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# Nuclear Disaster Management Guide



# Introduction

- This pamphlet was created as a guide for residents in the event of an accident at a nuclear facility such as the Tohoku Electric Power Company-operated Onagawa Nuclear Power Plant, or when otherwise confronted with a nuclear disaster.
- Please acquaint yourself with the information, and keep this guide in a convenient place.

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# 1

## What is a nuclear disaster?

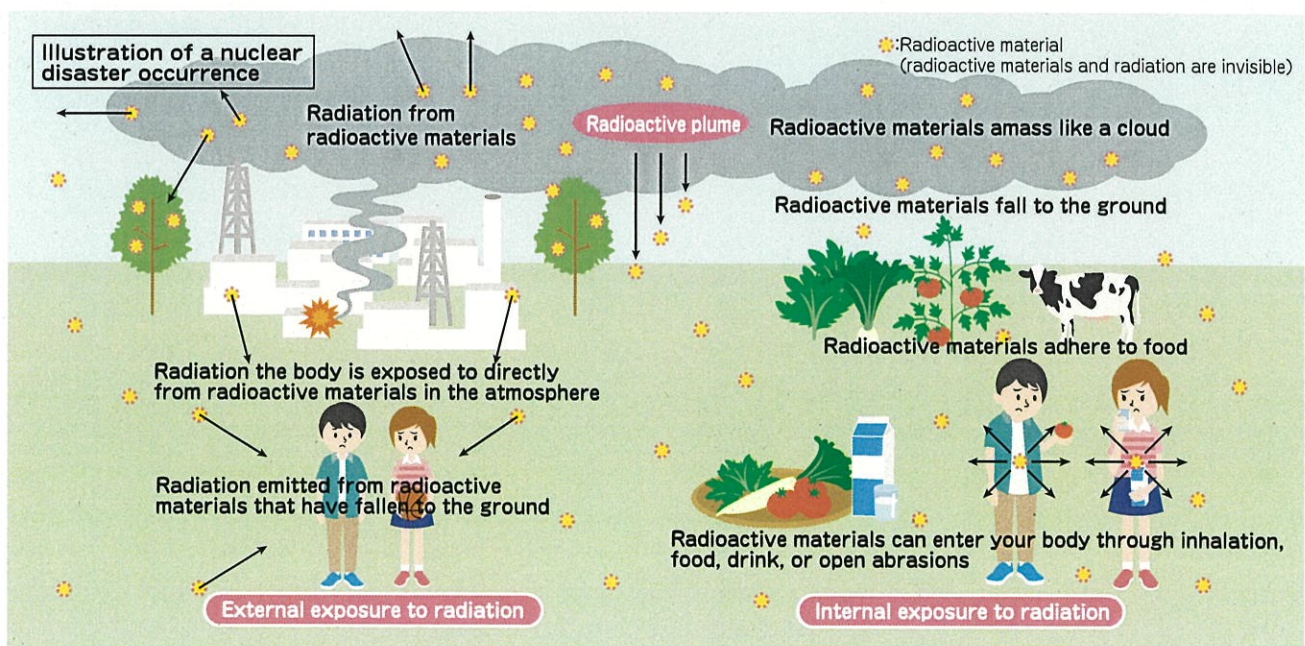
- ➔ “Nuclear disaster” refers to damage caused by radioactive material or radiation that has leaked from a nuclear facility due to an accident. Compared to natural disasters, a nuclear disaster has mainly the following characteristics.

### What are the characteristics of a nuclear disaster?

- Unlike storms, floods, earthquakes, fires and other disasters, the damages caused by radioactive materials from a nuclear disaster are invisible and have no scent. They are imperceptible by the five senses.
- However, in preparation for any disaster, we are now regularly measuring radiation and will inform residents of the situation concerning damage from an accident at a nuclear facility.

### What happens when there is an accident at a nuclear power plant?

- An accident at the nuclear facility could lead to radioactive materials leaking into the surrounding area, risking radiation exposure.
- Radioactive materials amass like a cloud (radioactive plume), and spread downwind.
- Radiation exposure can occur by direct contact of radioactive materials with the body (external exposure) or by inhaling or ingesting radioactive materials (internal exposure).
- To reduce internal exposure, restrictions may be placed on the consumption of food and beverages produced in the affected area.



In order to protect yourself from nuclear disasters, the appropriate knowledge concerning nuclear disaster safety is required. Regularly keep an eye out for information given by the national, prefectural and municipal governments and confirm your actions in the event of a disaster.

# 2

## What is radiation/radioactivity/radioactive material?

- The particles and electromagnetic waves emitted by radioactive material are called "radiation", the ability to emit radiation is known as "radioactivity" and material that is radioactive is known as "radioactive material".

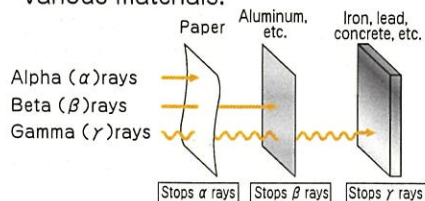
Torch comparison



The torch is the radioactive material

The ability to give off light is radioactivity      The light is the radiation

- Radiation includes alpha rays, beta rays and gamma rays, all of which have differing ability to penetrate through various materials.

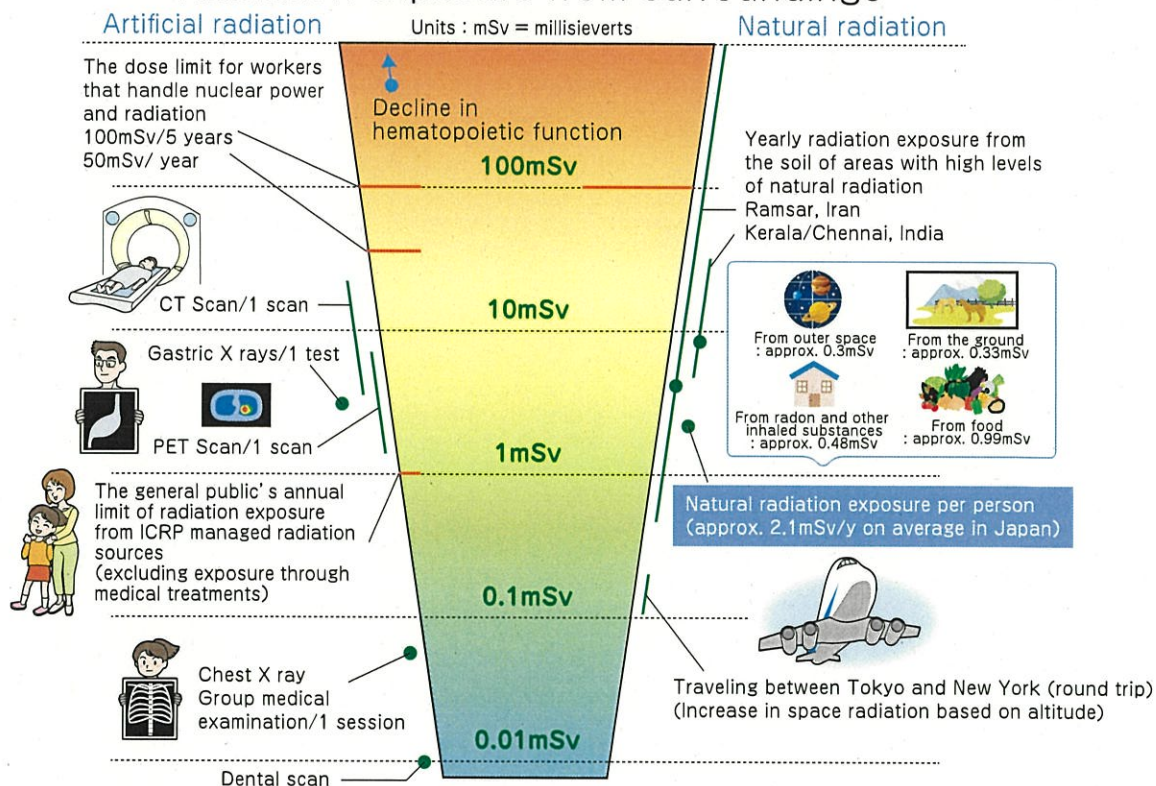


It is advisable to take refuge indoors in the event of a nuclear disaster because radiation can be blocked by materials such as iron, lead and concrete.

### Radiation in Daily-life

- Radioactive materials have been in existence since before human beings. We are exposed to radiation all around us every day in the ground, the air, and in our food. Radiation is also used for medical treatment.
- Radiation damages our cells, but the body can repair the damage.
- A Japanese person receives on average 2.1 millisieverts per year (mSv/y) from natural radiation exposure.

### Radiation exposure from surroundings



### Units of radiation dosage

#### Absorbed radiation amount by various organs/tissues: Gy(gray)

Physical amount of energy received from radiation per unit of weight in organs and tissues.

#### Effective dose: mSv(millisieverts)

Accumulated radiation amount absorbed by tissues and organs weighted against the susceptibility to cancer or genetic abnormalities. Used when talking about radiation protection.

Gamma radiation measured at 1Gy absorbed evenly by the body is equivalent to 1000mSv.

- UNSCEAR 2008 Report
- ICRP 2007 Recommendation
- The Japan Association of Radiological Technologists' guidelines for medical exposure
- Based on the new edition of "Radiation in Living Environments" and other publications by the National Institute of Radiological Sciences.(May, 2013)

# 3

## What should I be aware of in the event of a nuclear disaster?

- You will be notified of information about the nuclear disaster through all means available including television, radio, emergency broadcast systems, cable broadcast and emergency announcement vehicles.
- There are instances where incorrect information may spread; it is important to wait for the correct information and instructions provided by official organizations and calmly act accordingly.

### When listening to information about a nuclear disaster, what do you do?



Turn on the television or radio for precise information.



Pay attention to information broadcasts on emergency broadcast systems, emergency announcement vehicles and the internet.



Fishing vessels and boats in the middle of navigating will receive information from organizations such as the Japan Coast Guard and fishery broadcasting office.

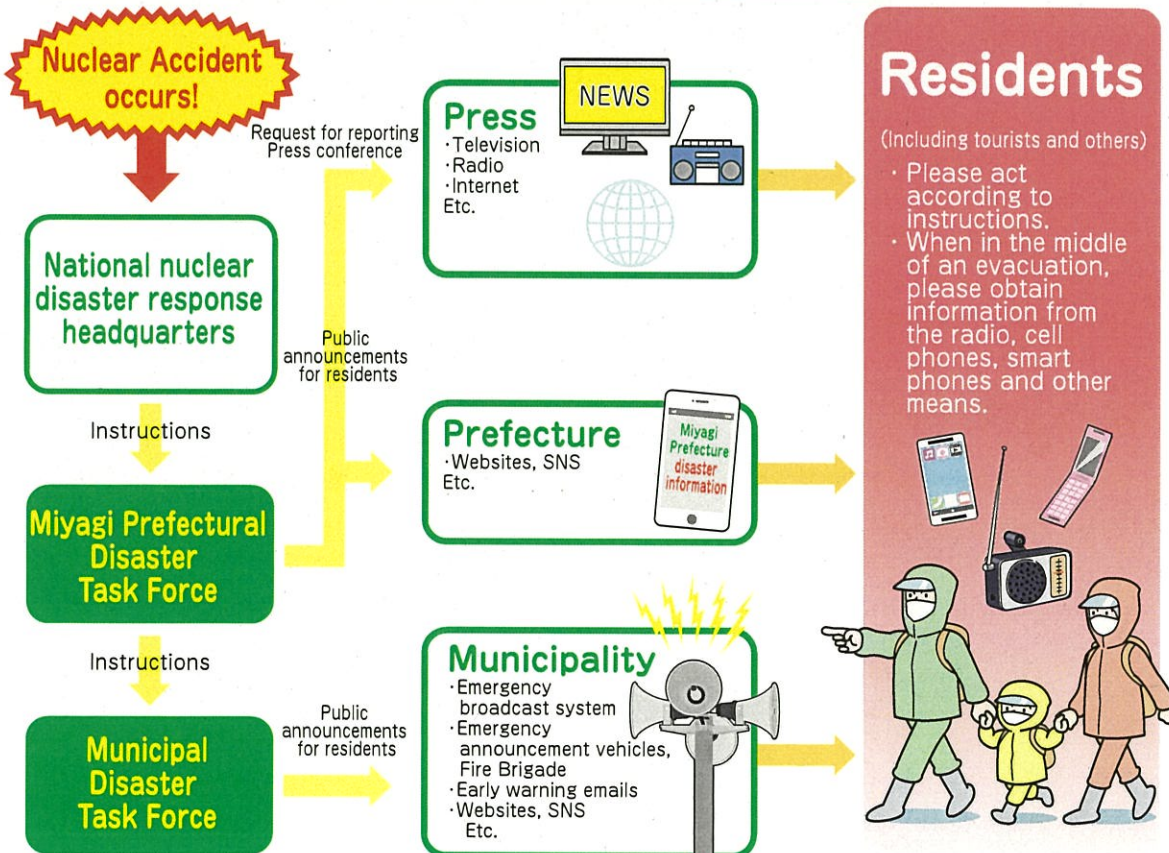


Confirm information with your neighbors.



Act according to government information and be careful not to be misled by false rumors.

### How is information about the disaster conveyed?



# 4

## Which areas need to be prepared ?

- ➔ Areas within an approximate 5 km radius (PAZ) of the nuclear power plant and an approximate 5 km-30 km radius of a nuclear power plant (Semi-PAZ/UPZ).

### What is “PAZ/Semi-PAZ/UPZ” ?

- Areas that must concentrate on taking nuclear disaster countermeasures that were established based on events of the Tokyo Electric Power Company’s Fukushima Nuclear Power Plant Accident.

#### **PAZ** Precautionary Action Zone

- Areas that must evacuate as a precaution in accordance with the state of the nuclear power plant.
- This applies to areas within an approximate 5 km radius of nuclear power plants.

#### PAZ Target Areas

Onagawa Town	Koyadori, Tsukahama, Iigohama, Nonohama, Oishihara, Yokoura, Takashiro, Kirigasaki, Takenoura, Terama, Izushima
Ishinomaki City	Yagawa, Oyagawa, Samenoura, Tomari, Maeami, Yoriiso, Oginohama, Kozumihama

#### **Semi-PAZ** Semi-Precautionary Action Zone

- Like “PAZ”, these areas evacuate as a preventative measure depending on the nuclear power plant situation.
- This applies to areas within an approximate 5km-30 km of the nuclear power plant, including remote islands and the Oshika Peninsula area (excluding **PAZ** ).

#### Semi-PAZ Target Areas

Onagawa Town	Enoshima
Ishinomaki City	Ayukawa, Kinkasan, Niiyama, Futawatashi, Aji, Kugunari, Kobuchi, Kyubun, Ohara, Koamikura, Makinohama, Takenohama, Kitsunezakihama, Sudachihama, Fukkiura, Tahirohama, (Nitoda/Odomari)

#### **UPZ** Urgent Protective action planning Zone

- Areas where residents must take refuge indoors in accordance with the state of the nuclear power plant, and evacuate or temporarily relocate in accordance with the results of air radiation measurements.
- This applies to areas within an approximate 5 km-30 km of the power plant (excluding **PAZ** / **Semi-PAZ** areas).

#### UPZ Target Areas

Onagawa Town	Areas excluding <b>PAZ</b> and <b>Semi-PAZ</b>
Ishinomaki City	Areas excluding <b>PAZ</b> and <b>Semi-PAZ</b>
Tome City	All areas in Tsuyama-cho, all areas in Toyosato-cho
Higashimatsushima City	Kamimachi 1-3, Shimomachi 1-3, Odame, Higashiodame, Sekinouchi 1-3, Sakutaura, Shimoura, Aoi 1-3, Minamiurashukusha, Yachi, Kamikawado 2-4, Wakaba, Shimokomatsu, Kitakukansha, Ekimae, Kawado, Shitanbashiri, Nishishinmachi, Kamikawado 1, Tatenuma, Kazuma 1-2, Dochi, Nitambashiri, Kamikomatsu, Sawada, Maesato, Komatsuminami, Temaneki, Maeyanagi, Gomikura, Jono, Yokonumahigashi, Yokonumanishi, Yokonuma 1-2, Kaigaratsuka 1-2, Kaida, Doba, Takada, Kamihama 1-3, Shimohama 1-2, Nakahigashi, Tera, Muyari, Hachiman, Ura, Yokozeki, Minami 1-6, Shinkawamae, Minamidori, Minamishin 1-2, Yanagikita, Yanagikami, Yanagishimo, Yanaginishi, Terui, Oshita, Komatsudai, Shioiri, Omote, Naka, Oshima, Ura 1-2, Onokami, Onoshimo, Neko, Takamatsu, Okankami, Okanshimo, Hamaichikami, Hamaichishimo, Hiraoka, Nakashimo, Shinmachi, Kameokahigashi, Kameokaminami, Nobirugaoka 1, Ohama, Murohama, Tsukihama, Satokita, Sato minami
Wakuya Town	Oyachi, Tandai
Misato Town	Koshima
Minamisanriku Town	Aramachikami, Aramachishimo, Oridatekami, Mitobe, hadenyakami, Hadenyashimo, Tsunomiya, Takihama, Fujihama, Nagashizu, Terahama, Okita, Saido, Utsuno, Hayashi, Okubo

## PAZ

Precautionary Action Zone

Those residing within 5km of the power plant

Prior to the leak of radioactive materials when a serious accident has occurred

▶▶▶ Precautionary evacuation

Those for whom evacuating poses a high health risk

▶▶▶ Take refuge in evacuation shelters

## Semi-PAZ

Semi-Precautionary Action Zone

Remote islands and Oshika Peninsula areas within 30km of the power plant excluding PAZ areas

Prior to the leak of radioactive materials when a serious accident has occurred

▶▶▶ Precautionary evacuation

Those for whom evacuating poses a high health risk

▶▶▶ Take refuge in evacuation shelters

## UPZ

Urgent Protective action planning Zone

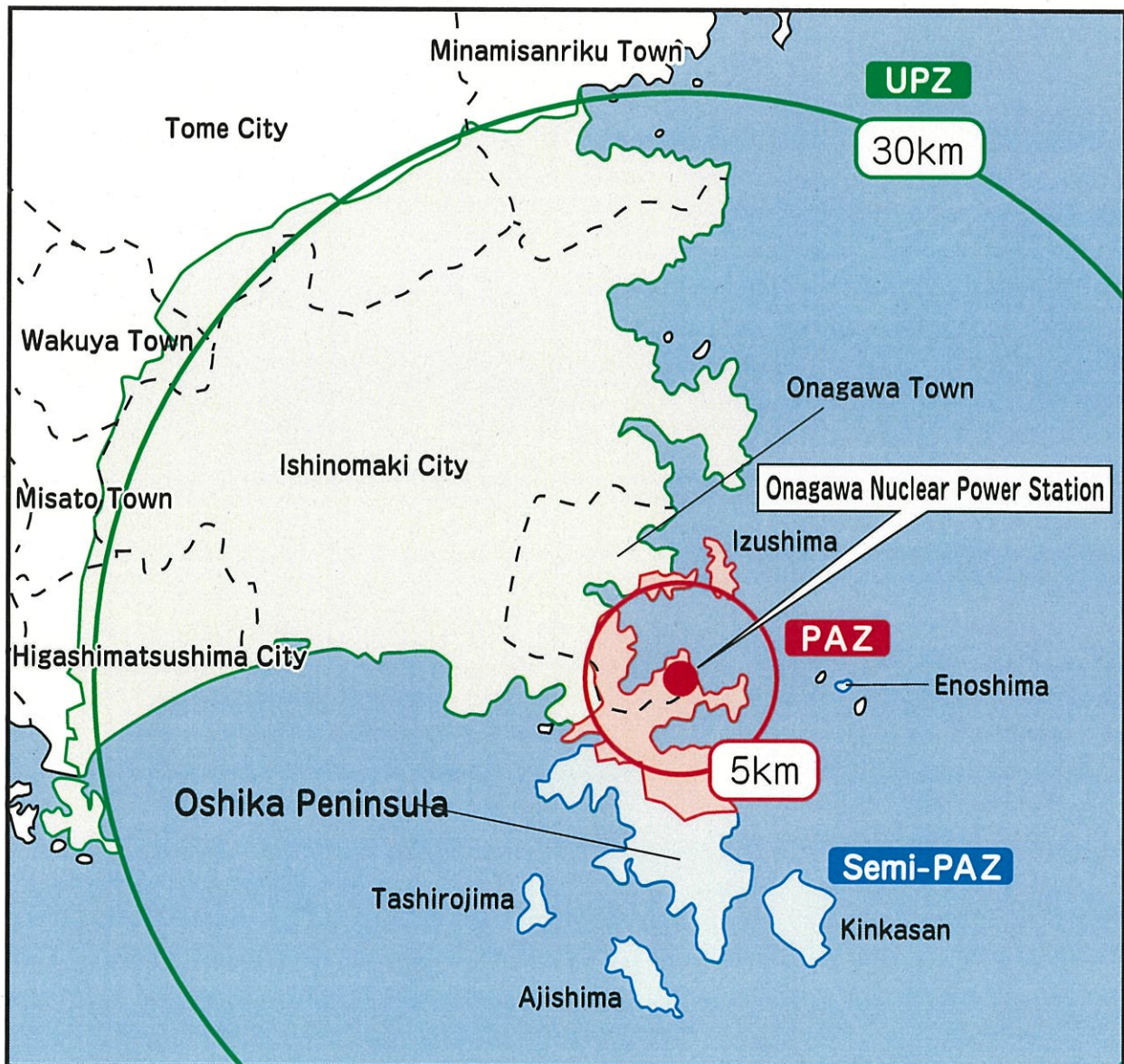
Those residing within 5km-30km of the power plant

As a general rule

▶▶▶ Take refuge indoors

Areas where the spatial radiation level rises above the national limit are to follow instructions

▶▶▶ Evacuation/  
Temporary relocation



Sources: The Geospatial Information Authority of Japan website (<http://maps.gsi.go.jp/#8/35.496456/135.763550>)

"Blank Map" created based on reference from Geospatial Information Authority of Japan (<http://maps.gsi.go.jp/#8/35.496456/135.763550>).

# 5

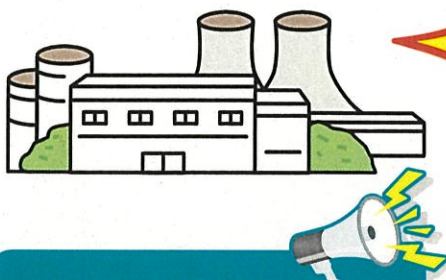
## What should I do in the event of a nuclear accident?

➔ In accordance with the instructions of your municipal government, evacuate or take refuge indoors.

### What actions should I take? From the occurrence of an accident to evacuation

- If the national, prefectural, and/or municipal government(s) determine(s) that evacuating or taking refuge indoors is necessary, announcements will be made to residents.
- The occurrence of an accident at a nuclear power plant does not necessarily mean radioactive materials will be leaked; there may be situations in which evacuating or taking refuge indoors is not necessary. It is important to stay calm and act according to the instructions and correct information issued by government agencies.

State of the nuclear power plant



Information from national, prefectural and/or municipal government(s)  
Instructions on how to respond



Start announcing information for residents

- Notification of the situation at the nuclear power plant and other relevant information

Likelihood of radioactive materials leaking increases

Situation progresses

(Prior to the leak of radioactive materials)  
Instructions for evacuation or taking refuge indoors

- In response to the situation, **PAZ** and **Semi-PAZ** will instruct residents to evacuate while **UPZ** will instruct residents to take refuge indoors.

## Residents' actions

**PAZ**  
(~Within 5km)

**Semi-PAZ**

Obtain accurate information

Evacuation\* Evacuation  
preparation

\*Depending on the situation, certain citizens who need to evacuate at an earlier stage will be instructed to do so.

Taking stable iodine pills(page 13)

**UPZ**  
(~Within 5~30km)

Obtain accurate information

Preparation for taking refuge indoors  
Take refuge indoors



**Leak of radioactive materials**

**Spatial radiation levels of an area rise above standard**

**Instructions to continue taking refuge indoors**  
**Strengthen radiation measurement systems**

**Depending on the situation, in areas where evacuation is deemed necessary, evacuation and temporary relocation instructions will be issued.**

- Depending on radiation measurements, in areas where evacuation is deemed necessary, evacuation and temporary relocation instructions will be issued.
- If necessary residents will be instructed to take stable iodine pills and limit their intake of food and drink.

**Continue taking refuge indoors**

**Evacuation and temporary relocation in specific areas depending on the situation**

**Taking stable iodine pills, restricting food and drink intake**

# 6

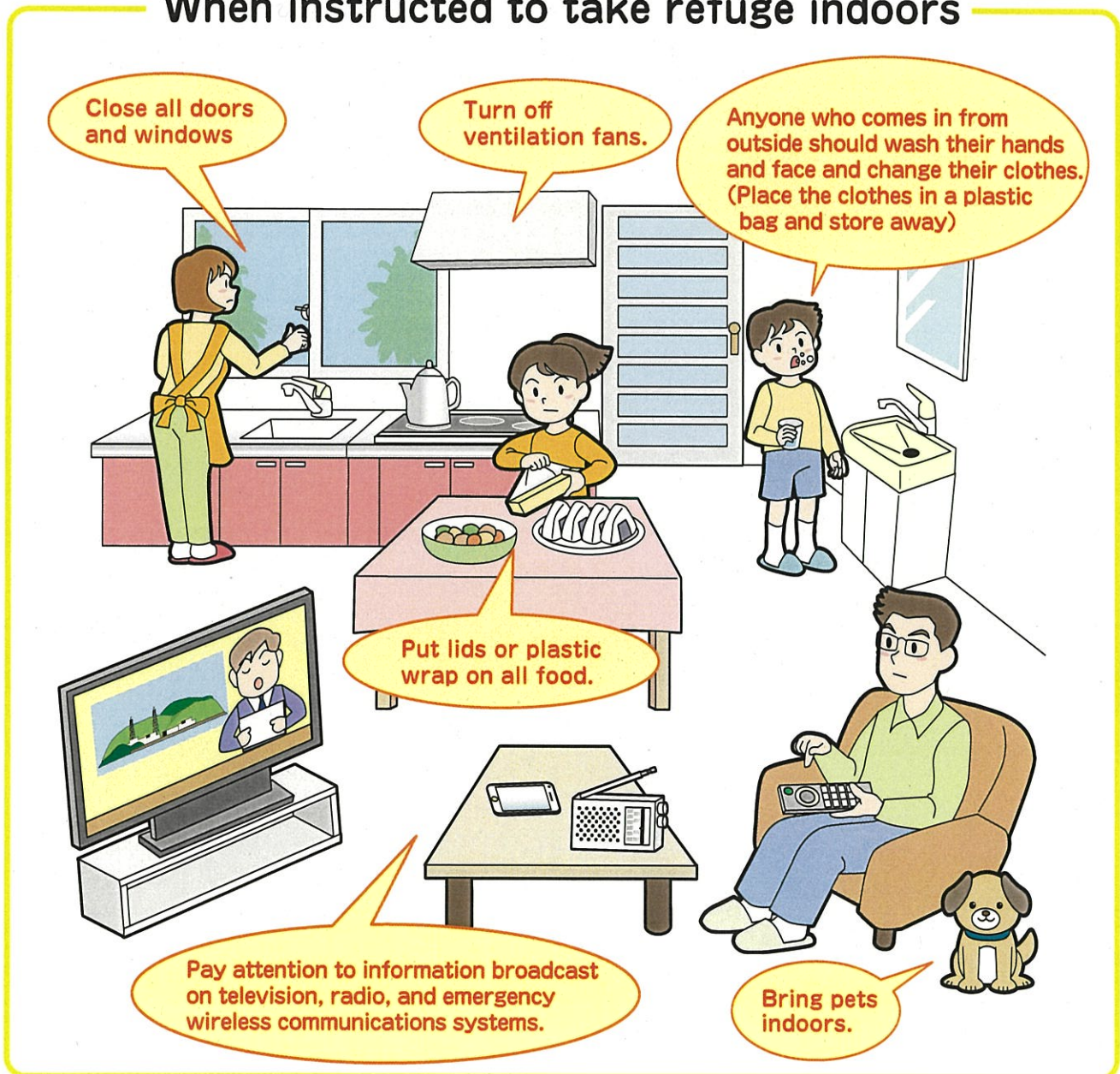
## What should I do when instructed to take refuge indoors?

➔ Go inside your residence or a public facility building

### How can take refuge effectively?

- By closing doors and windows, you can prevent radioactive materials from entering and minimize exposure to radiation.
  - When a radioactive plume (radioactive materials amassed into a cloud) is passing over the area, you can minimize radiation exposure better by taking refuge indoors rather than by going outside to evacuate.
  - By taking refuge in a mostly airtight building made of concrete, you can lower the rate of radiation exposure through inhalation to 1/20 of the rate of being outdoors.
- ※ Air conditioning that does not use air from the outside can be used even while taking refuge indoors.

### When instructed to take refuge indoors



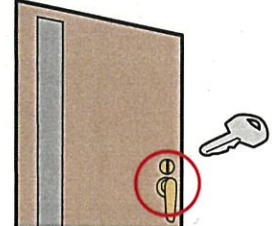
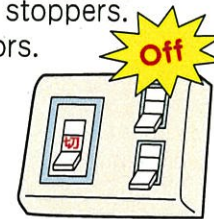
# 7

## What should I do when instructed to evacuate or temporarily relocate?

➔ Proceed to an evacuation shelter by way of an evacuation screening checkpoint or evacuation shelter reception.

### What should I do before evacuating?

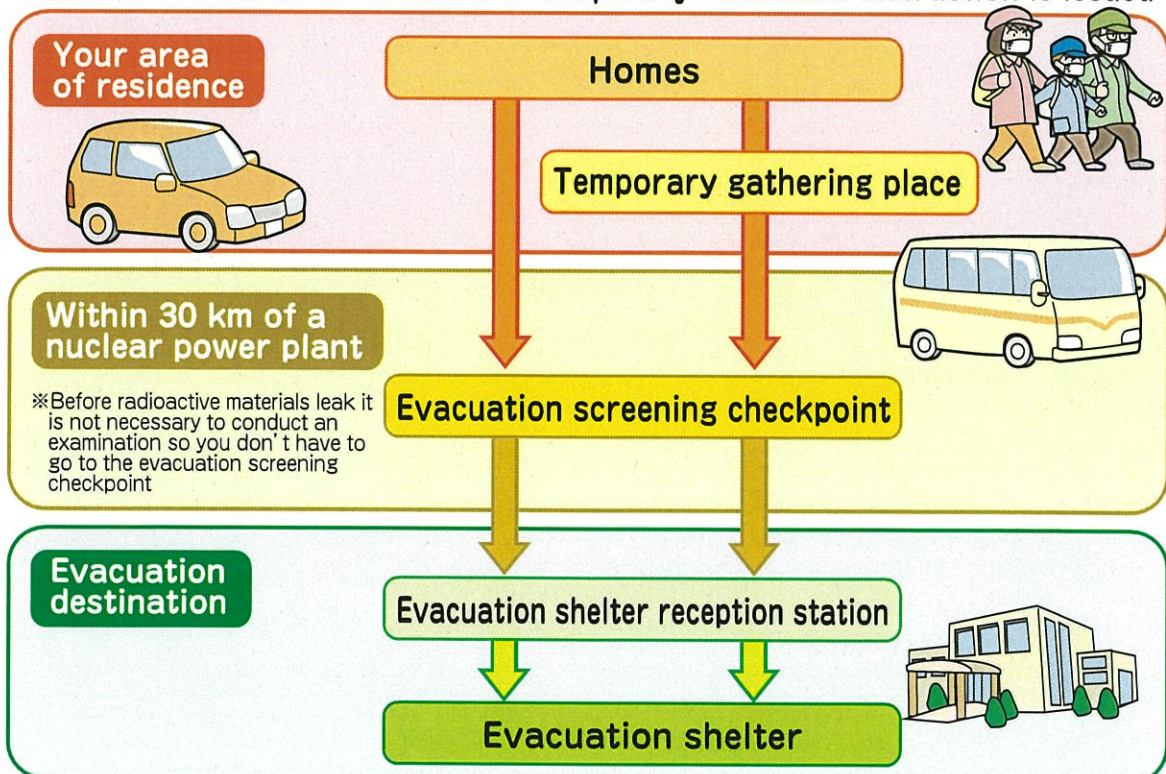
- If evacuation or temporary relocation instructions are issued, confirm the instructions and act on them calmly.
- Make sure to turn off electric breakers and close gas stoppers.
- Don't forget to close and lock your windows and doors.



### How should I evacuate?

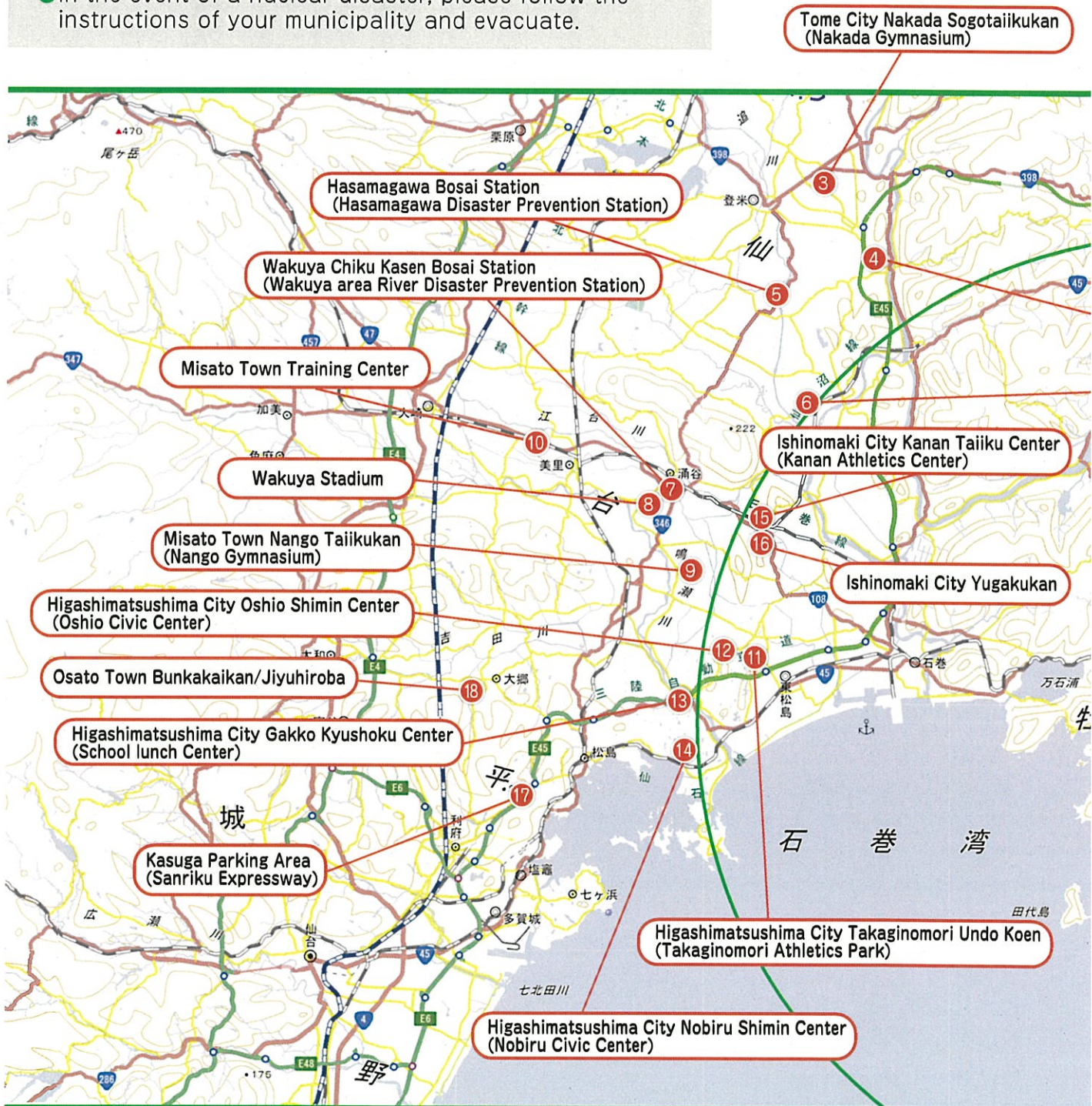
- Personal vehicles are the standard means of evacuation. It may not be possible to refuel during a disaster, so you should always make sure your car has at least enough fuel to evacuate.
- When you cannot evacuate by car, proceed to the nearest temporary gathering place and evacuate by bus, ship, helicopter, etc. (municipal governments designate temporary gathering places for all areas).
- After the leak of radioactive materials, all residents in **UPZ** who are evacuating should evacuate by way of an evacuation screening checkpoint in order to measure the amount of radioactive materials that are adhering to them. At the evacuation screening checkpoint, you will be issued a pass. Please do not lose this as you will be using it at the evacuation shelter reception and other places.
- When you arrive in the city, town, or village to which you evacuate, proceed to the evacuation reception station for directions to your evacuation shelter, then make your way there.

### When an evacuation instruction or temporary relocation instruction is issued



# Map of proposed sites of evacuation screening checkpoints

- In the event of a radioactive material leak, the necessary inspection stations will be set up.
- Which people from which areas go to which inspection stations is determined by the various municipalities, but this may change in response to a disaster.
- In the event of a nuclear disaster, please follow the instructions of your municipality and evacuate.



Map data source: Geospatial Information Authority of Japan website(URL: <https://maps.gsi.go.jp>)

Minamisanriku Town Sports Koryu-mura  
(Bayside Area)

Minamisanriku Town Utatsu Sogoshisho  
(Utatsu Branch Office)

Tome City Toyoma Sogotaiikukan  
(Toyoma Gymnasium)

Tome City Toyosato Undo Koen  
(Toyosato Athletic Park)

Onagawa Nuclear  
Power Station

PAZ

5km

UPZ

30km

Evacuation screening checkpoints	Address
① Minamisanriku Town Utatsu Sogoshisho (Utatsu Branch Office)	60 Kudanohama, Minamisanriku-cho, Motoyoshi-gun
② Minamisanriku Town Sports Koryu-mura (Bayside Area)	56 Numata, Shizugawa, Minamisanriku-cho, Motoyoshi-gun
③ Tome City Nakada Sogotaiikukan (Nakada Gymnasium)	38-3 Ura, Takaraekuronuma, Nakada-cho, Tome City
④ Tome City Toyoma Sogotaiikukan (Toyoma Gymnasium)	10 Megomachii, Teraike, Toyomamachi, Tome City
⑤ Hasamagawa Bosai Station (Hasamagawa Disaster Prevention Station)	234 Nishinomae, Nishino, Yoneyama-cho, Tome City
⑥ Tome City Toyosato Undo Koen (Toyosato Athletic Park)	51-2 Kamiyaura, Toyosato-cho, Tome City
⑦ Wakuya Chiku Kasen Bosai Station (Wakuya area River Disaster Prevention Station)	Sengene chisaki, Wakuya-cho, Toda-gun
⑧ Wakuya Stadium	27-1 Nakagedo, Wakuya-cho, Toda-gun
⑨ Misato Town Nango Taiikukan (Nango Gymnasium)	33 Takada, Kimatsuka, Misato-machi, Toda-gun
⑩ Misato Town Training Center	97-1 Shinden, Kitaura, Misato-machi, Toda-gun
⑪ Higashimatsushima City Takaginomori Undo Koen (Takaginomori Athletics Park)	5-1 Yamazaki, Oshio, Higashimatsushima City
⑫ Higashimatsushima City Oshio Shimin Center (Oshio Civic Center)	26-1 Nakazawa, Oshio, Higashimatsushima City
⑬ Higashimatsushima City Gakko Kyushoku Center (School lunch Center)	131-97 Uchihibiki, Kawakudari, Higashimatsushima City
⑭ Higashimatsushima City Nobiru Shimin Center (Nobiru Civic Center)	1-15-1 Nobirugaoka, Higashimatsushima City
⑮ Ishinomaki City Kanan Taiiku Center (Kanan Athletics Center)	60 Kurosawamae, Maeyachi, Ishinomaki City
⑯ Ishinomaki City Yugakukan	15-1 Maeyama, Kitamura, Ishinomaki City
⑰ Kasuga Parking Area (Sanriku Expressway)	5-3 Fudesawa, Kasuga, Rifu-cho, Miyagi-gun
⑱ Osato Town Bunkakaikan/Jiyuhiroba	8-19 Nakayama Yamasawa, Osato-cho, Kurokawa-gun/ 9 Nakayama Yamasawa, Osato-cho, Kurokawa-gun

# 8

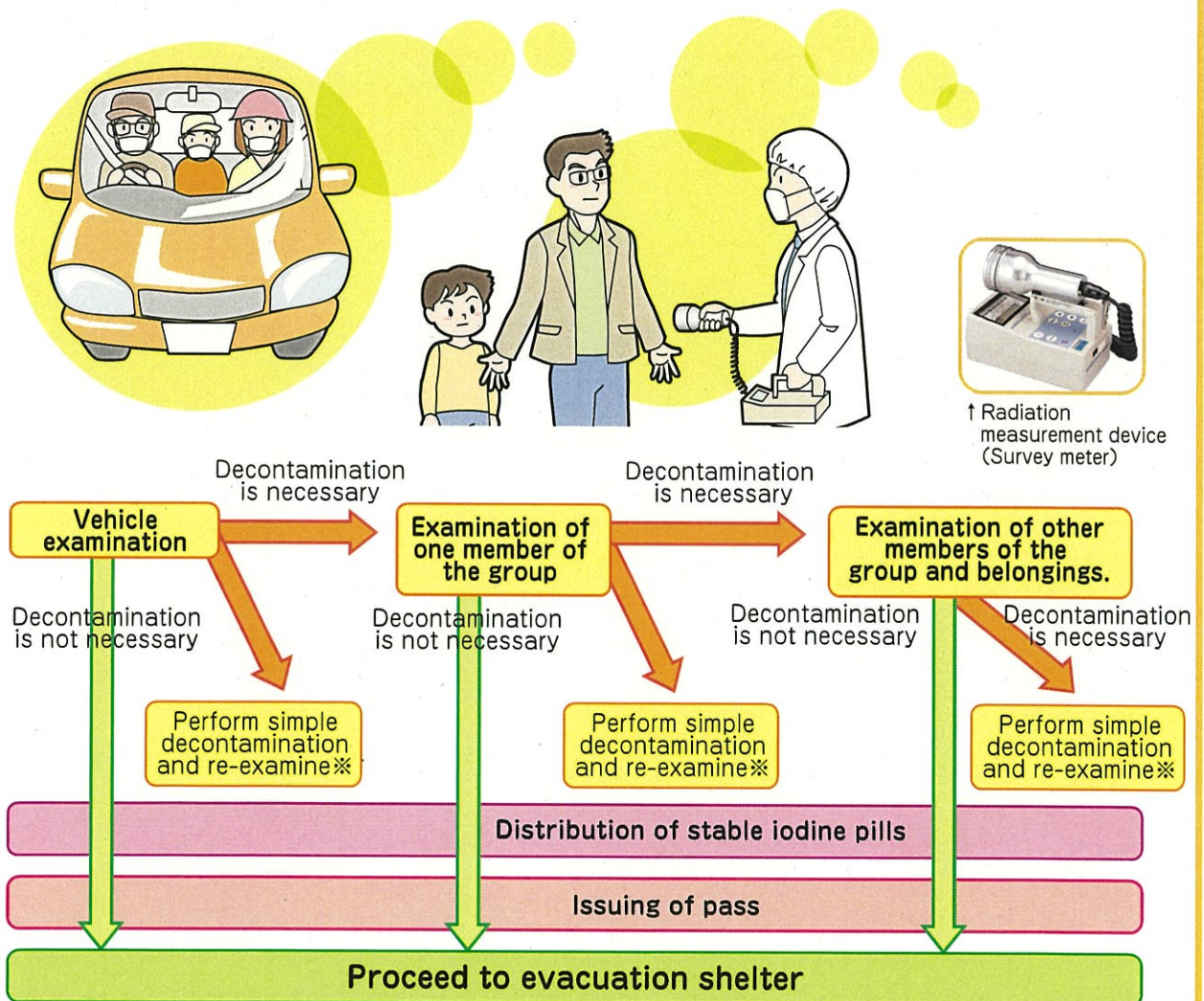
## What happens at an “evacuation screening checkpoint”?

➔ Vehicles and clothing will be checked for radioactive materials.

### How are checks carried out?

- Evacuation screening checkpoints will be set up on evacuation routes that lead to evacuation shelters.
- Examinations will be carried out at evacuation screening checkpoints to check for radioactive materials on vehicles, clothing and other belongings.
- If the examination results show more radiation than acceptable levels, decontamination will be carried out.
- After examination, you will be issued a pass which you must take.

### Procedures at evacuation screening checkpoints



↑ Radiation measurement device (Survey meter)

※ If radiation levels do not decrease below acceptable levels after simple decontamination

Evacuees: Decontamination will be carried out at specialist medical institutions such as Tohoku University Hospital and Sendai Medical Center

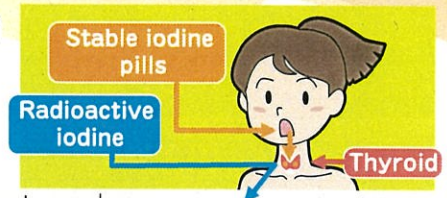
Vehicles and belongings: will be temporarily kept at the inspection stations.

# 9

## What are stable iodine pills?

➔ Medication that prevents/minimizes the thyroid's exposure to radiation from radioiodine.

Taking the medicine may be necessary when evacuating or taking temporary refuge.



### Why take a stable iodine pill?

- During a nuclear accident, radioiodine may be released into the atmosphere.
- When radioiodine is absorbed through ingestion or inhalation, it accumulates in the thyroid and causes internal exposure. This can lead to an increased risk of thyroid cancer and other ailments.
- Taking a dosage of non-radioactive iodine can prevent radiation exposure to the thyroid.
- The effects of stable iodine pills last for a limited amount of time so take in cases of evacuation and temporary evacuation in accordance with instructions. Taking the pills at the appropriate time is important.

### Caution

- Stable iodine pills do not have any effect on radioactive materials other than radioiodine.
- After taking pills, please continue with protective measures such as evacuation and temporary relocation.

### About stable iodine pills use

- The national, prefectural, and/or municipal government(s) will issue instructions on stable iodine pills use.
- Follow dosage guidelines.  
(Taking a larger dose does not increase effectiveness)
- Do not take multiple dosages unless given special instruction to do so

1 time dosage	Approx. Age		Dosage		
	13 years and older		Pill form	2 pills	
	3-12 years old			1 pill	
	1 month-2 years old		Jelly form	32.5mg	1 packet
Newborn infant		16.3mg		1 packet	



Pill form  
(New packaging)



Pill form  
(Previous packaging)



Jelly form

### Points of caution

- Those with past history of allergies to iodine or the ingredients in stable iodine pills cannot take the medication.
- Please consult a doctor or pharmacist if taking these pills while pregnant or if administering the medication to a newborn infant.
- Those taking the medication may experience side effects such as rashes, nausea, vomiting, stomach ache and diarrhea. If side effects are severe, please consult a doctor.

### Distribution of stable iodine pills

- For those living in **PAZ** / **Semi-PAZ**
  - The prefecture and municipal governments will be holding explanatory meetings beforehand in which they will distribute the stable iodine pills so please be sure to participate.
  - The distribution beforehand is aimed at those under 40 years of age, those who are pregnant, women who are nursing children and women who are hoping to have children, but pills will be distributed to those above 40 years of age as well if desired.
  - For those who have lost the stable iodine pills distributed beforehand and those who did not receive stable iodine pills beforehand, the local government will distribute them at the temporary gathering locations in accordance with evacuation procedures.
- For those living in **UPZ**
  - If pills need to be taken, they will be distributed at temporary gathering locations and evacuation screening checkpoints in accordance with evacuation and temporary relocation procedures.

# 10

## Where can I find information?

➔ More information can be found on municipality websites and other official sources.


### How do I obtain the information?


- In the event of a nuclear disaster, residents will be informed of the situation and how to respond through media such as emergency broadcast systems, notification emails, television and radio.
- To obtain further information, please complete registration and confirmation at your municipality website listed below during a normal period before a disaster.

## How to access information from various municipalities


### Miyagi Prefecture

#### ● Nuclear related

HP Website	Nuclear Energy Safety Policy Division top page	<a href="http://www.pref.miyagi.jp/soshiki/gentai/">http://www.pref.miyagi.jp/soshiki/gentai/</a>	
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HP Website	Miyagi radioactivity information website	<a href="https://www.r-info-miyagi.jp/r-info/">https://www.r-info-miyagi.jp/r-info/</a>	
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#### ● Disaster prevention related

HP Website	Emergency/disaster information	<a href="http://www.pref.miyagi.jp/site/emer/">http://www.pref.miyagi.jp/site/emer/</a>	
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 Blog	Disaster prevention/crisis management blog	<a href="https://plaza.rakuten.co.jp/bousaimiyagi/">https://plaza.rakuten.co.jp/bousaimiyagi/</a>	
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### Onagawa Town

HP Website	Disaster prevention related	<a href="http://www.town.onagawa.miyagi.jp/05_03.html">http://www.town.onagawa.miyagi.jp/05_03.html</a>	
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 Twitter	Onagawa Town official Twitter account	@TownOnagawa	
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## Ishinomaki City

**HP** Website

**Top page**

<https://www.city.ishinomaki.lg.jp/index.html>



**✉** Email notification service

**Disaster information email**

<https://www.city.ishinomaki.lg.jp/cont/10106000/6851/6851.html>  
※Distribution source :  
is-news@my.e-msg.jp

**f** Facebook

**Miyagi Prefecture  
Ishinomaki City Hall**  
[disaster/disaster prevention/  
disaster reduction information]  
Source

@IshiSaigai

**🐦** Twitter

**Miyagi Prefecture  
Ishinomaki City Hall**  
[disaster/disaster prevention/  
disaster reduction information]  
Source

@IshiSaigai

## Tome City

**HP** Website

**Top page**

<https://www.city.tome.miyagi.jp>



**✉** Email notification service

**Disaster information email**

<https://mail.cous.jp/tomecity/>  
※Distribution source :  
Info-mail@city.tome.miyagi.jp

**f** Facebook

**Tome City  
official Facebook account**

@city.tome

## Higashimatsushima City

**HP** Website

**Top page**

<http://www.city.higashimatsushima.miyagi.jp>




**✉** Email notification service

**Disaster information email**

<http://www.city.higashimatsushima.miyagi.jp/sp/index.cfm/17,13513,42,html>  
※Email address for registration :  
entry@hm-mail.jp  
Distribution source :  
info@hm-mail.jp

## Wakuya Town

 Website

Top page

<http://www.town.wakuya.miyagi.jp/>



## Misato Town

 Website

Top page

<http://www.town.misato.miyagi.jp>



## Minamisanriku Town

 Website

Nuclear disaster  
countermeasures

<https://www.town.minamisanriku.miyagi.jp/index.cfm/30,0,106,html>




 Website

Disaster prevention

<https://www.town.minamisanriku.miyagi.jp/index.cfm/30,html>



 Email  
notification service

Disaster information email

<http://www.town.minamisanriku.miyagi.jp/index.cfm/30,3281,100,1,html>  
※Origin (domain) :  
@minamisanriku.todou.jp


 Facebook

Minamisanriku Town  
official Twitter account

@town.minamisanriku

Preparation is the same as for a natural disaster, so make a habit of being ready.

## Checklist of items to take with you

<input type="checkbox"/> <b>Valuables</b>  Cash, personal seal, insurance card or proof, etc.	<input type="checkbox"/> <b>Food</b>  Drinking water and emergency rations	<input type="checkbox"/> <b>Emergency medication</b>  Household medicine, medicine record book, adhesive bandages, etc.	<input type="checkbox"/> <b>Stable iodine pills distributed beforehand</b>  ※Those living in PAZ / Semi-PAZ	<input type="checkbox"/> <b>Clothing, etc.</b>  Clean clothes, towels, sanitary products, etc.	<input type="checkbox"/> <b>Infant and child products</b>  Disposable diapers, powdered milk, baby bottle, etc.
<input type="checkbox"/> <b>Handheld radio, flashlight</b>  Don't forget batteries!	<input type="checkbox"/> <b>Cell phone, smart phone</b>  Don't forget chargers!	<input type="checkbox"/> <b>Daily necessities</b>  Glasses, dentures, hearing aids, batteries, etc.	<input type="checkbox"/> <b>Things you will need during evacuation</b>  Masks, handkerchief, outerwear, bag or backpack, hat, slippers, etc.		

### Have enough fuel in your car.

In the event that a vehicle is necessary for evacuation or temporary relocation, you may not know when you can refuel again. By always keeping some fuel in your tank, you can be sure to have enough to evacuate in an emergency.



### If there are more items write them down!

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

### My evacuation destination

● Temporary gathering place:

● Evacuation destination:

### Family contact details

<b>Name</b>		<b>Date of birth</b>		<b>Name</b>		<b>Date of birth</b>	
<b>Workplace (school, etc)</b>		<b>Phone number</b>		<b>Workplace (school, etc)</b>		<b>Phone number</b>	
<b>Name</b>		<b>Date of birth</b>		<b>Name</b>		<b>Date of birth</b>	
<b>Workplace (school, etc)</b>		<b>Phone number</b>		<b>Workplace (school, etc)</b>		<b>Phone number</b>	

Placing a phone call becomes difficult during a disaster.

Please use Disaster Emergency Message Dial



#### How to use

Call  
1 7 1

Follow the recorded instructions to leave a message

1

(○○○○)□□-□□□□

Record a message

Enter your phone number or the number of the person you want to contact, including the area code (A mobile phone number cannot be used to register.)

To replay your message

2

(○○○○)□□-□□□□

Listen to a message

※ Various communications companies provide services to leave messages in times of disaster. Check with your provider.



**Publication/Editing**

**Nuclear Energy Safety Policy Division,  
Environment and Lifestyle Department,  
Miyagi Prefectural Government**

Tel. 022-211-2341(Japanese only)

3-8-1 Honcho, Aoba-ku, Sendai, Miyagi 980-8570

