

Be informed, be prepared.

# Nuclear Disaster Prevention Handbook

Special publication | Revised Dec. 2024

For foreign residents, please access the following:



Guidebook  
(English)



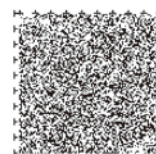
Pamphlet  
(Easy Japanese/Multilingual)

You can also see this information on the prefectural site

Saga Nuclear Disaster Prevention Handbook

Search

This handbook has an 'audio code' printed on the bottom right and bottom left of each page. When scanned with a dedicated reading device, you will be able to hear the information written here spoken out loud.



## Introduction

As Genkai Town, Karatsu City, and Imari City fall within 30km of the Genkai Nuclear Power Plant, the prefecture of Saga has drafted prefectural and municipal-level regional disaster prevention and evacuation plans for the unlikely event of a nuclear incident.

Additionally, in order to increase the effectiveness of these plans, we plan to hold annual nuclear emergency response exercises to promote greater ability to respond to and understanding of nuclear disaster prevention. We revise these plans as needed and we reinforce our disaster prevention system by using the lessons learned during our training.

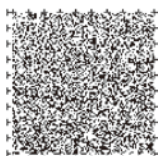
This handbook covers simple and easily understood fundamentals about radiation and nuclear power, as well as nuclear disaster countermeasures. This contains the bare minimum knowledge needed to properly defend yourself against nuclear disasters.

Residents of Genkai Town, Karatsu City, and Imari City, but also other regions, are advised to make use of this handbook and prepare for an unlikely worst-case scenario. In a disaster situation, you will only be able to do the things you've practiced and learned in drills. Please work together with your region to prevent disasters.

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If you wish to know more about nuclear power disaster countermeasures, please visit the following site, or call the Saga Prefecture Bureau of Crisis Management, Disaster Prevention Division (TEL: 0952-25-7362)



Cabinet  
Home  
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Quick Guide to  
Nuclear Disaster  
Prevention  
(Cabinet Office) ▶



JAERO Nuclear  
Power Overview  
Pamphlet  
Web Version ▶



# 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.

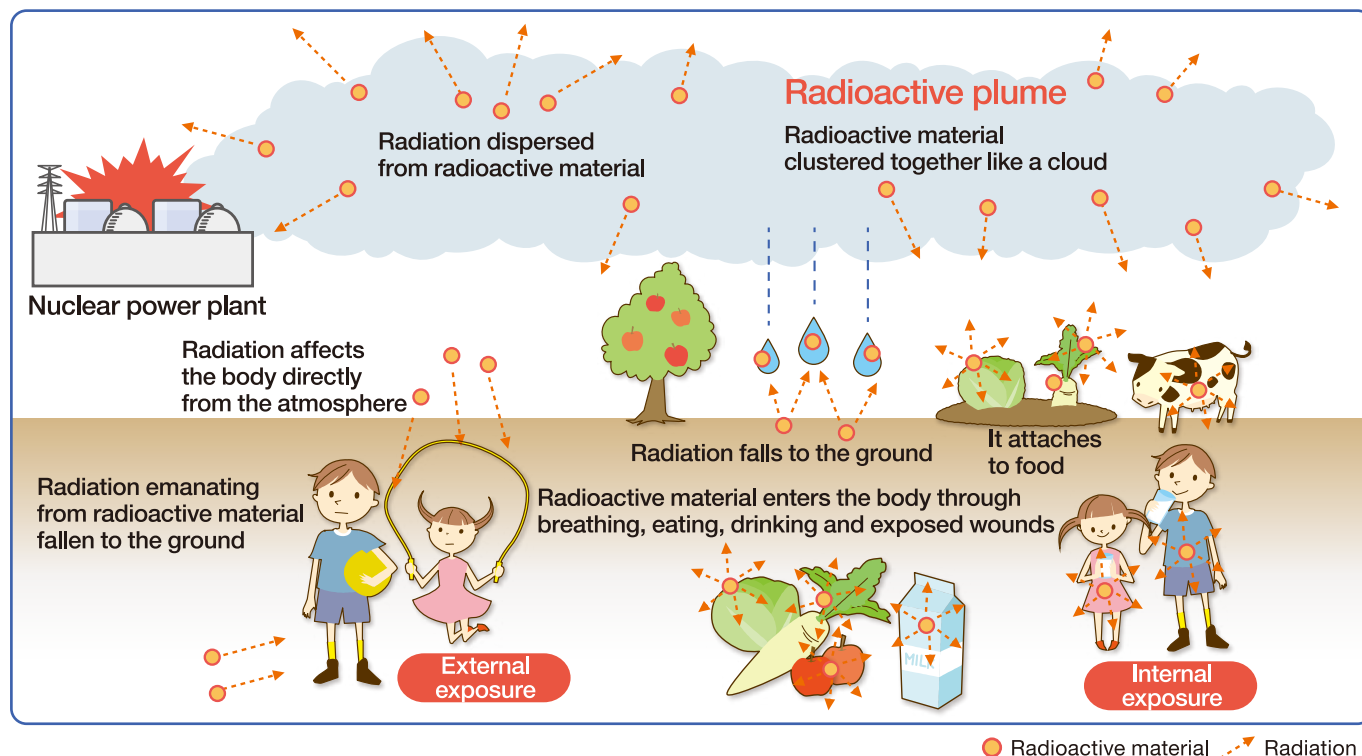
In order to cope with this kind of emergency, it is vital to have the correct information about radiation and radioactive material and follow the instructions provided by the national government, prefecture and municipalities rather than taking action on your own. Above all else, stay calm.

## 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

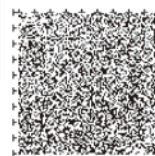


The difference between “exposure” and “contamination”

Exposure: A person or animal is bathed in radiation

Contamination: Radioactive material adheres to skin or clothing.

Exposed skin and clothing may be washed or wiped to remove radioactive materials (decontamination).

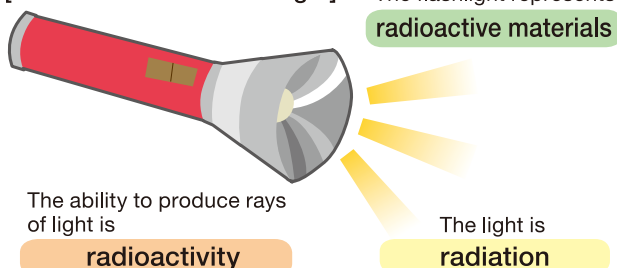


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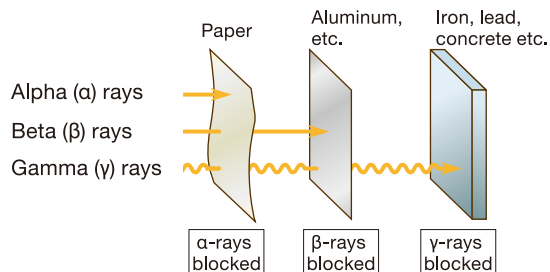
## Radiation, Radioactivity & Radioactive Materials

- “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]



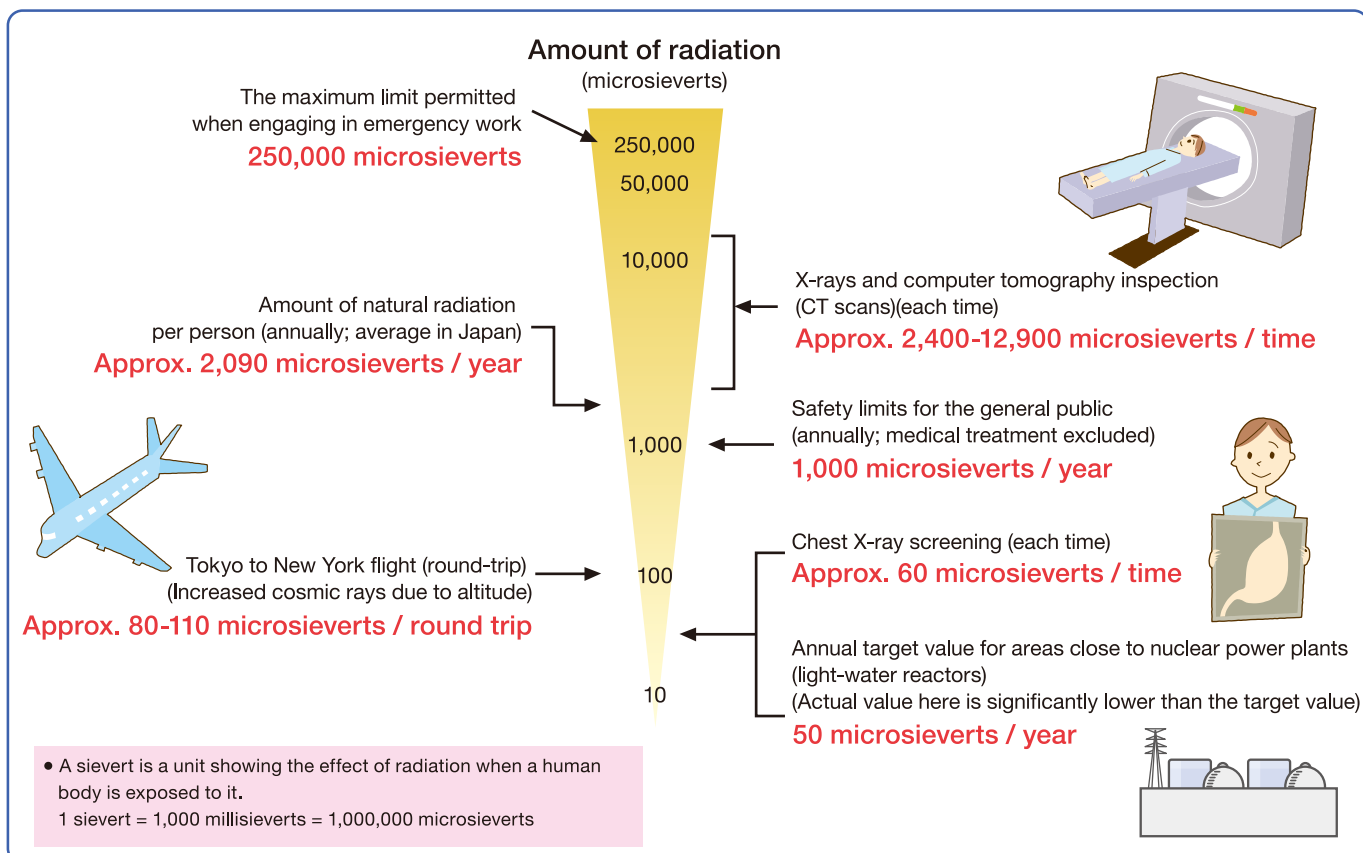
- Radiation includes alpha rays, beta rays, gamma rays, etc., each of which can penetrate substances to different degrees.



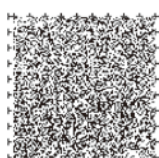
**Sheltering indoors is effective during a nuclear disaster as radiation can be blocked by iron, lead or concrete.**

### 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.



Source: Based on "BOOKLET to Provide Unified Basic Information Regarding Health Effects of Radiation (2023 Edition)" issued by the Ministry of the Environment



**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 (temporary relocation) within a week

# 3

## Saga Prefecture Nuclear Disaster Prevention Priority Zone

In Saga Prefecture, three municipalities, Genkai Town, Karatsu City, and Imari City, have been designated as areas where nuclear disaster countermeasures will be prioritized and each city and town has developed an evacuation plan in the event of a nuclear disaster.

### PAZ

Zone designed for precautionary protective measures (Precautionary Action Zone)

The area within a roughly **5km radius** from the nuclear power plant.

- This zone is designated for preparations to allow for immediate evacuation before the release of radioactive materials.

#### Target Regions

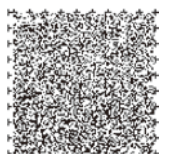
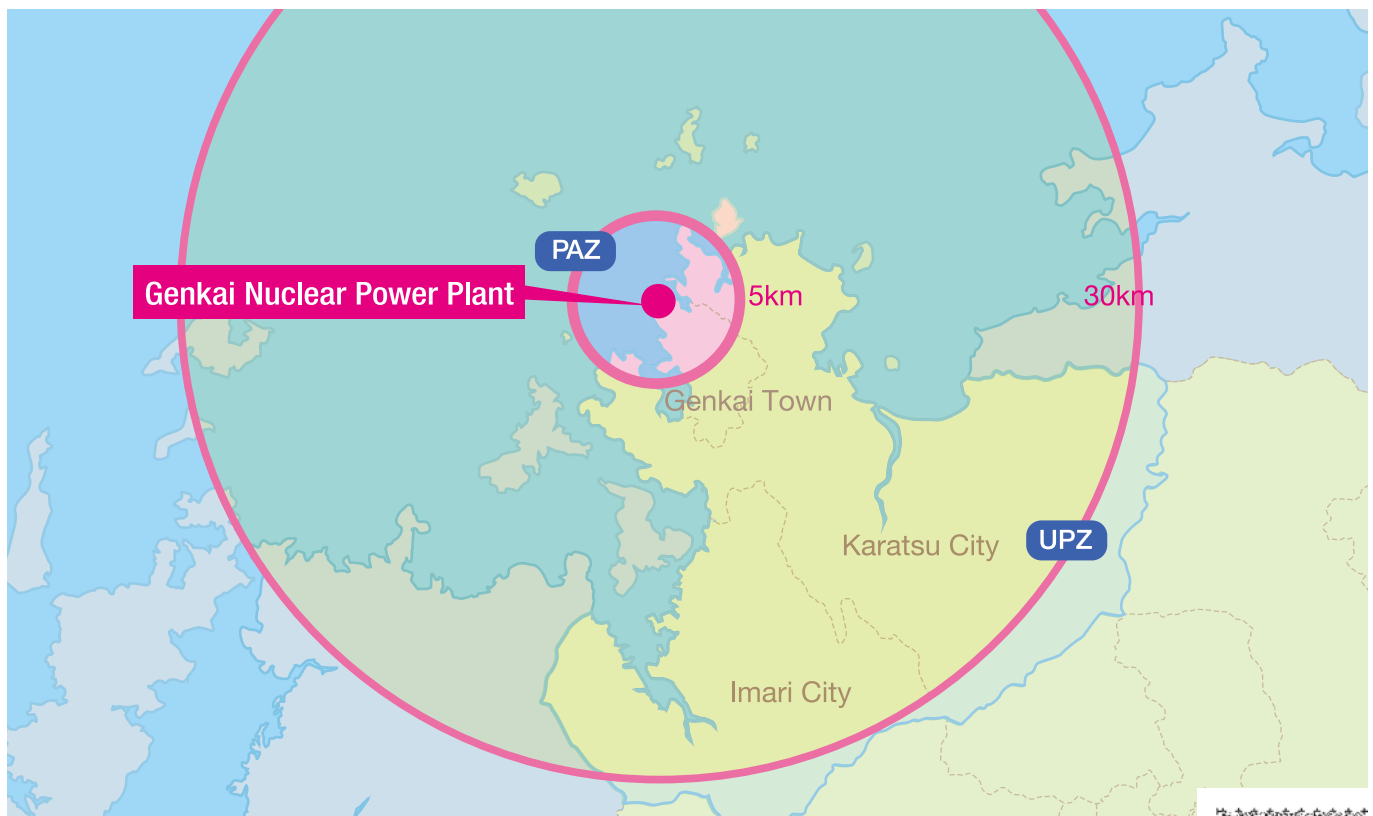
Genkai Town	Hokawazu, Chikagawachi, Shimomiya, Nakadori, Karidachi, Fuonji, Sea Line Town, Hirao, Hamanoura, Kogakura, Sakae, Hananoki, Ozono, Kariya, Ishida
Karatsu City	Hizenmachi (Kyodomari), Chinzeimachi (Onigi, Ichido, Nomoto, Motogumi, Akaneyamachi, Hatakenaka, Sako, Mugiwara, Sakube, Urakata,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

### UPZ

Zone designed for emergency protective measures (Urgent Protective action planning Zone)

The area roughly **5km-30km radius** from the nuclear power plant.

- This zone is designated for implementing protective measures, such as indoor evacuation and relocation, based on the measured radiation levels in each area.
- The UPZ target region covers **all of Genkai Town, Karatsu City and Imari City** (excluding the PAZ)





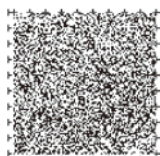
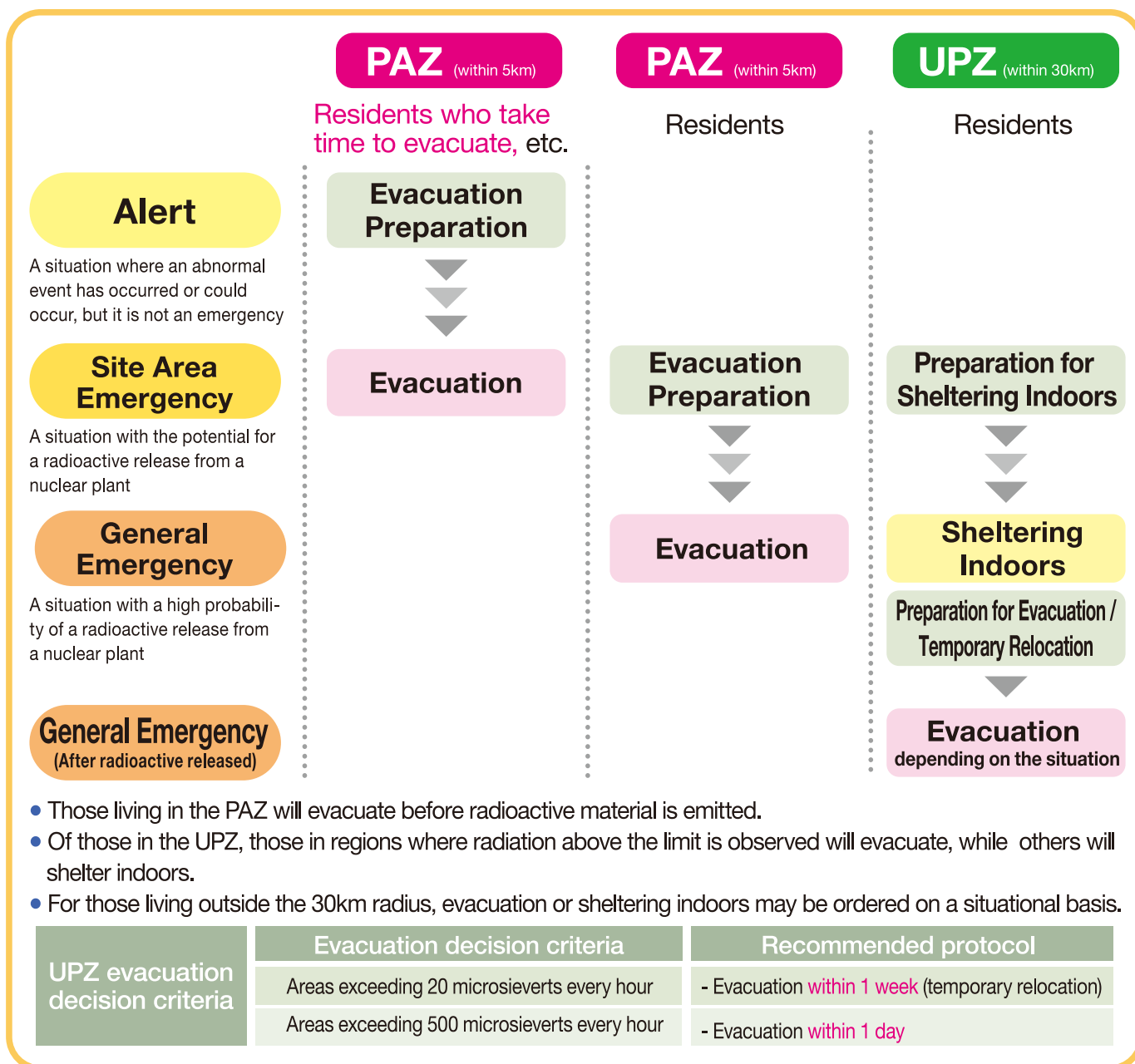
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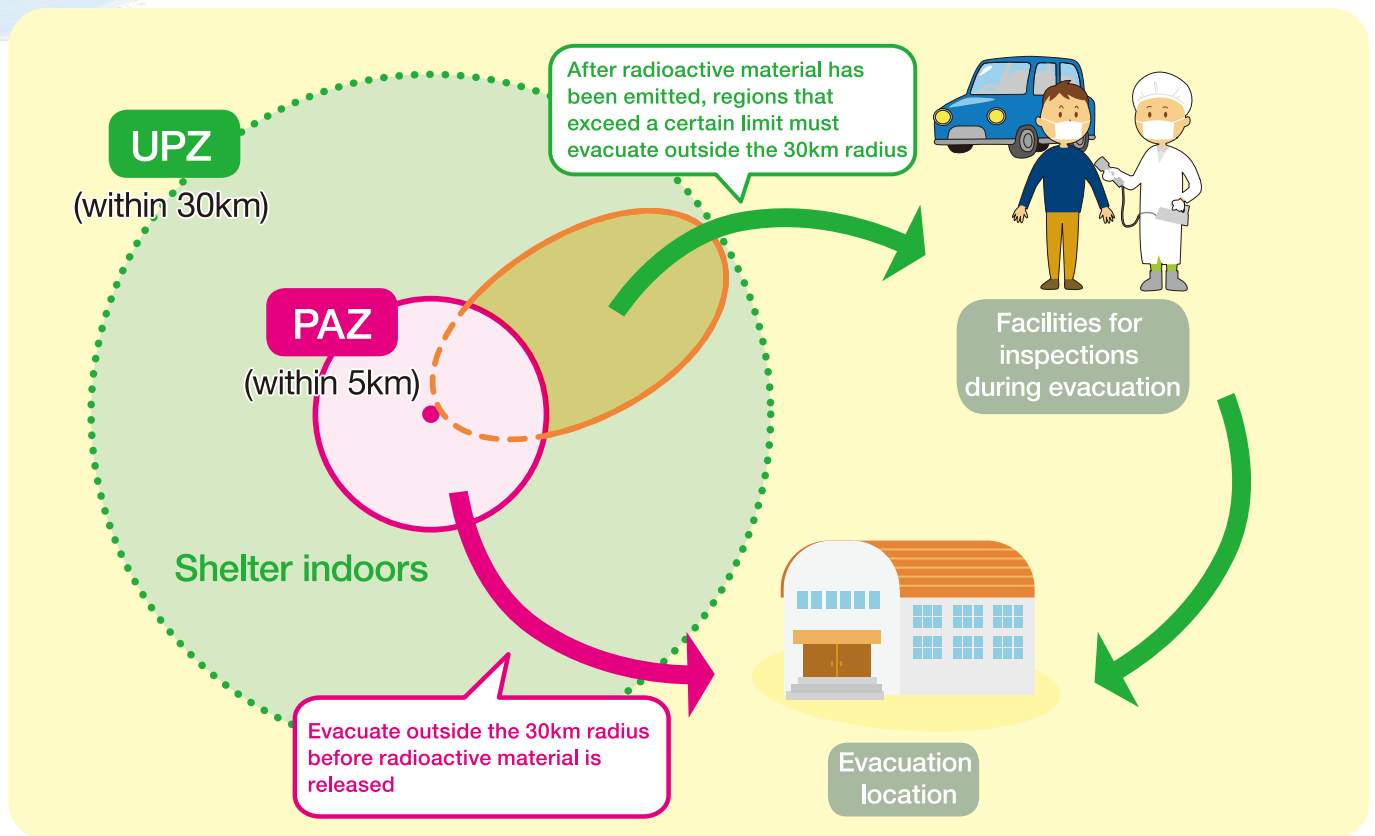
## Timing for Evacuation or Sheltering Indoors

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

- ① What the status of the nuclear power plant accident is
- ② Whether or not radioactive material has been emitted
- ③ If radiation readings are abnormal

Based on these factors, the national, prefectural, and municipal governments will instruct residents to shelter indoors (see page 7) or evacuate (see page 8).



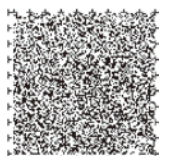


## Evacuation method (shared between PAZ/UPZ)

- As a general rule, evacuation is carried out by personal automobile or carpooling.
- If evacuating in this way is difficult, the prefecture or municipality will dispatch buses etc.
- Evacuation routes, destinations, and temporary bus evacuation assembly points are determined by the regional evacuation plan (see page 9).

## Response to Combined Disasters Involving Earthquakes and Nuclear Disasters

- If your home is damaged due to an earthquake or other disasters, it is important to prioritize evacuation actions for the earthquake. First, evacuate to a designated nearby shelter.
- If a nuclear power plant accident occurs afterward, the national government will assess the progression of the accident and issue instructions for necessary protective measures such as sheltering indoors or evacuation.
- If you are unable to evacuate to your planned evacuation destination due to the earthquake, the prefectural government will coordinate with evacuation sites and municipalities to determine an alternative destination and inform you accordingly.



# 5

## Points of Caution for Nuclear Disasters

- Be on your guard for incorrect information, and work to gather correct information while acting calmly.



### 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 is also available through the prefectural app “Bosai Net An-an”.



### Go pick up your children.

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



### 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.

## Methods of collecting information

### Information through mass media

- TV
- Radio
- Internet etc.



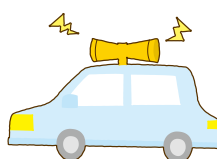
### Prefectural information

- Official Website
- Official social media
- “Bosai Net An-an” app etc.



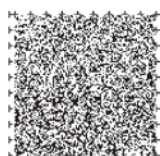
### Municipal information

- Official disaster prevention radio
- PR vehicle / Fire brigade
- Emergency notification emails, etc.



## Residents (including tourists)

- Please follow the directions provided.
- Get updates during the evacuation using radio, mobile phones, smart phones, etc.





# 6

## If Told to Shelter Indoors

Staying indoors is the first step to staying safe!

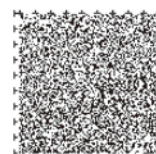
When directed to take indoor shelter, stay inside the building (your home, etc.) and close all doors and windows. Buildings are relatively airtight and provide a shielding effect, so sheltering indoors reduces exposure to radiation.

The booklet included with this guide provides more detailed explanations about sheltering indoors. If you live in the UPZ, consider placing the booklet in a visible location in your home for easy access.



\* 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.



# 7

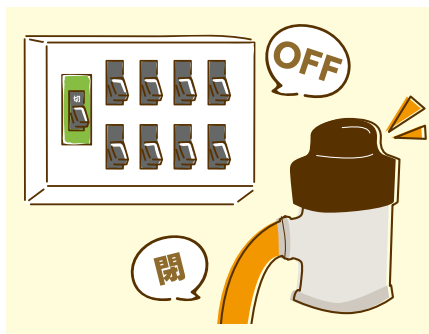
## If You Need to Evacuate

Act calmly during the emergency!

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



Listen carefully to the instructions.



Shut off the gas valve and the electricity breaker.

Do not forget to close your doors.



Protect yourself from radioactive material

Use a mask or wet handkerchief to cover your mouth and nose, in order to avoid ingesting radioactive contaminants.

### ○ Clothing to wear during an evacuation

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

Something that covers your head  
A hat or a top with a hood

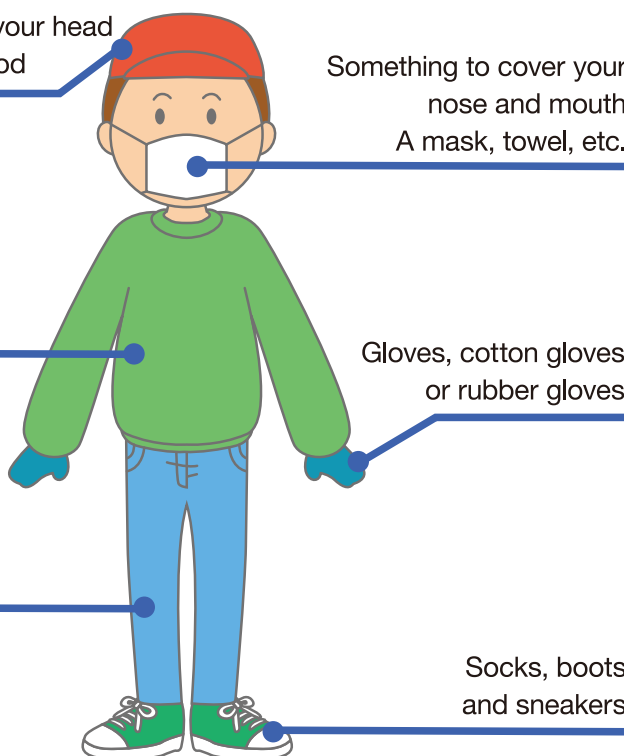
Something to cover your nose and mouth  
A mask, towel, etc.

Tops with long sleeves

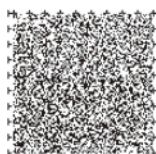
Gloves, cotton gloves or rubber gloves

Long trousers (slacks)

Socks, boots and sneakers



\* Raincoats or similar can also be worn








# Where Will I be Evacuated to?

- The evacuation plans for Genkai Town, Karatsu City, and Imari City outline evacuation routes and destinations. Please check the site in advance.
- If you live in another municipality, please check what facilities accept evacuees in advance.

(Current as of December 2024)

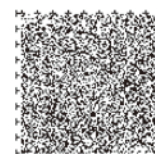
Cities and towns		Evacuation destinations		Shelters and evacuation routes (They can be checked on the map.)
Genkai Town		Ogi City		
Karatsu City	Former Karatsu	Saga City, Tosu City, Taku City, Ogi City, Kanzaki City, Yoshinogari Town, Kamimine Town, Miyaki Town		
	Chinzeimachi	Kohoku Town, Shiroishi Town	Yobukocho → Ogi City, Shiroishi Town	
	Hizenmachi	Omachi Town, Shiroishi Town	Hamatamamachi → Tosu City, Kiyama Town	
	Kitahata	Ogi City	Ouchicho → Saga City	
	Nanayama	Kanzaki City	Kyuragimachi → Saga City	
Imari City		Takeo City (Okawachi Town [excluding Okawachiyama and Fukuno], Kurogawacho, Hatatsucho, Minamihatacho, Higashiyamashirocho, Yamashirocho) Kashima City (Tachibana district, Okawacho) Ureshino City (Okawachi Town [Okawachiyama and Fukuno], Matsuuracho, Niricho) Arita Town (Imari district, Makishima district) Tara Town (Otsubo district)		

\* Those who are unable to read QR codes can use search sites to check.

Inquiries about evacuation plans	Genkai Town Hall General Disaster Prevention and Safety Division TEL 0955-52-2115
	Karatsu City Hall Crisis Management Disaster Prevention Division TEL 0955-72-9260
	Imari City Hall Disaster Crisis Management Division TEL 0955-23-2130

## 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.



# 9

## Where Does My Evacuation Route Go?

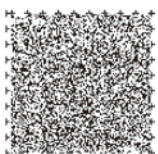
Major evacuation routes are planned with the aim of reaching a safe distance from the nuclear power plant quickly and while avoiding confusion.

If the UPZ needs to be evacuated, facilities for inspections will be placed en route or nearby, so please be sure to undergo a radiation examination there.



- ➔ Major evacuation routes
- Facilities for inspections during evacuation (candidate sites)
- \* Actual locations of inspection sites will be given out alongside evacuation orders.

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





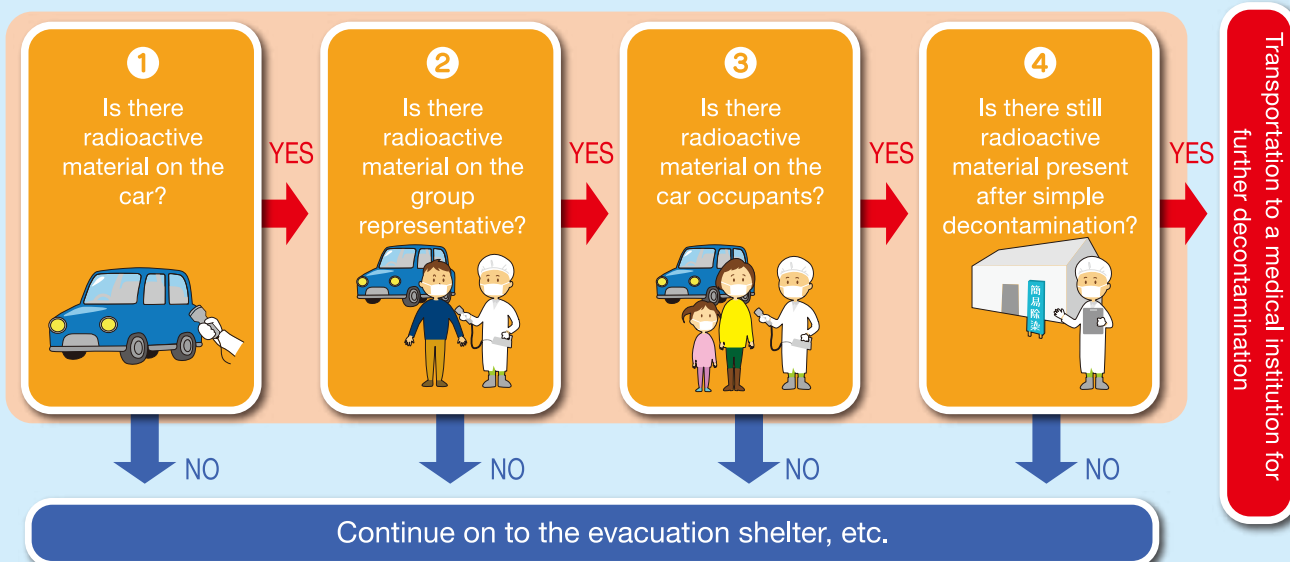
# 10

# Medical Services during an Emergency

## Inspections when evacuating each area

- Inspection facilities will be set up along evacuation routes depending on the area targeted for evacuation for residents of the **UPZ (within 5-30 km 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

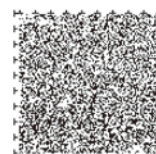


- \* If the level is still higher than the standard value after simple decontamination  
 Affected people → decontaminated at specialized medical institutions like the Saga-ken Medical Centre Koseikan, etc.  
 Vehicles and baggage → held temporarily at the inspection facility.

### List of inspection facilities(candidate sites) when evacuating each area (the numbers correspond to the locations shown on the map on Page 10)

- |  |   |
|--|---|
| ① Arita Chuo Undo 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 Kyu Yamaguchi Chosha (Former Yamaguchi Office) (Takeo City, National Route 35)                   | ⑨ Saga Pref. Shinrin Park (Saga City, National Route 207)                               |
| ④ Shiraiwa Athletic Park Stadium (Takeo City, National Route 34)                                   | ⑩ Sage City Hall Fuji Office (Saga City, National Route 323)                            |
| ⑤ Kito Clean Center (Takeo City, National Route 498)   | ⑪ Former Site of Saga Racecourse Off-Track Betting Shop (Saga City, National Route 263) |
| ⑥ Kyu Kitagata Chosha (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 December 2024 will be announced on the Saga Prefecture website, etc.





## Taking stable iodine agents

- By taking stable iodine agents in advance, you can prevent radioactive thyroid exposure.
- The National Nuclear Regulation Authority will decide whether you should take stable iodine agents, in accordance with evacuation instructions.
- Stable iodine agents have a limited period of effect. Therefore, it is vital to take them as instructed and **at the appropriate time**.
- You must only take the recommended dosage. (Taking more iodine does not increase the efficacy)

### <Dosage Guidelines>

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



(Potassium iodide pills)



(Potassium iodide oral jelly)

## Read before taking

- **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.**
- 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 consult your doctor or pharmacist if you have taken a stable iodine agent.

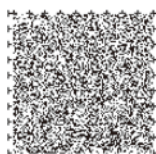
## How stable iodine agents will be distributed

### PAZ (within 5km) residents

In principle, this medicine will be distributed in advance to persons under the age of 40, so if you receive a notice from your prefecture or municipality announcing a distribution, please make certain to receive your dosage.  
(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)  
Additionally, for those who have difficulty receiving distributions in times of emergency due to health reasons, etc., advance distribution by post is available upon request.



- Emergency distribution sites for stable iodine agents in the PAZ and UPZ

PAZ (within 5km of incident)

UPZ (within 5-30km of incident)

Genkai Town

Assembly point

Hokawazu Fishing Village Environmental Reform Center
Chikagawachi Community Center
Shimomiya Community Center
Nakadori Community Center
Karidachi Community Center
Kyushu Electric Power Ojika Dormitory Gymnasium
Chika Community Center 2
Genkaen Special Nursing Home for the Elderly
Hamanoura Community Center
Kogakura Community Center
Sakae Community Center
Hananoki Community Center
Ozono Community Center
Kariya Community Center
Ishida Community Center

\* A separate stock is maintained for the children at Futaba Nursery School.

Assembly point

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

\* A separate stock is maintained for the children at Aoba Nursery School and Genkai Mirai Gakuen.



Karatsu City

Emergency distribution sites on evacuation routes	Uwaba Material Center
	Yobukodaiba Minato Plaza
	Hizen Civic Center

Emergency distribution assembly point

Takekoba Elementary School
Karatsu Kitahata Hospital
Yobukodaiba Minato Plaza
Kagami Junior High School
Karatsu Higashi Junior High and High School
Kuri Elementary School
Karatsu Technical High School
Nagamatsu Elementary School
Sashi Elementary School
Yakataishi Tri-District Community Center
Ouchi Cultural Exchange Center
Karatsu City Cultural Gymnasium
Daigo Junior High School
Elderly Friendship Hall
Rifure

Emergency distribution sites on evacuation routes

Kitahata Civic Center
Hizen Civic Center
Uwaba Material 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

• 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.

Isolated island clinics etc.  
Elem./r High Schools

Takashima Clinic
Kashiwajima Clinic
Mukushima Elderly Center
Madarajima Clinic
Kakarashima Clinic
Matsushima Rojin Ikoi No Ie (Matsushima Clinic)
Ogawajima Clinic
Daira Elementary School
Hizen Elementary School
Uchiage Elementary School
Yobuko Elementary School
Hizen Junior High School

Imari City

Community centers in each town (district)

Imari Community Center
Makishima Community Center
Otsubo Community Center
Tachibana Community Center
Okawachi Community Center
Kurogawa Community Center
Hatatsu Community Center

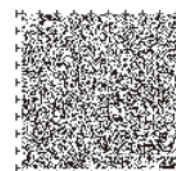
Community centers in each town (district)

Minamihata Community Center
Okawa Community Center
Matsuura Community Center
Niri Community Center
Higashiyamashiro Community Center
Yamashiro Community Center
City Hall
Imari City Hall

• Stable iodine can be obtained from either location  
\* A separate stock is maintained for students at elementary and junior high schools in Imari City.

- 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 11), to people who could not obtain it from a location above.

\* This information is true at the time of writing. Any changes after December 2024 will be announced on the Saga Prefecture website, etc.



# Bousai Net An-an App Now Available



**New Feature!**  
**Multilingual Support**  
(From January 2025)

## What is Bosai Net An-an?

It broadcasts information on disaster/crime prevention so that residents of the prefecture can live safely and feel secure.

What kind of weather warnings are there?

I want to know about a crime in my prefecture!

How should I guard against disasters?

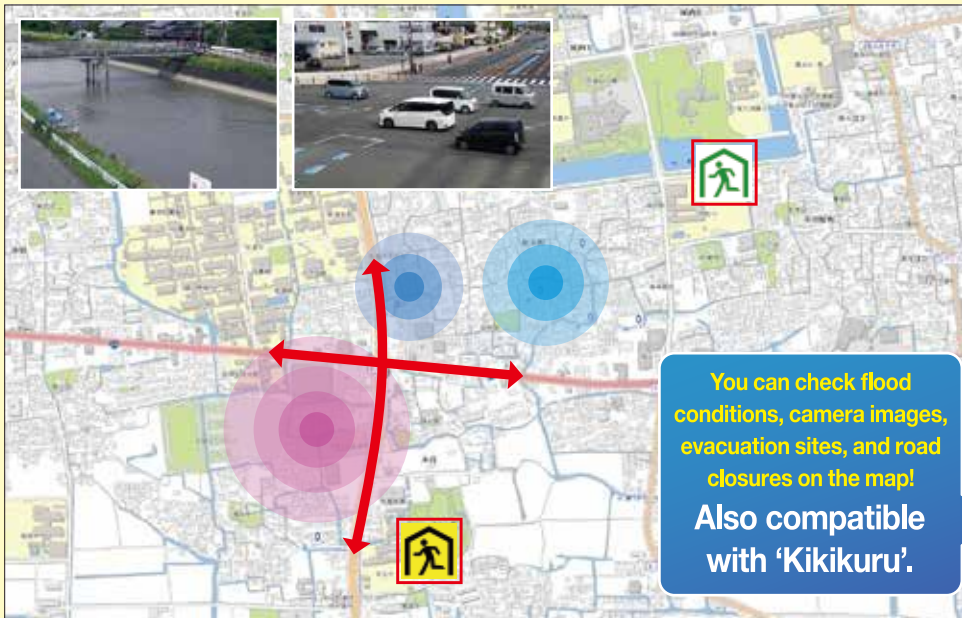
I want disaster countermeasure info from my municipality!

Was there a fire nearby?

**Download the app and secure your safety and peace of mind!**



## Saga Prefecture Disaster & Emergency Map



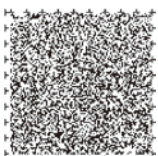
You can check flood conditions, camera images, evacuation sites, and road closures on the map!

Also compatible with 'Kikikuru'.



Communication fees for downloading and using the app are the responsibility of the user.

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The Saga Prefecture Bureau of Crisis Management and Press,  
Crisis Management Disaster Prevention Division

TEL:0952-25-7362 FAX:0952-25-7262

✉ kikikanribousai@pref.saga.lg.jp

Disaster Prevention Saga

Search

