

## 1. Do you know about the two types of Evacuation?

In the coming season, there may be heavy rains and natural disasters caused by typhoons. You often hear the word "evacuation". Did you know that there are actually two kinds of evacuation? They are “Emergency evacuation” and “long-term evacuation”. It is important to understand these two similar but different types of evacuation when thinking about how to deal with disasters.

“Emergency evacuation” refers to taking action to save lives when a disaster has occurred or is about to occur. For example, in the case of a flood, emergency evacuation means staying in a safe place during the disaster or when there is an increased risk of disaster, such as a place higher than the flood level, an area that is less likely to be flooded, or outside of a landslide warning area.

“Long-term evacuation” refers to temporary living in a shelter, etc., after emergency evacuation and keeping safe when one's home or area is damaged and one cannot continue to live there as usual.

In general, "evacuation" means going to a city shelter, but if your home is in a safe place, it is better not to leave your home during a disaster than to go to a shelter where many people are evacuated at once. Also, if flooding has already begun, move to the second floor or higher, which is also known as “vertical evacuation”.

Please consider different types of evacuation based on the disaster situation.

## 2. When to evacuate

Gathering information is important to determine when to make an emergency evacuation from a flood or landslide disaster. It is a good idea to have multiple means of gathering information such as from the internet, phone, TV, and radio in case of an emergency.

When the "Level 5 Emergency Safety" information is issued for a severe typhoon, there is a good chance that a disaster has already occurred. Take steps to reduce the risk to your life as much as possible.

If there is heavy rain that continues for a while, you are now in a "Level 4 Evacuation Order" situation. A disaster could occur at any time. Please evacuate everyone to a safe place as soon as possible.

If an emergency alert e-mail from Tochigi City for "Level 3 Evacuation for the Elderly" has been issued, the possibility of a disaster occurring has become very high. Elderly people and others who need time to evacuate should do so immediately.

If a large and powerful typhoon is approaching, you are now in a "Level 2 Confirm your evacuation actions" situation. Gather information from weather forecasts and other sources.

For any disaster situation, it is a good idea to plan several options for how you would evacuate.

### 3. Emergency Supplies and Stockpiles

What you will need temporarily at your evacuation site during an emergency evacuation is not necessarily the same as what you will need during a long-term evacuation. So what items will you need during an emergency evacuation and what items will you need during a long-term evacuation?

Emergency supplies are items that you should prepare for an overnight stay in an evacuation center so that you can take what you need with you immediately. These items include food, first aid supplies, household necessities, clothing, and valuables. You should also prepare additional items depending on your household's situation, such as for the elderly, infants or children, and pets.

If a disaster strikes and distribution of goods is disrupted or necessities such as electricity and water are cut off, you should have a stockpile of at least 3 days and preferably 7 days worth of items you would need for each person.

Prepare an emergency supply of 3 liters of drinking water per person per day. It is also a good idea to stockpile portable toilets.

It is recommended that food be stockpiled on a "rolling stock" basis. Simply buy a little more of the food you normally eat, and replace it as soon as it is consumed. Repeat this process, and even if distribution is interrupted for a while due to a disaster, you will be able to continue eating the food you are accustomed to eating.

We tend to over think things when we talk about disaster preparedness, but all you need to do is to try to incorporate disaster preparedness into your daily life little by little in a simple, sustainable way.