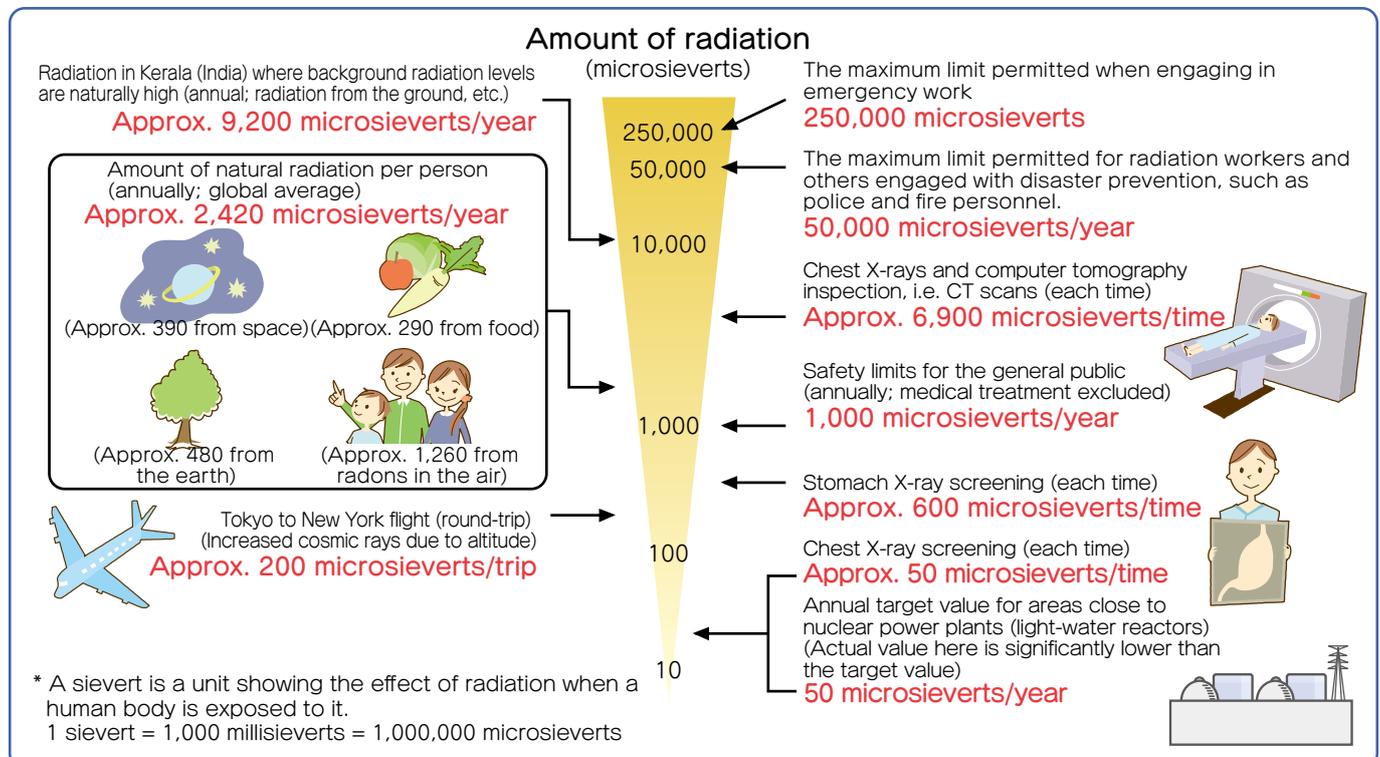
● Radiation includes alpha rays, beta rays, gamma rays, etc., each of which can penetrate substances to different degrees.



Sheltering indoors is effective during a nuclear disaster as radiation can be blocked by iron, lead or concrete.

Daily life and radiation

We receive radiation from nature in our everyday lives. We are also exposed to radiation during medical tests and treatments for diseases.



The illustration above was created using reference materials from the Institute of Radiological Sciences. The values have been mechanically replaced with microsieverts.

Evacuation criteria during a nuclear disaster	500 microsieverts/hour	People are ordered to evacuate within one day
	20 microsieverts/hour	People are ordered to evacuate within a week

3

Saga Prefecture Nuclear Disaster Prevention Priority Zone

The following nuclear disaster response guidelines for the Prefecture are based on policies formulated from the Fukushima Daiichi Nuclear Power Plant Disaster and international standards. They are to be mainly implemented in a specific zone, as illustrated below.

This zone includes **Genkai Town, Karatsu City and Imari City**, for which nuclear disaster evacuation plans have been developed.

PAZ Zone designed for precautionary protective measures (Precautionary Action Zone)
The area within a roughly **5km radius** from the nuclear power plant.

- In the event of a nuclear power plant incident, this zone allows for immediate evacuation before radioactive material is released into the atmosphere

Target Regions

Genkai Town	Hokawazu, Chikagawachi, Shimomiya, Nakadori, Karidachi, Fuonji, Sea Line Town, Hirao, Hamanoura, Kogakura, Sakae, Hananoki, Ozono, Kariya, Ishida
Karatsu City	Hizenmachi (Kyodomari), Chinzeimachi (Onigi, Ichido, Nomoto, Motogumi, Akaneyamachi, Hatakenaka, Sako, Mugiwara, Sakube, Urakata, Tonoyama, Sakigata, Furusato, Nakamachi, Amamachi, Kushi, Maeda, Takenouchi, Yokotake, Ishimuro), Yobukocho (Tononouranishi, Katashima, Kabeshima)

UPZ Zone designed for emergency protective measures (Urgent Protective action planning Zone)
The area roughly **5km-30km** from the nuclear power plant.

- Zone designed for safe transition to indoor shelter and evacuation according to the radiation levels in each region
- Zone designed for evacuation planning ahead of nuclear disasters
- The UPZ target region covers **all of Genkai Town, Karatsu City and Imari City** (excluding the PAZ)



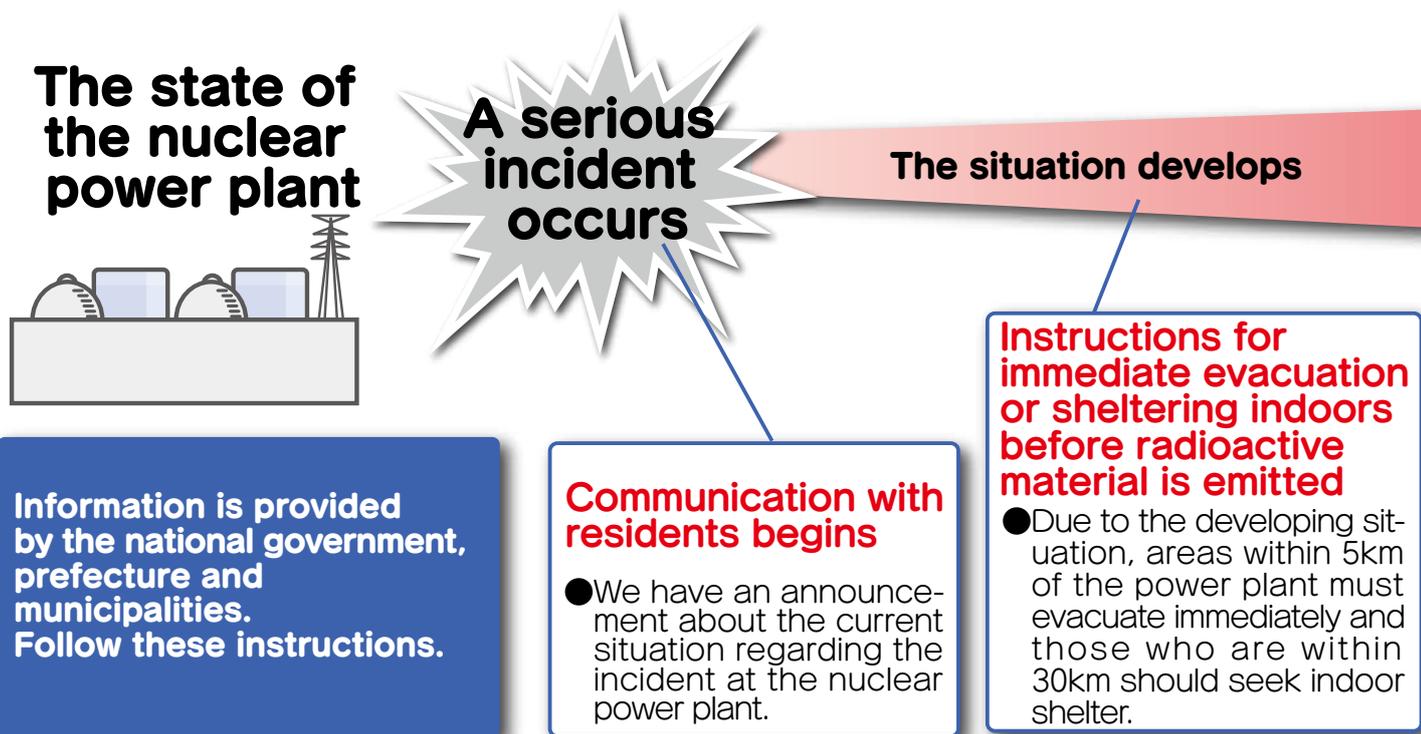
4

Outline of Nuclear Disaster Countermeasures

This is important!

Calmly handle the situation as it develops

In a nuclear disaster, it is more important than anything to protect yourself from radiation and radioactive material. In the event of a serious accident at a nuclear power plant, stay calm and follow the instructions provided by the national government, prefecture and municipalities rather than taking action on your own.



Instructions for all citizens

<p>PAZ (within 5km)</p> <p>Genkai Town, parts of Karatsu City</p>	<p>Zone designed for precautionary protective measures</p> <p>Page 8 </p> <p>Obtain accurate information</p>	<p>Page 10 </p> <p>Evacuate</p> <p>Take stable iodine agents (Page 14)</p>
<p>UPZ (within 5-30km)</p> <p>* All parts of Genkai Town, Karatsu City and Imari City (excluding the PAZ)</p>	<p>Zone designed for emergency protective measures</p> <p>Page 8 </p> <p>Obtain accurate information</p>	<p>Page 9 </p> <p>Shelter indoors</p>
<p>The whole prefecture excluding areas more than approximately 30km from the power plant</p>		

The four important points to remember in order to protect yourself in a nuclear disaster are: (1) **obtain accurate information** (2) **know whether people in your zone should evacuate the area or shelter indoors** (3) **continue to shelter indoors** (4) **be aware that certain zones will be evacuated (temporary relocation), according to the situation.**

Radioactive material emitted

Airborne radiation exceeds the prescribed value in some areas

**Instructions to continue sheltering indoors
Enhancement of the system for measuring radiation levels**

Regions that need to be evacuated are identified and evacuation orders (temporary relocation) are issued as necessary.

- Based on the results from measuring the air radiation dose rates, areas requiring evacuation will be identified and evacuation will be ordered accordingly.
- If necessary, you will be instructed to take stable iodine agents and restrict your food and drink intake.

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Continue to shelter indoors

Limit your intake of food and drink

Page 10 

Certain areas to be evacuated (temporary relocation) based on the situation

Take stable iodine agents (only when instructed to do so)

We will provide instructions as required for indoor shelter and evacuation, following the same procedures as the protective measures zone (UPZ). Please listen carefully to this information.

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When Should I Shelter Indoors or Evacuate?

If there is an incident at the nuclear power plant, the national government will consider:

- ① The situation at the nuclear power plant
- ② Whether or not radioactive material has been emitted
- ③ If radiation readings are abnormal

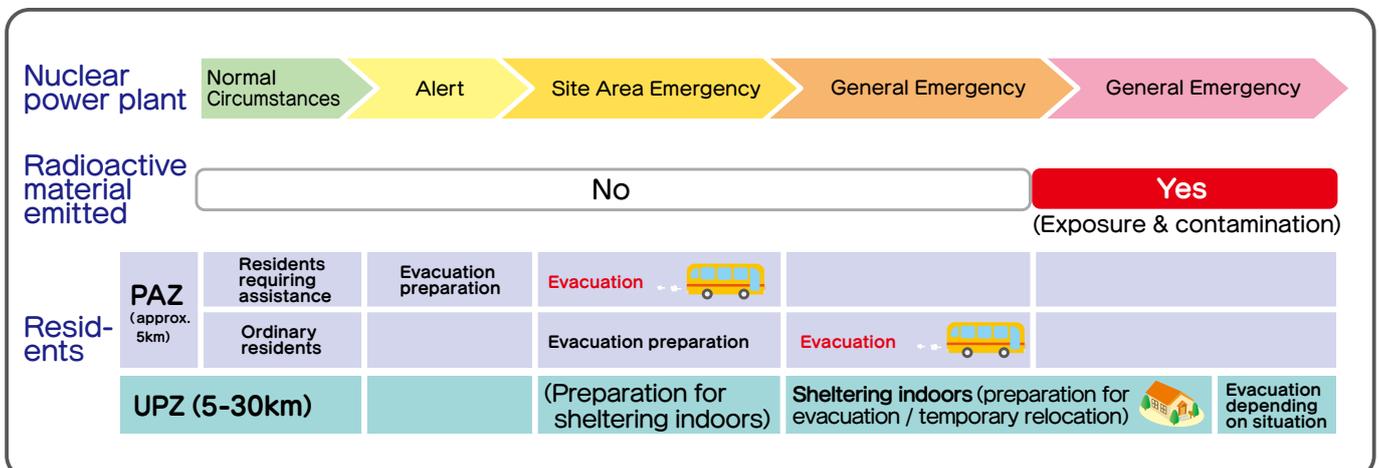
Then decide if the ongoing incident requires protective measures, such as sheltering indoors or evacuation.

Evacuation due to the developing situation at the nuclear power plant

The state of emergency is classified according to the situation at the power plant

Danger level classification		PAZ (within 5km of incident)	UPZ (5-30km from incident)
Alert	Not an emergency, but an abnormal event has occurred or could occur Example: Genkai Town (where the nuclear power plant is located) has experienced an earthquake with seismic intensity of 6 or higher.	• Preparation for Persons in need of evacuation in event of a site area emergency*	
Site Area Emergency	Radioactive material could be released outside of the nuclear power plant Example: Large quantities of nuclear reactor coolant are leaking and there is no immediate way to flood the reactor with water to suppress the temperature.	<ul style="list-style-type: none"> • Enforced evacuation of persons in need of evacuation in event of a site area emergency* • Preparation for evacuation of ordinary residents • Preparation for taking stable iodine agents 	• Preparation for sheltering indoors
General Emergency	Radioactive material could be released outside of the nuclear power plant For example: The reactor's fuel rods are damaged.	<ul style="list-style-type: none"> • Enforced evacuation for all inhabitants • Taking stable iodine agents 	<ul style="list-style-type: none"> • Enforced indoor shelter • Preparation for evacuation

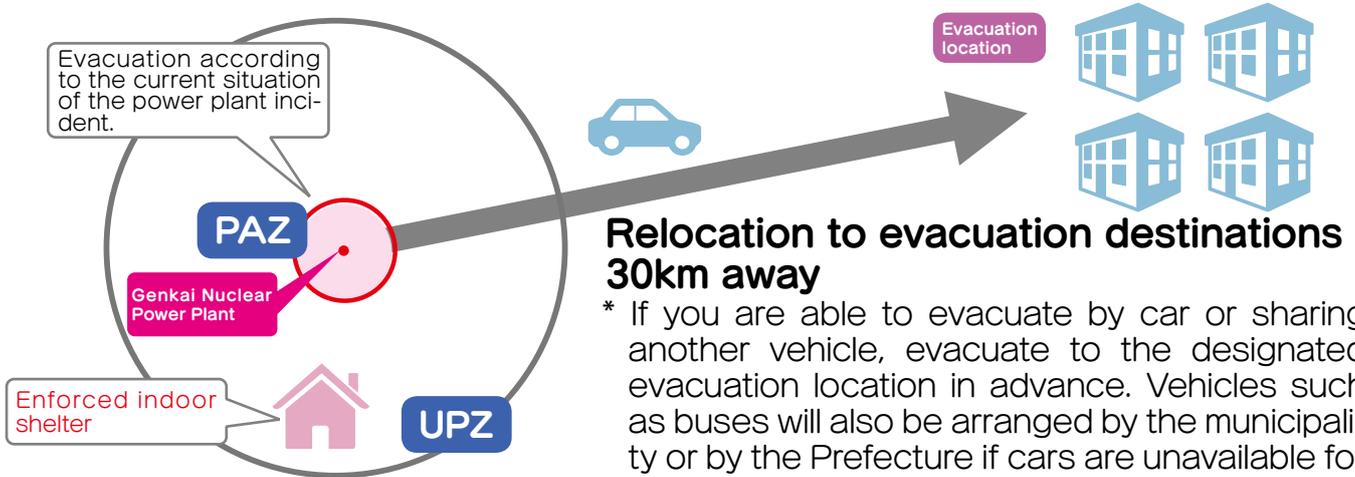
* Persons in need of evacuation in event of a site area emergency: Elderly or physically impaired, etc. who need more time evacuate and whose health risk would not be worsened by evacuating. Also, people unable to take stable iodine agents.



Differences between evacuating the PAZ (within 5km) and UPZ (within 5-30km)

○PAZ (within 5km)

The PAZ (within 5km) will be evacuated as a precaution prior to emission of radioactive material from the nuclear power plant.

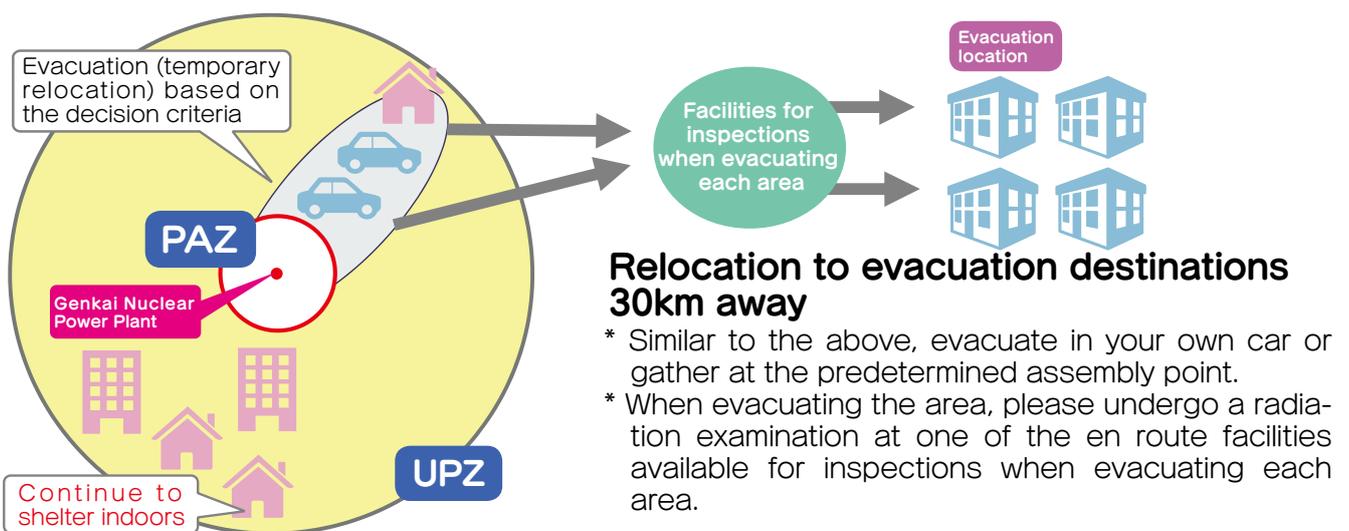


○UPZ (within 5-30km)

The following factors will determine whether evacuating the UPZ (within 5-30 km) itself and regions outside the zone is necessary if radioactive material is emitted. This is based on the measurements of airborne radiation in each region, meaning some areas will be evacuated and others will be given orders to shelter indoors.

Criteria to determine evacuation of UPZ (within 5-30km)

Evacuation decision criteria	Recommended protocol
Areas exceeding 20 microsieverts every hour	• Evacuation within 1 week (temporary relocation)
Areas exceeding 500 microsieverts every hour	• Evacuation within 1 day



●Residents living over 30km away

- Shelter indoors if required
- Evacuation (temporary relocation) required if the airborne radiation level exceeds the standard value.

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Important Points to Remember During a Nuclear Disaster

Information about the situation will be widely broadcast via TV, radio, official disaster prevention radio channels, cable broadcasting and from PR vehicles.

Sometimes incorrect information spreads. It is therefore important to calmly await correct information and instructions from official sources.

What should I do if I hear an incident has occurred?



Watch out for rumors and misinformation!

Be sure to follow the information provided by the national government, prefecture and municipalities via television, radio and the internet, and act accordingly. Information will also be available on the disaster prevention site "Bousai Net An-an".



Collect children if a state of alert is issued

Children who are in nursery schools, kindergartens, schools or in after-school clubs should be collected promptly according to the instructions and rules provided.



Ensure other residents nearby are informed

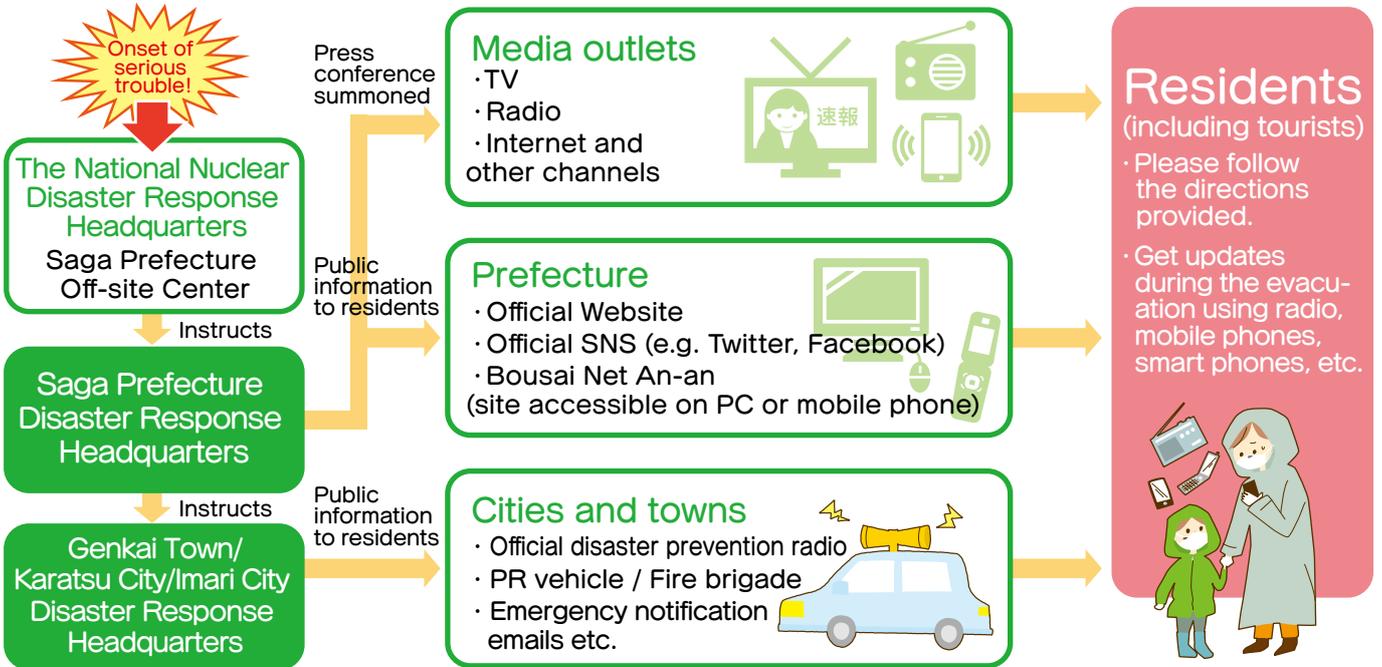
It's especially important to reach out to the elderly and physically impaired.



Avoid panic and act calmly

Calmly follow any instructions given by police officers and municipal employees on roads or in crowded areas.

How is information communicated during a crisis?



How to register with the Saga Prefecture disaster prevention, safety and security information website "Bousai Net An-an"
 Connect to the internet from mobile phones or other devices <http://esam.jp>

Bousai An-an 防災 あんあん Search *Japanese only

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If Told to Shelter Indoors

When directed to take indoor shelter, stay inside the building (your home, etc.) and close all doors and windows. Buildings are relatively airtight and provide a shielding effect, so sheltering indoors reduces exposure to radiation.

Staying indoors is the first step to staying safe!

- * Concrete buildings are more protective against radiation than wooden buildings.
- * Air conditioners that do not take in outside air can also be used while sheltering indoors. Check to see what type of air conditioner is installed at home first.



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If You Need to Evacuate

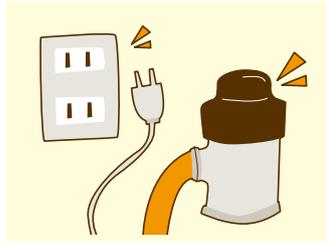
In the event of evacuation (temporary relocation), calmly prepare and listen to the information given, then evacuate to the designated location (evacuation destinations).

Act calmly during the emergency!



Obtain accurate information

Evacuation instructions will be provided by means of TV and radio, as well as official disaster prevention radio and PR vehicles from the prefecture and municipalities (Page 8)
Get details about the evacuation process.



Turn off the gas and all electrical outlets

Do not forget to close your doors.



Protect yourself from radioactive material

To avoid ingesting radioactive contaminants during evacuation, make sure to wear clothes you can take off easily, and cover your nose and mouth with a mask or wet handkerchief.

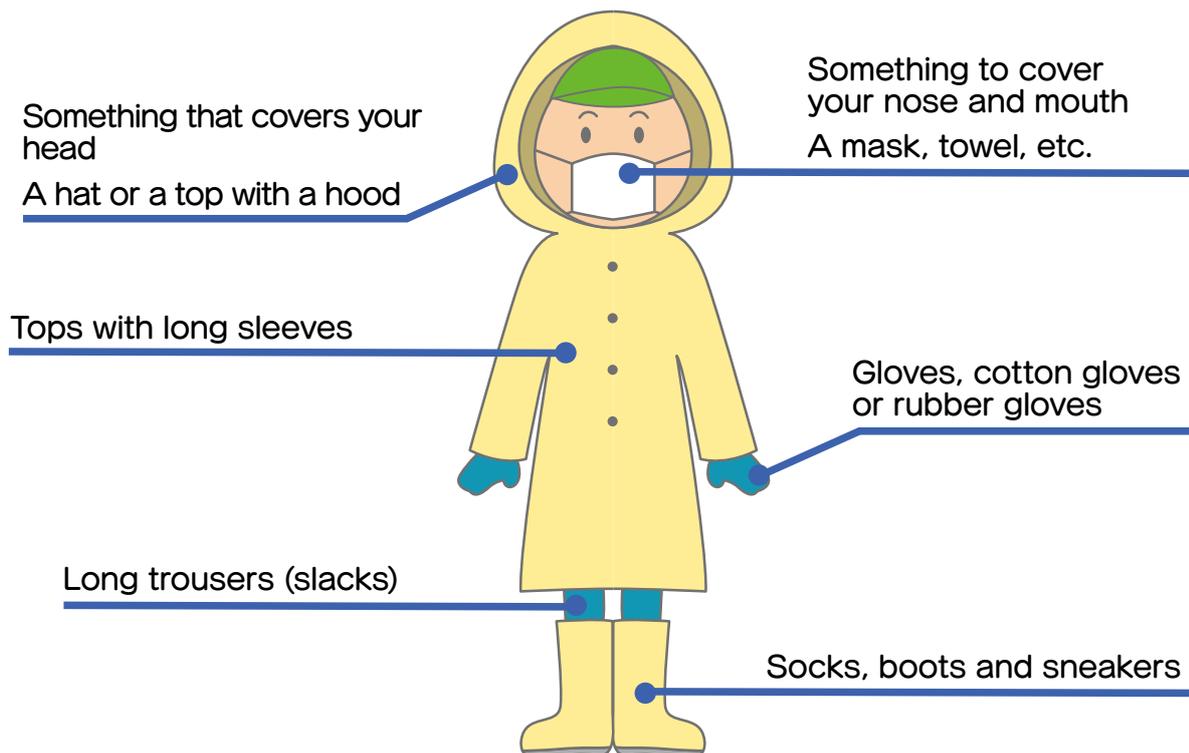


Use your own car or take a bus to evacuate

In addition to evacuating by car, those without access to a car can meet at an assembly point to take a bus arranged by the prefecture or municipality. Also reach out to neighbors in times of evacuation.

○ Clothing to wear during evacuation

Do your best to wear clothes that fully cover the skin, such as the following.





Where Will I be Evacuated to?

Predetermined evacuation plans (assembly points, evacuation destination & evacuation routes) for Genkai Town, Karatsu City and Imari City, which are located within 30km of the Genkai Nuclear Power Plant, can be found below. These guidelines are based on the Fukushima Daiichi Nuclear Power Plant Disaster and adjusted to the requirements of each municipality.

These evacuation plans will continue to be reviewed and improved for future use.

(Current as of February 2021)

Cities and towns		Evacuation location
Genkai Town		Ogi City
Karatsu City	Chinzei machi	Kohoku Town, Shiroishi Town
	Yobuko cho	Ogi City, Shiroishi Town
	Hizen machi	Omachi Town, Shiroishi Town
	Former Karatsu	Saga City, Tosu City, Taku City, Ogi City, Kanzaki City, Yoshinogari Town, Kamimine Town, Miyaki Town
	Hamatama machi	Tosu City, Kiyama Town
	Kitahata	Ogi City
	Ochicho	Saga City
	Nanayama	Kanzaki City
	Kyuragi machi	Saga City
	Imari City	Takeo City (Okawachi town [Iwaya, Ichiyama, Shorikibo], Kurogawacho, Hatatsucho, Minamihatacho, Higashiyamashirocho), Kashima City (Tachibana district, Okawacho), Ureshino City (Okawachi town [excluding Iwaya, Ichiyama, Shorikibo], Matsuuracho, Niricho), Arita Town (Imari district, Makishima district), Tara Town (Otsubo district)

The latest evacuation plans for each municipality can be found on the respective websites for Genkai Town, Karatsu City and Imari City.

Your town/city
 ○○市 / 町

nuclear
 原子力

evacuation plans
 避難計画

Search

*Japanese only

●Inquiries about evacuation plans

Genkai Town Hall General Disaster Prevention and Safety Division	Phone:0955-52-2115	Fax:0955-52-5008
Karatsu City Hall Crisis Management and Disaster Prevention Division	Phone:0955-72-9260	Fax:0955-72-9170
Imari City Hall Disaster Crisis Management Division	Phone:0955-23-2130	Fax:0955-22-8684

Medical & welfare institutions

There are evacuation plans for **the respective medical & welfare institutions** in Genkai Town, Karatsu City and Imari City. Please contact the required institution for further details.

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Where Does My Evacuation Route Go?

Major evacuation routes in a nuclear disaster

○ Learn your assigned evacuation city/town and route ahead of time.

Major evacuation routes are planned with the aim of reaching a safe distance from the nuclear power plant quickly and while avoiding confusion.

During a nuclear disaster, police and other staff will be placed at intersections along major evacuation routes to direct traffic.

* If you are evacuating via Fukuoka Prefecture and local or traffic information indicates heavy congestion or predicts traffic jams, you will be diverted to major highways in Saga Prefecture (National Route 323 or 203, etc.). In this situation, you will be informed via emergency update emails.



- ➔ Major evacuation routes
- Facilities for inspections when evacuating each area

* Please check your municipality's website for the evacuation routes assigned to each district.

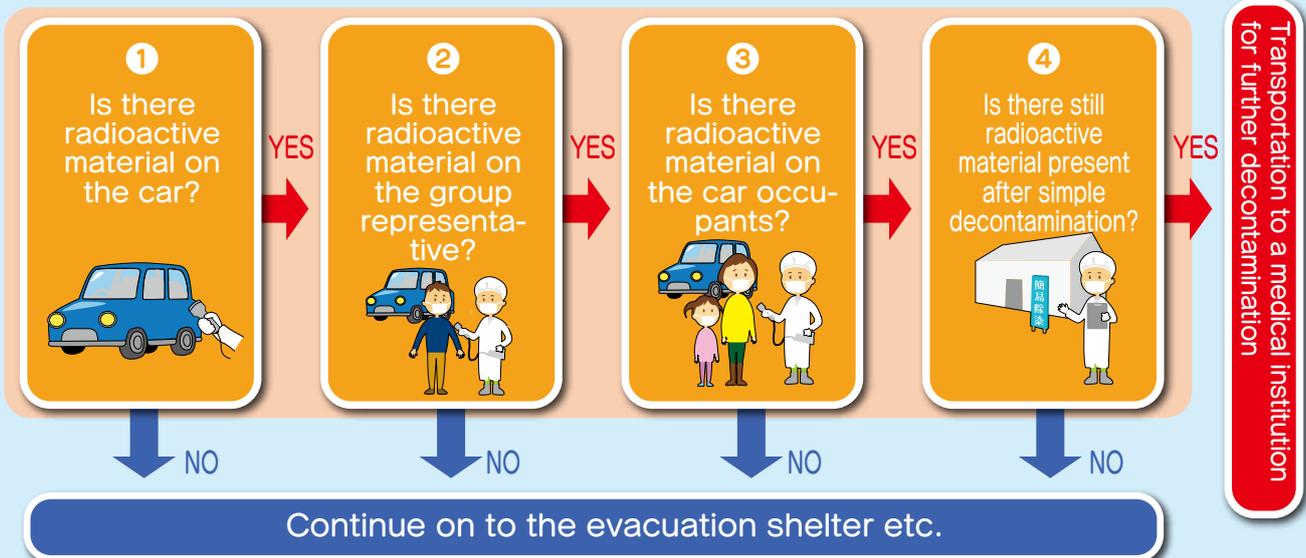
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Medical Services During an Emergency

Inspections when evacuating each area

- Inspection facilities will be set up along evacuation routes for residents of **the UPZ (within 5-30km of incident)** if told to evacuate.
- Inspection facilities will check whether cars, clothing, or other items are contaminated with radioactive materials. Please make sure to undergo an inspection during the evacuation process.
- People found to exceed the standard value for exposure will be subject to simple decontamination.
- Once inspection and simple decontamination are complete, **you will be given a transit certificate.** After you have received this, please proceed to an evacuation shelter or other destination.

Facilities for inspections during evacuation



* If the level is still higher than the standard value after simple decontamination
 Affected people → decontaminated at specialized medical institutions like the Saga-ken Medical Centre Koseikan or inspection facilities equipped with running water for decontamination.
 Vehicles and baggage → held temporarily at the inspection facility.

List of inspection facilities when evacuating each area

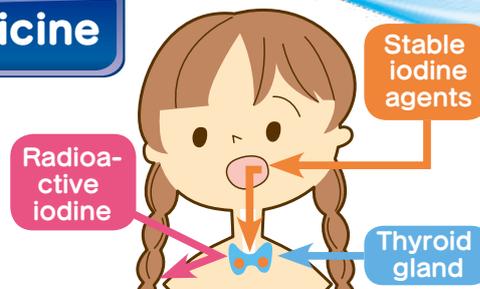
(the numbers correspond to the locations shown on the map on Page 12)

- | | |
|--|--|
| ① Arita Chuo Park (Arita Town, National Route 202) | ⑦ Gibizan Park (Kashima City, National Route 207) |
| ② Parking lot adjacent to Rekishi to Bunka no Mori Park (Arita Town, National Route 202) | ⑧ Taku City Athletic Field (Taku City, National Route 203) |
| ③ Former Yamauchi Office (Takeo City, National Route 35) | ⑨ Saga Pref. Shinrin Park (Saga City, National Route 207) |
| ④ Shiraiwa Athletic Park (Takeo City, National Route 34) | ⑩ Saga City Hall Fuji Office (Saga City, National Route 323) |
| ⑤ Kito Clean Center (Takeo City, National Route 498) | ⑪ Saga Racecourse Off-Track Betting Shop (Saga City, National Route 263) |
| ⑥ Former Kitagata Office Faculty Parking Lot (Takeo City, National Route 34) | ⑫ Kiyama Sogo Park (Kiyama Town, Prefectural Road 17) |

* This information is true at the time of writing. Any changes after February 2021 will be announced through sources such as the Saga Prefecture website.

Stable iodine agents as preventive medicine

- Radioactive iodine can be released into the atmosphere during a nuclear disaster.
- If this radioactive iodine is absorbed in large quantities through breathing, eating and drinking, it will collect in the thyroid gland. After several years or decades, the resulting internal exposure can lead to thyroid cancer.
- However, by taking non-radioactive stable iodine agents (potassium iodide) in advance, you can prevent radioactive exposure to the thyroid.
- Stable iodine agents have a limited period of effect. Therefore, it is vital to **take them as instructed and at the appropriate time** when evacuating or relocating.



Note:

- **Stable iodine agents are only effective against radioactive iodine and no other radioactive materials.**
- **After taking an iodine agent, continue to follow protective measures such as evacuating or sheltering indoors.**

Taking stable iodine agents

- The National Nuclear Regulation Authority will decide whether you should take stable iodine agents, in accordance with evacuation instructions.
- You must only take the recommended dosage. (Taking more iodine does not increase the efficacy)
- Do not take multiple doses unless specifically instructed to do so.



<Dosage Guidelines>

Adults (ages 13 and above)	→ 2 pills of potassium iodide	(Potassium iodide pills)
Children (aged 3 to below 13)	→ 1 pill of potassium iodide	
Infants (1 month to below 3 years old)	→ 32.5mg of potassium iodide oral jelly	
Newborns (below 1 month)	→ 16.3mg of potassium iodide oral jelly	(Potassium iodide oral jelly)



Read before taking

- The younger you are, the greater risk you have of developing diseases such as thyroid cancer following internal exposure to radioactive iodine. Minors and women who are pregnant or breastfeeding are prioritized for administration of stable iodine, so please take it without hesitation when instructed.
- Since it is administered orally in a single dose, the probability of side effects is low.
- **Do not take if you have a history of hypersensitivity to the components of stable iodine agents or iodine.**
- Consult a doctor before taking if you have history of hypersensitivity to iodine-based contrast dye.
- If you are pregnant or breastfeeding, please notify your doctor or pharmacist if you have taken a stable iodine agent.

How stable iodine agents will be distributed

PAZ (within 5km) residents

As a general rule, stable iodine will be provided to you in advance if you are under 40 years old, so please attend the mandatory distribution meeting. (It is also available to those over 40 upon request.)

UPZ (within 5-30km) residents

Medication will be stockpiled in local schools and government buildings, and then distributed when needed in Genkai Town, Karatsu City and Imari City at designated locations. (See next page for details)

Emergency distribution sites for stable iodine agents in the PAZ and UPZ (Current as of February 2020)

(Current as of February 2020)

PAZ (within 5km of incident)

UPZ (within 5-30km of incident)

Genkai Town

Assembly points

Hokawazu Fishing Village Environmental Reform Center
Chikagawachi Community Center
Shimomiya Community Center
Nakadori Community Center
Karidachi Community Center
Gymnasium of the Kyushu Electric Power Co., Inc. Chika Dormitory
Chika Community Center 2
Genkaien
Hamanoura Community Center
Kogakura Community Center
Sakae Community Center
Hananoki Community Center
Ozono Community Center
Kariya Community Center
Ishida Community Center

Assembly points

Ariurakami Community Center
Ariurashimo Community Center
Genkai Town Hall
Civic Hall
Mukata Community Center
Todoroki Community Center
Otori Community Center
Fujihira Community Center
Tashiro Community Center
Sosorogawachi Community Center
Yunoo Community Center



Karatsu City

Emergency distribution sites on evacuation routes	Karatsu Western Agricultural Center
	Yobukodaiba Minato Plaza
	Hizen Civic Center

Emergency distribution assembly points	Takekoba Elementary School
	Karatsu Kitahata Hospital
	Yobukodaiba Minato Plaza
	Kagami Junior High School
	Karatsu-Higashi Junior High School and Senior High School
	Kuri Elementary School
	Karatsu Technical High School
	Nagamatsu Elementary School
	Sashi Elementary School
	Yakataishi Tri-District Community Center
	Ochi Cultural Exchange Center
	Karatsu City Cultural Gymnasium
	Daigo Junior High School
	Senior Citizen Assembly Hall Rifure

Emergency distribution sites on evacuation routes	Kitahata Civic Center
	Hizen Civic Center
	Karatsu Western Agricultural Center
	Boat Race Karatsu
	Aeon Shopping Center Karatsu
	Hirefuri Land
	Karatsu Umakamon Market
	Yamamoto Agricultural Machinery Center
	Sashi Junior High School
	JA Karatsu Minato Office
	Kyuragimachi Health Center
	Nanayama Community Center

Isolated island clinics, etc.	Takashima Island Clinic
	Kashiwajima Island Clinic
	Mukushima Island Senior Center
	Madarajima Island Clinic
	Kakarashima Island Clinic
	Matsushima Island Rojin Ikoi No Ie (Matsushima Island Clinic)
	Ogawajima Island Clinic
	Daira Elementary School
	Irino Elementary School
	Nosa Elementary School
Elementary and junior high schools	Tano Elementary School
	Uchiage Elementary School
	Yobuko Elementary School
	Hizen Junior High School

●As a general rule, anyone in areas not listed should acquire stable iodine agents from one of the above emergency distribution sites on evacuation routes.

Imari City

Community centers in each town	Imari Community Center
	Makishima Community Center
	Otsubo Community Center
	Tachibana Community Center
	Okawachi Community Center
	Kurokawa Community Center
	Hatatsu Community Center

Community centers in each town	Minamihata Community Center
	Okawa Community Center
	Matsuura Community Center
	Niri Community Center
	Higashiyamashiro Community Center
	Yamashiro Community Center
City Hall	Imari City Hall

●As the amount of stable iodine agents at each emergency distribution site is stored according to the local population, please travel to the location closest to home.

* Elementary and junior high schools in Imari City hold a separate supply for students.

- Stable iodine agents will generally be distributed in advance in the PAZ, but additional supplies will be given to people who have lost their stable iodine agents or been evacuated directly, as well as anyone staying temporarily, such as tourists.
- Stable iodine agents can also be provided at inspection facilities when evacuating each area (Page 13), to people who could not obtain it from a location above.

* This information is true at the time of writing. Any changes after February 2021 will be announced through sources such as the Saga Prefecture website.

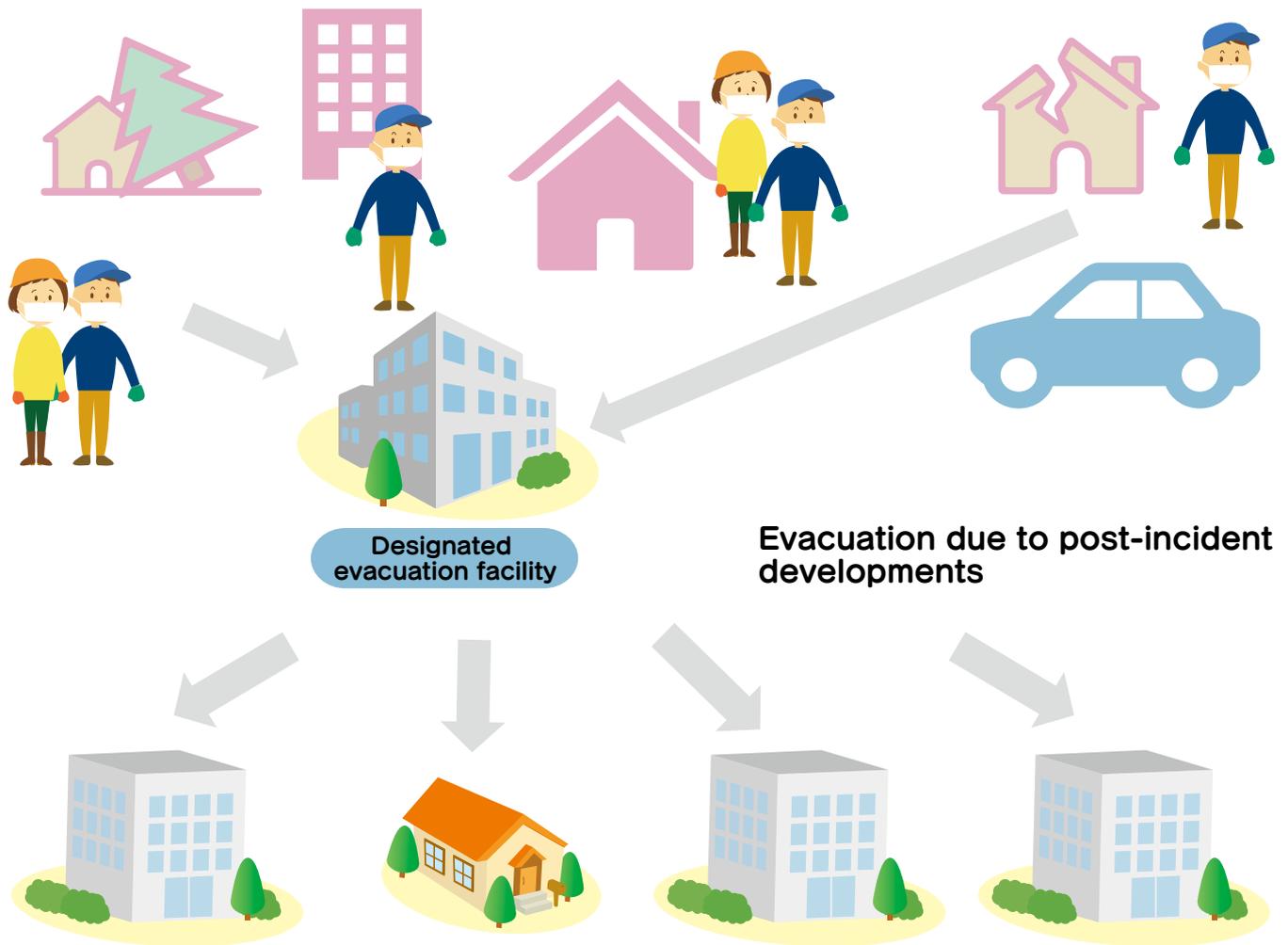
12

What to Do in a Simultaneous Earthquake and Nuclear Disaster

○If your home is damaged

If your home sustains damage from an earthquake, first, proceed to the designated shelter in your vicinity.

Should a subsequent nuclear power plant incident occur, the National Government will decide and announce safety measures, such as indoor shelter or evacuation, depending on the situation. (Page 6 )



Evacuation facilities for each region (Page 11 )

○If you cannot use an evacuation facility

If the assigned shelter (Page 11 ) is unavailable due to earthquake damage, etc., then, in order to facilitate evacuation and temporary relocation quickly and effectively in a nuclear disaster, the Prefectural Disaster Response Headquarters will liaise with the evacuating municipalities and the refuge municipalities, and then decide on an alternative evacuation destination and inform those affected.

13

Evacuation in Event of a Nuclear Incident During a Pandemic

○If you are able to, take the following measures when evacuating

- Thoroughly disinfect your hands and wear a mask.
- Maintain social distancing when at temporary assembly points, on evacuation buses, and at evacuation centers.
- Avoid the “Three C’s” (Crowded places, close-contact settings and confined and enclosed spaces)



Note

Depending on the circumstances of the nuclear incident, evacuating may be more important than protecting against infection. In this case, take action to evacuate even if measures against infection are insufficient, prioritizing actions to protect life and ensure safety.

14

Always be Prepared & Learn from Past Disasters

Being prepared saves lives.

It’s good to make a habit of thinking, “How would I escape if at home? If outside? If I were alone?”



Disasters are a “personal matter”

- In Japan, there is no way to know where or when the next flood, earthquake or tsunami will be.
- However, experiences and memories of disasters are quickly forgotten.
- And thus, victims of a disaster always say “This can’t be happening here.”

First and foremost, protect your own life

- Always be ready to protect yourself when the worst happens, and act without hesitation.
- To do so, you need the determination to run and be saved.

Helping others around you

- The elderly and physically impaired will always be slower to escape in a disaster.
- Long-term evacuation can also adversely affect one’s health.
- Treat local connections with importance and cooperate in times of difficulty.



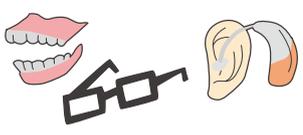
Make a note of your designated assembly point / evacuation location:

Assembly point

Evacuation location

Emergency pack checklist

As these are the same preparations you should make for a natural disaster, keep this pack ready at all times.

<input type="checkbox"/> Valuables  Cash, bankbook, personal seal, health insurance card, etc.	<input type="checkbox"/> Emergency provisions  Water, emergency food supplies	<input type="checkbox"/> Emergency medical supplies  Household medicines, your medical notebook, bandages, etc.	<input type="checkbox"/> Clothing, etc.  Change of clothes, towel, sanitary products, etc.	<input type="checkbox"/> Infant supplies  Diapers, powdered milk, baby bottle, etc.
<input type="checkbox"/> Portable radio, flashlight  Don't forget the batteries!	<input type="checkbox"/> Mobile phone  Don't forget the charger!	<input type="checkbox"/> Essential items for daily life  Glasses, dentures, hearing aid, etc.	<input type="checkbox"/> Items used when taking refuge  Mask, handkerchief, outerwear, rucksack, hat, slippers, etc.	

For people who need special care in times of need

If you are concerned about your ability to evacuate, we can help you create an individual plan for assistance and evacuation methods in advance. Please arrange a consultation in your town or city.



Genkai Town Hall
Resident Welfare Division
Karatsu City Hall
Welfare & General Affairs Division
Imari City Hall
Social Welfare Division

Phone: (0955)52-2159 Fax: (0955)52-2813
 Phone: (0955)72-9252 Fax: (0955)72-9178
 Phone: (0955)23-2156 Fax: (0955)22-7650

Phone lines can be busy during a disaster.

Please dial 171 for automated message recording

Instructions

Call **171**



Select "1" and follow the guidance to leave a message

1

(○○○○)□□-□□□□

Record your message

Enter your home phone number or the number of the person you wish to reach, starting with the area code (mobile phone numbers cannot be used here)

Select "2" to listen to a message

2

(○○○○)□□-□□□□

Listen to the message

* There are additional emergency message services offered by each telecommunications provider. Contact your provider for details.

For inquiries about this pamphlet contact: _____



The Saga Prefecture Bureau of Crisis Management and Press, Crisis Management and Disaster Prevention Division
 TEL: 0952-25-7362 FAX: 0952-25-7262

✉ kikikanribousai@pref.saga.lg.jp

Disaster prevention mitigation of Saga

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