

Kamogawa Guide to Disaster Prevention 鸭川市防灾地图

When trying to prevent disaster situations, it is important to remember that aid and rescue comes in three forms: "Self-Help," "Cooperation," and "Public Aid." When an emergency situation arises, it is most important that you are prepared to protect yourself and those around you. This guide was created to increase disaster prevention awareness and explain how you and your family can prepare for an emergency situation.

在防灾方面有“自助、互助、公助”的说法。其中，自我保护的“自助”十分重要。作为防灾意识的戒备，每个人在日常生活中都要提高防灾意识。请记得以防灾地图为参考来应对紧急情况。

自助 Self-Help

Get informed about how you should react in an emergency situation

- Know where to evacuate to in case of natural disaster
- Attend local disaster training sessions
- Prepare for Emergencies**
 - Earthquake proof your home by securing loose items
 - Be sure to have at least 3 days of food and water stored
 - Discuss evacuation plans with your family

【自己的家园，自己来守护】

- 培养在灾害发生时独立思考和行动的能力
- 使用防灾地图，掌握自然灾害的知识和灾害发生时的应对方法。
- 参加地区的防灾训练。

【从日常生活中防范自然灾害】

- 加强房屋的抗震性和防止家具翻倒的对策。
- 储备3天以上的饮用水、食品和生活必需品。
- 和家人商定灾害发生时确认彼此安全与否的办法，确认集合地点。

互助 Cooperation

Attend local disaster prevention activities

- During an emergency, cooperate with your neighbors and those around you

【自己的家园，自己来守护】

- 同一地区的居民彼此互助
- 参与地区的防灾活动。
- 灾害发生时，与附近邻居合作进行救助和初期灭火。
- 首先要确保自身的安全。

【Working with local authorities】

- Work together with emergency services to restore public facilities
- Pass on important information
- Put disaster training into practice
- Work to connect the area

【自己的家园，自己来守护】

- 灾害发生时的救助救援、灭火和公共设施重建
- 防灾信息的传达
- 防灾训练和防灾训练的参与
- 跨地区合作

公助 Public Aid

When disaster strikes, the city, prefecture, and local services will react. However, the larger the scale of a disaster, the less public services can react. In such cases, it is important to be able to help yourself, work with those around you, and support local authorities in order to protect the whole community.

灾害发生时，以市、县、消防为首的防灾相关机构将投入救灾工作（公助）。但是灾害规模越大，仅凭公助是无法应对的。为了在灾害中保护生命，需要自助、互助、公助共同努力，提高地区的整体防灾能力。

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Emergency Services 防灾相关机构

Type 分类	Name 名称	Telephone 电话号码	Type 分类	Name 名称	Telephone 电话号码
City 市政府	Kamogawa City Hall 鸭川市政府	04-7092-1111	Hospital 医院	Kameda General 亀田综合医院	04-7092-2211
	Amatsu-Kominato Branch 天津小湊支所	04-7094-0511		Municipal Hospital 市立综合医院	04-7097-1221
Fire Dept. 消防	Kamogawa Fire Dept. 鸭川消防署	04-7093-2131		Tojo Hospital 东条医院	04-7092-1207
Police 警察	Kamogawa City Hall 鸭川市政府	04-7095-3610	Oda Hospital 小湊医院	04-7092-1128	
Disaster Prevention 防灾机构	Awa Public Works 安房土木事务所	04-7092-1107	Transport 交通机构	JR Higashi Nihon Telephone Center 东日本旅客铁道 Kamogawa Nitto Bus 鸭川日通巴士	050-2016-1600
	Awa Welfare Center/ Kamogawa Sanitation 安房福祉中心 鸭川生活支援中心	04-7092-4511		Kominato Railway (Choran Office) 小湊站 (长野支店)	04-7092-1234 0475-46-3581

For questions concerning this pamphlet call the Fire and Disaster Prevention Division 04-7093-7833 防灾地图询问处：鸭川市政府消防防灾课 04-7093-7833

In the Event of an Earthquake 如果发生地震的话

Protecting Yourself 首先要确保自身安全

- Get under a sturdy table or to an open location to protect yourself from falling objects
- Prepare to evacuate to a safe location after the shaking stops
- Earthquakes happen suddenly, be mindful not to fall down stairs
- If a large earthquake is expected, emergency services will send out a message, please take proper precautions to protect yourself.

就近躲入结实的桌子下或不会有物品倒下的空间里，用坐垫等保护头部。

- 如果由于混乱被烫伤或受伤，摇晃停止后将无法移动时。
- 有人受到地震的伤害，从楼梯上跌落受伤时。
- 预计会发生强烈摇晃时，一般会有紧急地震速报。要在有限的时间里想好身对对策。

After Shaking has Stopped 摇晃停止后

- Turn off gas and open flames
- Before moving around the area, look around for broken glass or dangerous objects on the ground. Wear shoes and move around with caution.
- If there is a fire, call out to others and cooperate to put it out before it gets bigger
- Secure an exit
- Confirm that your neighbors are safe
- Get informed through radio and city announcements
- 关闭燃气和火种的火源。
- 如果由于混乱被烫伤或受伤，摇晃停止后将无法移动时。
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In Case of Evacuation 万一需要避难

- Before leaving your home, turn off the electricity and gas
- While evacuating, be sure to help those in need of assistance
- Evacuate on foot with your emergency supplies
- Cars may obstruct emergency services or cause injury to evacuees
- Evacuate using main roads
- Smaller roads and paths may be blocked by debris
- 避难时要关闭燃气总开关，切断电源。
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When you can't contact your family 无法和家人、朋友取得联系时

- Check electronic message boards and NTT's Emergency Relay Dial service (dial 171)
- Large earthquakes may disable communication services
- Discuss family gathering locations in advanced
- 请使用NTT灾害专用留言信箱(171)或各手机运营商的灾害专用直拨。
- 大地震发生时电话会很拥堵。如果勉强拨打的话有时可能会阻碍灾害救援工作。
- 提前商定好集合地点也是有效的办法。

Watch out for uneven footing 也要注意山崖崩塌和地面开裂

In mountainous areas, landslides may create dangerous crossings. Be mindful as you evacuate the location. 山区会发生由于地震引起的山体崩塌和地面开裂。距离山崖和地面开裂地区较近的居民要特别注意山体情况。

What to remember after an earthquake occurs 地震发生时该如何行动呢

Keep calm and evaluate the situation

- What are the dangers in your home? How can you get in touch with your family?
- Where do you need to evacuate to? Remember where you are, take action accordingly
- Try and work disaster prevention review into your daily routine so that you are ready at a moment's notice.
- For reference see the Fire and Disaster Management Agency's homepage or check out their disaster prevention guide.

为了在紧急时刻也能沉着应对，平常就要考虑该如何做。

- 在家里会有什么危险
- 如何和家人联系
- 要去哪里避难
- 外出时该如何应对（开车时、在街上时、在海边时等）
- 请参考总务省消防厅主页中的防灾手册。

Tsunami Warnings 海啸警报的种类

Type 种类	Criterion 发布标准	Broadcasted Wave Height 发布的海浪高度	Wave Classification 巨大地震的区分	Expected Damages 预期的灾害情况	Action that should be Taken 应采取的行动
Large Tsunami (特大海啸)	Forecasted tsunami is over 3m tall	Over 10m (forecasted height) 超过10米(预报高度)	Enormous 巨大	Complete destruction of wooden structures, waves can drag along large debris such as trees and cars	People in or near the water should immediately evacuate to tall buildings.
Tsunami (Warning 海啸警报)	Forecasted tsunami is between 1m and 3m	3m (1m-forecasted height) 3米(1米-预报高度)	Big 大	Waves will hit below sea level break the barrels, causing floods, and sweeping up people	People in or near the water should immediately evacuate to tall buildings.
Tsunami Advisory 海啸注意警报	Forecasted tsunami is between 0.2m and 1m	1m (0.2m-forecasted height) 1米(0.2米-预报高度)	(Unclassified) (不评级)	Waves will hit below sea level break the barrels, causing floods, and sweeping up people	People in or near the water should immediately evacuate to tall buildings.

Tsunami can often come in the form of multiple waves. After the first wave hits land, be careful as a second or third even larger wave may follow. 海啸会反复袭来。有时候第二波、第三波比第一波威力还要大。警报、注意警报解除之前都不要靠近海边。

Earthquake and Tsunami Formation 地震、海啸的形成结构

As the Earth's crust is forced downward by continental plate movement, valleys and trenches are formed. This movement causes the surrounding land to stretch and bend, creating earthquakes and building pressure.

大陆板块前端被拉入，不断变形。这时，因内陆地壳断裂而发生的地震，也会在大陆板块前端发生。这种类型的大地震、中越地壳运动属于这种类型。

When a Tsunami Strikes 海啸小知识

A tsunami's height and speed are dependent on the depth of water that it travels in. As a tsunami approaches land, the water becomes shallower causing the front of the wave to slow down. The back of the wave, which is still moving relatively fast, then begins to pile up on the front of the wave giving the tsunami its height.

海啸具有海水越深传播越快的特点，在海上可以以超音速飞行。反之，水越浅的地方传播速度越慢，随着海啸接近陆地，后面的浪会追上前面的，海浪会越来越卷。

A Brief History of Earthquakes in Kamogawa 过去对鸭川市有影响的 地震灾害

Year 年份(西历)	Region 地区、名称	Magnitude 震级	Affects 受影响
618	Kanto 关东(震源不明)	Above 7.5	山崩、火灾、死亡人数众多。
818(贞应7)	关东(震源不明)	7.5以上	山崩、火灾、死亡人数众多。
1498, 9.20(应永5)	Tokaido 东海道(整体形成地震)	8.2-8.4	A tsunami hit the eastern coast of Chiba. Tan-jō Temple was destroyed by the wave. 从北到南沿海发生海啸。天津小湊发生严重海啸。
1605, 2.3(庆长12.16)	东海道 房总海域(庆长地震)	7.9	Large wave from the east causes many casualties. 来自东方的海啸造成大量人员伤亡。
1677, 11.4 (天明7.10.9)	Onahama 小名浜(房总总合地震)	8.0	A large tsunami strikes the Boso shoreline. 房总半岛发生大海啸。
1703, 12.31	Edo/Kanto 江户、关东(福岛/津轻地震)	7.9-8.2	Many landslides are triggered as well as a 7-10m tsunami. It estimated there were more than 1150 casualties. 发生多起山崩。海啸高度约7-10米。九州熊本一带死亡人数多达1150多人。
1923, 9.1	South Kanto 关东(关东大地震)	7.9	Flowers from the ground spraying out sand as many landslides occur. Kanto area beaches are hit by tsunami. 安房地方发生多起地震、山崩、山体崩塌。关东沿海发生海啸。
1987, 12.17	East Chiba 千叶县东方海域(昭和62)	6.7	The Tokyo and Kanto regions are hit with powerful shaking followed by a large tsunami in Chiba there are 22 casualties. 关东地区发生山崩、长野县为中心、叶县死亡2人。
2011, 3.11	Tohoku 东北(东日本大地震)	9.0	The Tohoku and Kanto regions are hit with powerful shaking followed by a large tsunami in Chiba there are 22 casualties. 从东北关东地区发生大规模海啸。太平洋洋底发生大规模地震。关东、内关、关西、死亡22人。

Preparing your home for any Disaster 我家的防灾地图 (全灾害通用)

Nearest Evacuation Locations 紧急时的避难场所清单

Think about what you should do if your evacuation route is blocked

每个家庭需要携带的物品不同。准备好适合自己家里的物品。

For Earthquake/Tsunami 地震、海啸	Memo 笔记	For Storms/Floods 风灾、水灾时	Memo 笔记

What to Prepare 紧急时的便携物品准备清单

Think about what you should do if your evacuation route is blocked

每个家庭需要携带的物品不同。准备好适合自己家里的物品。

- Flashlight/Batteries 手电筒
- Matches/Lighter/Candle 火柴、打火机、蜡烛
- Food 食品
- Money/Important Items 现金、贵重物品
- First Aid 常备药
- Radio/Batteries 收音机
- Water 饮用水
- Clothes, Socks 衣服、内衣裤
- Evacuation Map 防灾地图
- Infant Care Items 婴儿用品

Disaster Communication Procedures 紧急时的联系方式

- Emergency Relay Dial (171)
- Emergency Message Board (Cellphone Access)
- Emergency Message Board (Web/171)
- Internet Phone Services
- SNS (Facebook, Twitter, etc.)
- 灾害专用留言信箱(拨打171)
- 灾害专用留言板(各手机运营商)
- 灾害专用留言板(171网页)
- 网络电话
- SNS(推特、微博等)

Using the Emergency Relay Dial 灾害专用留言信箱(171)的使用方法

- Dial 171
- Select record or play
- Enter the number of the person affected
- Record/Play Message
- End Call

Sending out Emergency Information 紧急时的信息传达



Heavy Rain 如果下大雨的话

Escaping in the event of flooding and landslides 要注意洪水、泥石流灾害，前往安全场所避难。

Storm Evacuation Procedure 如果下大雨的话

- Collect reliable information about incoming typhoons or storms.
- Evacuate before the storm and, if possible, while it is light out. Help small children, the elderly, and others who need assistance evacuating.
- When evacuating wear easy to move in shoes and a helmet if possible.
- Cooperate with neighbors and evacuate in groups.
- While evacuating avoid bridges and dangerous crossings.
- In cases where evacuation is dangerous, stay in your home. Be sure to separate yourself from the path of landslides (i.e. 2nd floor away from cliff face).

Severe Weather 警报、注意警报的种类和发布标准

In the event of severe weather, local broadcast will track the storm and relay information to the public. If you feel in danger, you should quickly evacuate the area.

电视、广播等播报的“大雨洪水警报”等气象信息，是按照以下标准发布的。根据实际的降雨情况和警报等的种类，在察觉危险时要尽早避难。

Type 种类	Standard 标准	Kamogawa Standards 鸭川市标准
Severe Rain/Flooding 大雨警报/洪水警报	50mm per hour	每小时降雨量50毫米
Severe Rain/Flood Advisory 大雨注意警报/洪水注意警报	30mm per hour	每小时降雨量30毫米
Record for Rainfall 创纪录的短时间大雨警报	Over100mm per hour	每小时降雨量超过100毫米时

Landslide Watch 泥石流灾害警戒信息

Landslides are difficult to predict, but if a landslide is expected announcements will be made as to what part of the city should evacuate. Please take action to protect yourself and your family.

“泥石流灾害警戒信息”是帮助判断采取“居民自主避难”或“市町村避难劝告”的信息。在发布大雨警报时被判为泥石流灾害的危险性非常高的情况下发布。

Severe Weather Special Warning 大雨特别警报

A special warning is made when an area is deemed unsafe and must be evacuated immediately.

预测台风和集中暴雨将带来几十年一遇的降雨量，或者几十年一遇的强烈台风或同等程度的温带低气压将带来大雨等情况。

If a special warning is made, please take immediate action to protect your life. 发布“特别警报”后，应立即采取保命的行动。

Severe Weather 如果看到黑云的话

Dark clouds may be a sign of thunderstorms and tornadoes. 要小心龙卷风和雷暴，到安全场所避难。

Take action in the event of a Tornado 龙卷风来袭时的避难知识

If you are inside your home 在屋内时

- Do not open windows
- Close storm shutters
- Close curtains
- Move away from windows

If you are outside 在室外时

- Avoid escaping into sheds
- Enter the nearest sturdy structure
- If there are no buildings, get into lowlying areas like ditches and drains
- Avoid flying debris

Move to the basement or lowest floor 往地下室或建筑物楼下移动

Move to the center of the building 往建筑物中心最近的、没有窗户的角落移动

Move away from exterior walls, doors, etc. 远离外墙、门、外墙

Get under sturdy structures 躲入结实的桌子下方，用双手护住头部和颈部

Take action in the event of a Lightning 打雷时的避难知识

- Move into buildings of cars 迅速躲入建筑物或车内
- Move away from trees 离开树木、树枝、脚杆两米以上
- Move away from exterior walls 在室内时，离开外墙、电闸1米以上
- Move away from trees 离开树木、树枝、脚杆两米以上
- Keep objects like umbrellas, bats, and golf clubs beneath your head. 高尔夫球杆、钓鱼竿或放在低于头部的位置

Preparing for an Earthquake 防备地震

How to earthquake proof your home and secure your belongings. 要提前做好加强建筑物的抗震性、防止家具翻倒的措施。

Earthquake Proofing 防备地震提高建筑物的抗震性

The greatest cause of injury or death in an earthquake is suffocation from being crushed by a collapsing building. Fatalities by crushing accounted for 80% of deaths during the Great Hanshin and Kobe Earthquakes (1995). 除了火灾，地震带来伤亡最多的原因是由于房屋倒塌和家具翻倒而导致“窒息、压死”，阪神淡路大地震中由于房屋死亡的人数占了8成。

Wooden Structure Check Points 木造房屋抗震性的检查要点

- Was the structure built before 1981?
- Is there any fire or water damage to the structure?
- Are there any cracks or signs of deterioration?
- Are walls or windows warped and in danger of breaking?

Securing Furniture 防止家具、大型家电翻倒

In the event of an earthquake, unsecured furniture may be prone to shaking and falling over. Falling display cases, televisions, microwaves, and other objects can make escaping difficult by scattering shattered glass around your home. Securing objects that are prone to tipping can protect your home during and after an earthquake.

即使能够幸免住宅倒塌，柜子等家具翻倒导致电视微波炉等电器飞出，玻璃破碎飞溅等一般生活用品会变成凶器。如果失去安全大阻碍避难行动。从日常就要对防止家具翻倒和移位等多加注意。

Arranging and securing furniture in your home 家具的摆放和防止翻倒的检查要点

- Avoid placing large objects and home appliances around escape routes, beds, and places you eat.
- When filling shelves, put heavy things at the bottom and light things at the top
- Secure large objects with metal fittings or rods
- Take measures to prevent books and items from falling out of shelves
- Apply anti-shatter film to glass
- 卧室和客厅以及避难场所避免放置大型家电和家具。
- 收拾时加重物品的重量放在下面。较轻的物品放在上面。
- 大型家电和家具应用防倒器具固定。
- 为防止餐具和书本等飞出，应加装门栏。
- 玻璃上要贴好玻璃防撞膜。

Outside, be sure to reinforce fences and secure propane tanks. 在外面，也要注意混凝土砖墙的倒塌和煤气罐翻倒等。

Storing for Emergencies 关于储备品

Emergency Items 储备品

- Water 水
- Food 食品
- Clothes, Socks 衣服、袜子
- Portable Stove/Fuel 便携式炉灶/燃料

Try Rotating Emergency Items 推荐循环储备

Rotating Emergency items in with your normal grocery items can ensure rations stay fresh. By keeping extra canned goods, you will always be prepared for an emergency. 建议多购买一些日常使用的水、罐头、软包装罐头食品等，使用后及时补充以循环储备。

Landslide Warning Signs 泥石流灾害的种类和先兆现象

It is difficult to predict when a landslide will occur. If you feel you are in danger, leave the area immediately.

正确预测泥石流灾害的发生地点和时间比较困难。当察觉到危险时请迅速避难。

Landslides 山崖崩塌(陡峭斜坡的崩塌)

Heavy or prolonged rainfall can erode cliff faces and cause landslides. Landslides happen quickly, sweeping up large rocks, trees, and anything in their path. Since there is not often much time to escape, preparation is a necessity.

受大雨或长时间降雨和地震的影响，陡峭的山崖或山峰会突然崩塌。

Falling rocks and trees, fissures in the cliff face 落石、树木、悬崖上的裂缝

Tree trunks protruding, new cracks, small stones on road 树干倾斜、新裂缝、小石子落在路上

Mudslides 土石流(溪流中的泥沙流出)

During heavy rainfall, water from streams can overflow causing the collapse of riverbanks. The combination of mud and water can drag along boulders and other large debris.

溪流中的浅谷和河谷中含有大量泥沙和巨石会一下子袭击而来。

Riverbeds going dry, or filling with mud 河床变干，或填满淤泥

Unusual sounds coming from the mountains 山里的异常声音

Spring water coming out of the ground 地下水从地面涌出

Guerrilla Rain 最近经常听到的“游击暴雨”是指？

When a large amount of rain falls on a small area over a short period of time, it is referred to as "Guerrilla Rain (Guerra Rain)".

在很短的时间内，在很小的范围内集中下大雨的现象叫做游击暴雨。气象厅称之为“集中暴雨”“局部大雨”“猛烈大雨”等。每小时降雨量在50毫米以上、80毫米以上的年度观测次数在1976-2012年之间有明显增加的迹象。

游击暴雨是由于积雨云造成的突然强降雨，由于雨水一口气涌向低处，即使总雨量很少，只要十几分钟就会造成巨大灾害。

Disaster Information Resources 防灾相关信息的来源

Method 手段	Transmitter 发布者	Type of Information 内容	Additional 其他
Public Announcement 防灾无线广播	City Hall 市政府	Evacuation Information 避难相关信息	Be sure to always have extra batteries for your radio in case of an emergency broadcast 紧急时广播是宝贵的信息来源，记得要准备好电池。
Public Broadcast Vehicle 宣传车	City Hall, Police Department, Fire Brigade 市政府、警察署、消防署、消防团	Evacuation Information 避难相关信息	
T.V./Radio 电视、广播	Various Broadcasters 各电视台、电台	Earthquake Information 地震、震源 Tsunami Forecasts 海啸预报 State of Emergency 受灾情况	In the event of large disasters, electricity and internet services may be rendered unusable. 大规模灾害造成时，电力和互联网服务可能会中断。
Internet 互联网	City Hall 市政府 Chiba Prefecture 千叶县门户网站 Meteorological Center 气象厅 Choshi Local Meteorological Office 葛西地方气象台 Bureau of Infrastructure 国土交通省 防灾信息提供中心	General Information 防灾整体信息 Evacuation Information 避难相关信息	
e-mail 电子邮件	Kamogawa Mail Service 鸭川市安全安心中心 Area Mail Services 区域邮件(紧急速报)	Disaster and Crisis Prevention 防灾、灾害预防 General Emergency Information 防灾整体信息	See the following pages for registration. 注册方法请参考尾页。