# Sapporo Disaster Management Handbook

**Definitive Edition** 







Sapporo has a population of more than 1.9 million.

It has four beautiful, distinct seasons and is blessed with mountains, rivers, and other natural features.

However, beautiful nature is not always friendly.

Strong earthquakes may occur anywhere at any time.

Serious natural disasters caused by major typhoons and local downpours have also occurred frequently in recent years due to climate change and other reasons.

If a major disaster were to occur in Sapporo now, or if a major earthquake were to occur in the middle of winter, would you be able to act to save your own life?

We must understand both nature's benefits and disasters, acquire knowledge to protect ourselves, and change our attitudes towards our lives.

Be prepared for disasters in your everyday life so that you can handle any disaster risk.

Please improve your disaster preparedness together with the people close to you.



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<sup>\*</sup>Sustainable development goals (SDGs), which were adopted by the United Nations in September 2015, are development goals to be achieved by the entire international society, including developed countries, by the year 2030. There are 17 goals and 169 targets.

<sup>\*</sup>The City of Sapporo is promoting initiatives towards the achievement of SDGs.

### How to use the Handbook

This Handbook contains useful information on how to protect our own lives (self-help) during disasters and to help others around us (mutual help), and includes information on preparedness at home and knowledge about disasters.

Use it together with the hazard maps and other publications from the City of Sapporo.

First, check your disaster management skills using the disaster management skill check sheet. Aim to be the **Sapporo King of Disaster Management**.















### Try to be the Sapporo King of Disaster Management!

Check Your ability!

### **Disaster Management Skill Check Sheet**

			CHECK	neierence pages
	01	I stock plenty of food and daily necessities.		► See p. 9 for details.
	02	I know how to confirm the safety of my family when a disaster strikes.		► See p. 11 for details.
Preparednes	03	I communicate with my neighbors on a daily basis.		► See p. 31 for details.
	04	I know what to protect first when an earthquake occurs.		► See p. 14 for details.
s in evo	05	I implement earthquake-resistant measures for furniture, etc. at home.		➤ See p. 7 for details.
rvdav	06	I have enough stocked drinking water for the family (no. of persons x 3 liters x 3 days).		➤ See p. 19 for details.
<del>-</del>	07	I have an emergency kit in place.		► See p. 9 for details.
	08	I have confirmed with my family what to do when a disaster strikes and what to prepare.		► See p. 11 for details.
	09	I participate in emergency training, workshops and other events held in my community.		► See p. 31 for details.
Δ:	10	I can walk home from my workplace/school (or can stay there overnight).		► See p. 18 for details.
5	11	I know which outdoor objects are dangerous when an earthquake occurs.		► See p. 15 for details.
	12	I know how to prepare when a typhoon is approaching.		► See p. 27 for details.
Knov	13	I know about the danger of local downpours and training storms.		► See p. 22 for details.
Medae	14	I have checked the flooding risk of my home based on the flood hazard map.		► See p. 5 for details.
/inform	15	I know the locations of landslide risk areas in my neighborhood.		► See p. 26 for details.
nation	16	I can collect disaster management and weather information by myself.		► See p. 33 for details.
ollect	17	I know what normalcy bias is.		► See p. 24 for details.
ion D	18	I know the predicted scale of earthquake damage in the City of Sapporo.		► See p. 13 for details.

Read this Handbook and check!

#### How many items did you check?

0 to 9

10 to 13

14 to 17

Sapporo King of

Future Sapporo King of Disaster Management

Intermediate

Expert

Disaster Management

Start with learning how to protect yourself first!

Read the Handbook carefully!

Help people who are in trouble!

Extend the circle of disaster management!

### **Preparedness in Normal Times**

### Check the disaster risk in your local area



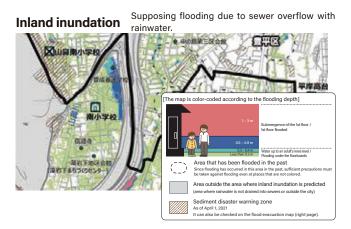
#### Sapporo Flood Hazard Map

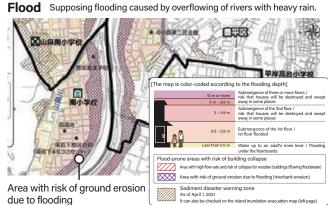
Inland inundation



The map shows areas with risk of inland inundation and flooding, evacuation sites, and other locations. It also has a flowchart that allows readers to determine evacuation behavior depending on possible flooding and other conditions around their homes.

Q Sapporo Flood Hazard Map







### **Sapporo Sediment Disaster Hazard Map**

Sediment disaster hazard maps are created for areas (individual Neighborhood Association Alliances)

with designated sediment disaster warning zones. These maps make it easier to find the locations of

warning zones and evacuation sites.

Sediment disasters



Q Sapporo Sediment Hazard Map





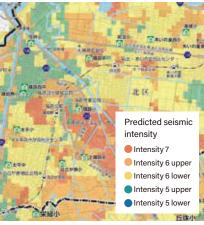
#### Sapporo Earthquake Management Map

Seismic distribution (intensity), liquefaction risk, and percentage of buildings totally collapsed are predicted supposing a largest-scale earthquake in Sapporo.

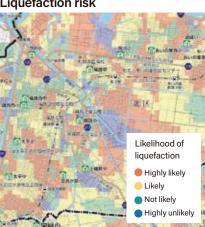
Q Sapporo Earthquake Management Map



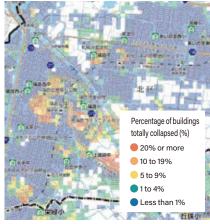
#### Seismic distribution (intensity)



Liquefaction risk



Percentage of totally collapsed buildings



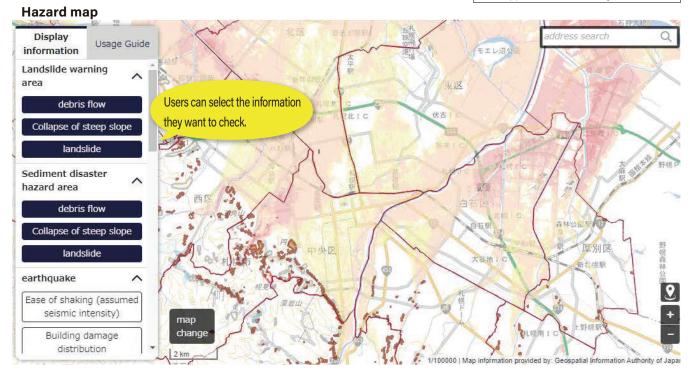


#### **Sapporo Disaster Management Portal**



Disaster information and enlarged hazard maps for each kind of disasters can be seen on the Sapporo Disaster Management Portal.

Q Sapporo Disaster Management Portal





### Sapporo City Disaster Management App, "Sonae"

Sonae is a disaster management smartphone app.

Users can receive push notifications with emergency information, find evacuation sites, and experience different danger levels with the app's augmented reality (AR) function. 

Q. Sapporo City Disaster Management



Q Sapporo City Disaster Management App, "Sonae"

### Search for evacuation sites in Sapporo









Map distribution locations:

Any ward office, or the Emergency Management Bureau (City Hall 7F)



### Home safety measures mean preparedness to protect lives

To avoid being trapped under collapsed buildings or furniture, it is important to make houses earthquake resistant and anchor furniture. If you cannot escape by yourself, there is risk of being caught in a fire or dying of hypothermia in the winter.

### (Disaster) Management Leolumn

#### Causes of injuries in the Great Hanshin-Awaji Earthquake

Some 80% of deaths in the 1995 Great Hanshin-Awaji Earthquake were caused by collapsed buildings. Unknown 3% Building collapses

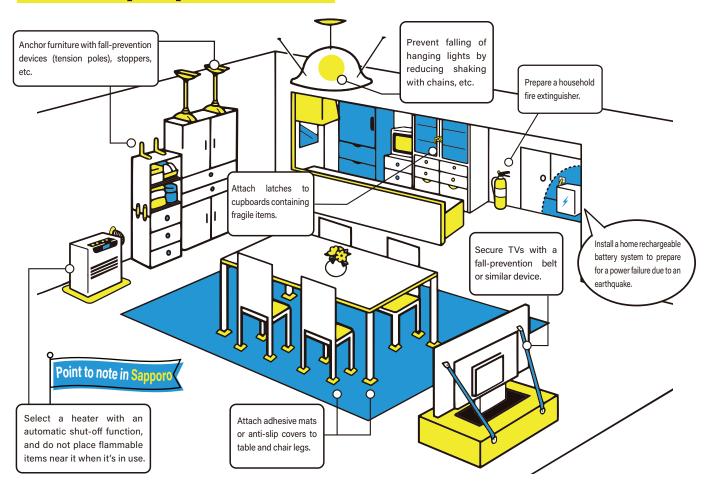
Many people were also injured by fallen furniture and broken glass.



Causes of injuries due to indoor damage

Survey on indoor damage caused by the Great Hanshin Awaji Earthquake, Architectural Institute of Japan (in Japanese only)

### **Indoor preparedness**



If you live in an apartment building please also read "Disaster Management Ability for Apartment Buildings," which summarizes the potential damage in apartment buildings at the time of a major earthquake.

Distribution locations:

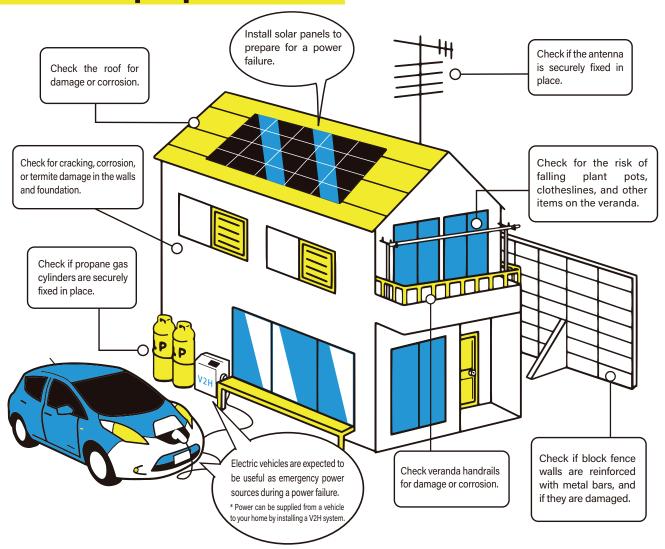
Any ward office, or the Emergency Management Bureau (City Hall 7F)

 $\mathbf{Q}_{\!\scriptscriptstyle \bullet}$  Sapporo City - Disaster Management Capacity for Apartment Buildings





### **Outdoor preparedness**



### Subsidy system to make wooden houses earthquake resistant

Subsidy system for seismic diagnosis/retrofitting

Sapporo City subsidy to make wooden houses earthquake resistant

The subsidy system partially covers the costs required for dispatch of seismic

diagnosis personnel and seismic retrofitting of wooden houses built before May



Subsidy system for removal of block fence walls, etc.



Subsidy for the removal of block fence walls, etc. that are at risk of collapse

Q Sapporo City subsidy for removal of block fence walls

The subsidy system partially covers the cost of removing some block fence walls, which are at risk of collapse and satisfy certain requirements.

Contact:

Building Safety Promotion Section, Building Guidance Department, Urban Renewal and Development Bureau, City of Sapporo

Tel.: 011-211-2867

### Subsidy system for purchase of next-generation vehicles



Subsidy system for installing renewable energy/energy-saving systems



Sapporo City subsidy for next-generation vehicles

Q Sapporo City subsidy for renewable energy/energy-saving

There are subsidy systems for next-generation vehicles, solar power generation, and other systems that can contribute to the management of disasters and global warming.

Contact:

**Environmental Energy Section, Eco-City Promotion Department, Environmental Bureau, City of Sapporo** 

Tel.: 011-211-2872

### **Preparedness in Normal Times**

### Preparedness at home

### Stockpiling provides peace of mind in case of evacuation.

The Sapporo City government recommends that residents stock food, water, and other items necessary for living at home for at least three days or ideally one week. Consider and prepare the necessary things in your home to survive the inconvenient days after a disaster.



#### Importance of stockpiling

Many people went out to buy water and food immediately after the 2018 Hokkaido Eastern Iburi Earthquake, so convenience stores and supermarkets soon ran out of stock. Stockpiling is important for avoiding such problems in case

of an emergency.



A convenience store in Sapporo

### Remember!

#### Keep a regularly updated stock of supplies

Stockpiling is a method of maintaining a regularly updated stock of food and necessities for daily use with a cycle of buying, using, and restocking. Eating foods you are used to will also give you peace of mind even during the stressful time of a disaster.





The following list shows examples of what to stock. Items to stock vary by household. Prepare items that are necessary for each member of your family.

## **Emergency**

Prepare the bare necessities so that you can evacuate immediately in an emergency.

A backpack that keeps your arms free is convenient for packing emergency items. Try putting it on your

L	callete one if it's not too began
items	ack to see if it's not too heavy. 's good to make it a habit to review your emergency items every time you change your wardrobe for the new season.
Valuables/convenient i	tems It may not be possible to
Cash (including 10- and 100-y	en coins)
Health insurance card	
☐ ID document (e.g., driver's lice	nse, passport)
☐ Flashlight/headlamp (one pe	er person)
☐ Whistle or buzzer (to let others k	now where you are by making a sound)
☐ Utility knife ☐ S	ippers
☐ Picnic sheet ☐ Co	tton work gloves or leather gloves
☐ Matches or a lighter ☐ R	inwear
☐ Portable toilet ☐ A	uminum insulating sheet
Minimum amount to avoid	\ Hygiene
Food making the bag too heavy	First aid kit (band aids, bandages)    Household medicine    Toiletries
Drinking water (500 ml x 2)	☐ Sanitary products ☐ Toothbrush ☐ Change of clothes, underwear, sock
☐ Emergency food/snacks	Antiseptic Thermometer Masks

### Stockpile

It may become difficult to go shopping for a few days after a disaster, so it's good to stock daily necessities for yourself and your family.

	Food					
		☐ Drinking water (3 liters/person x 3 days) ☐ Snacks ☐ Retort food, dried noodles, instant noodles ☐ Nutritional supplements				
	sities		- ',			
CASCAS	☐ Masks ☐ Wet tissues	☐ Antiseptics ☐ Plastic bags	☐ Mouthwash☐ Cardboard	Newspaper Portable gas sto	ve/gas canisters	
Point to note in Sapporo	☐ Lantern ☐ Portable toilet	Aluminum foil Dry shampoo	Food wrap Packing tape	Tissues	] Toilet paper	
Colu	er (requires no power s ners	rwear (e.g., tights,	vater bottle belly band) n clothes			
Car emergency kit	Refuel frequently		n mat Gloves	Rain gear/boots  S Shovel F  Jumper cable		
Necessary thing		ng on yo	ur family	structure	<b>e</b>	
and household s		The Sapporo Cit concerning nutritio list of necessary it lactating women.	ty website preser on and hygiene mana ems to ensure nuti	ents points to note agement, as well as a rition for infants and		
and household s	ituation aby food owder/liquid formula iapers	The Sapporo Cit concerning nutritio list of necessary it lactating women.	ty website preser on and hygiene mana ems to ensure nuti	nts points to note agement, as well as a rition for infants and n guide for infants		
and household s	ituation aby food owder/liquid formula iapers aby wipes	The Sapporo Cit concerning nutritio list of necessary it lactating women.	ety website preser on and hygiene manatems to ensure nutripororo City nutrition  Othe	nts points to note agement, as well as a rition for infants and n guide for infants  Glass Glass Hear		
and household s Infants	aby food owder/liquid formula iapers aby wipes  Pets	The Sapporo Cit concerning nutrition list of necessary it lactating women.  Q Sapport Leash Cage Toilet supplied Pet food	ety website preser on and hygiene manatems to ensure nutrition opporo City nutrition  Othe	nts points to note agement, as well as a rition for infants and n guide for infants  Glass  Cont  Presc	ses act lenses ing aids	



### **Preparedness in Normal Times**

### **Discuss with your family**

You don't know when a natural disaster will occur, and you may not be with your family when disaster strikes. Discuss with your family about how to contact each other and what to take in an emergency.

### Disaster risk at home and in the neighborhood

Check the disaster risk near your home on the hazard maps and other materials published by Sapporo City.

► See p. 5 for details.

### How to contact each other after a disaster

Share information on how to use the Disaster Emergency Message Dial (171).

► See p. 12 for details.

### **Evacuation** sites/routes

Share information on evacuation sites for each type of disaster.

Q Sapporo City evacuation sites



### Dangerous places inside the home

Check if there are any shelves that might fall over and if an exit can be secured at the time of an earthquake.

### **Emergency items and stockpiles**

Check what each family member needs. Make it a habit to check expiry dates and review the necessary things for each of the different seasons.

► See pp. 9 and 10 for details.

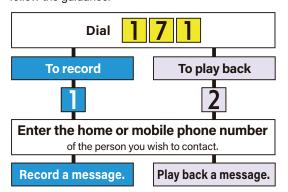
### How to contact each other in an emergency



#### Disaster Emergency Message Dial (171)

#### By phone/mobile phone/smartphone

Information about your condition (a message) can be recorded (registered), and the recorded message can be replayed (confirmed) by others. Call "171" and follow the guidance.





### Disaster Message Board (web171)

#### On the Internet

You can access the message board site from your PC, smartphone, or other devices. Information on your condition (a message) can be registered and confirmed by entering the telephone number (can be a mobile phone number) of the person you wish to contact.



**Q** web171

- \* It can only be used at the time of a disaster.
- \* Mobile phone carriers have similar message services. See their website for details.



### **Preparedness for families with pets**

It is the owner's responsibility to make preparations for their pets. Protect your pet after ensuring your own safety. Since priority is given to saving human lives at the time of a disaster, it may take time for pet relief supplies to arrive. Make the following preparations.

	repa	ırau	OH	OI SI	.OCKS

➤ See p. 10 for details.

Teach your pet commands such as "come" and "wait" to prepare the pet for evacuation and having to stay at an evacuation site with you.

Daily health management (including vaccination to prevent infections at an evacuation site)

☐ Indication of ownership using a tag or microchip

Securing a place where you can leave your pet in an emergency (e.g., a relative's home, pet hotel)

For details regarding disaster management for pets, see the Disaster Management Handbook for Dog and Cat Owners (in Japanese only) published by the Sapporo City Public Health Office.

Distribution locations:

Any ward health center, or the Animal Welfare & Management Center

Q 札幌市 犬と猫の防災手帳







### Learn about earthquakes.

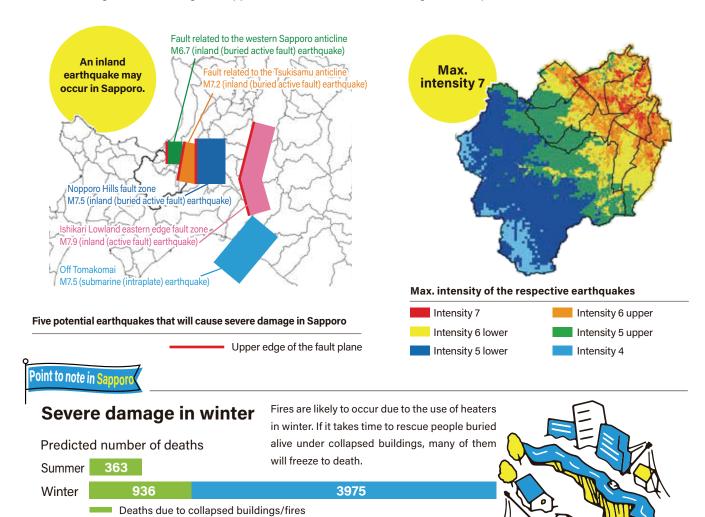
Check here, too!

Q Sapporo City 4<sup>th</sup> earthquake damage prediction



### **Earthquakes predicted in Sapporo**

The Sapporo City 4<sup>th</sup> earthquake damage prediction gives an overview of the damage expected as a result of an earthquake that causes largest-scale damage to Sapporo, based on the latest knowledge of earthquakes.



### Until lifelines can be used

If an earthquake occurs in winter, work efficiency for the restoration of lifelines is expected to be significantly lower compared to summer. The maximum expected number of days required for restoration are as follows:







#### Damage to buildings

Evacuees to evacuation sites

Deaths by freezing after being buried alive under collapsed buildings (assuming that all those buried will freeze to death before being rescued)

Elevators that stop with passengers inside

Stranded commuters

Damage to the economy

Approximately 15,000 buildings will be completely destroyed.

Approx. 90,000 (together with 8,000 pets)

Approx. 4,600

One out of four elevators will stop!

Approx. 116,000

Direct damage
Approx. 2.7 trillion yen



### If a major earthquake occurs

### Imagine on a daily basis what you will do to protect your life in an emergency.

Although we don't know when an earthquake will occur, it is assumed that a severe earthquake with a seismic intensity of 7 on the Japanese scale may occur in Sapporo.

It is important to imagine on a daily basis what you will do to protect your life when an earthquake occurs.

### What to do indoors

### An earthquake has occurred!

The first priority is to protect your own life.

Ensure your safety at a place where nothing falls, collapses, or moves.



Be careful of aftershocks.



### When the tremors stop



Put shoes on to prevent foot injuries.



If there is a fire, extinguish it.



Secure an exit by opening a door or window.



Collect information from the TV, radio, or smartphone.





Turn off the breaker and gas mains.

### **Shelter at home**



- · Use stock at home.
- Be ready to evacuate at any time as there is risk of aftershocks and fires that spread.
- · Help each other as neighbors.

### Deals from to every a te

### It is dangerous to stay at home in the following situations!

- · You cannot live in your home due to collapse or other reasons
- · Your neighborhood is in danger due to fire, gas leakage, or other reasons.
- · Evacuation information has been issued

If you think it's safe to stay home

If you think it's dangerous to stay home

### Going outside to evacuate



- When evacuating, watch out for falling objects, for things under your feet. and for collapsing block fence walls.
- · Take emergency items with you.
- Do not evacuate in a car, as it will be in the way of emergency vehicles.
- Inform your family where you evacuate to via the Disaster Emergency Message Dial or other means.



### What to do outdoors

Point to note in Sapporo

### Don't run out into the street in a hurry.

If you run out without looking both ways, you risk getting hit by a passing vehicle.

from buildings.

There is a danger that snow may fall from roofs due to movement caused by an earthquake in winter.

Be careful of snow falling

### Protect yourself from falling objects.

Be careful of signboards, pieces of glass, and other falling objects.



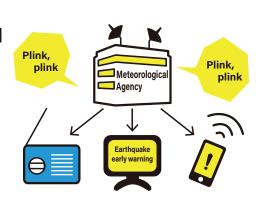


### An earthquake alert is a signal to protect yourself.

have been cut and are hanging.

Never touch them.

An earthquake alert is issued as soon as possible to areas where tremors of intensity 4 or stronger are expected after the Meteorological Agency predicts a strong tremor of intensity 5 lower or stronger. If you see or hear the alert, stay calm and ensure your own safety.



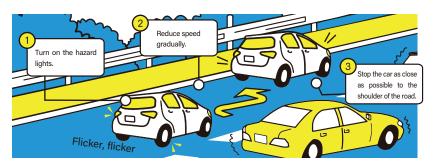


### Risks when out and about

### There are many things that can protect you just from being aware of them.

If a major earthquake occurs when you're out and about...

Think about potential risks and what to do yourself.



#### Car

- •If you slow down too quickly, it may cause a rear-end crash. Turn on the hazard lights and reduce your speed gradually. Stop your car on the left side of the road, turn off the engine, and wait until the tremor stops.
- •If a major earthquake occurs while you are driving, it will become difficult to drive as you may not be able to drive straight or feel pressure from below.



#### **Station**

Move close to a nearby pillar to protect yourself from falling objects and to prevent yourself from falling off the platform. In the case of a subway station, there is risk of panic as people will hurry to get to the ground.



#### **Underground mall**

As many people will panic due to power failure and rush to emergency exits, there will be a danger of falling and other accidents. Stay calm, protect yourself from falling objects, and wait near a pillar or wall until the tremor stops.



#### Train

As a train will be brought to an emergency stop when a strong tremor is sensed, there is a danger that passengers may bump into each other or fall down.



#### Office

Copiers and other machines with unfixed wheels may move in an unexpected direction. If one hits you, it may cause a serious injury.

If you feel a major earthquake near a sea or river, evacuate immediately. For details, see the Sapporo City tsunami hazard map.



Any ward office, or the Emergency Management Bureau (City Hall 7F)

Q Sapporo City Tsunami hazard map



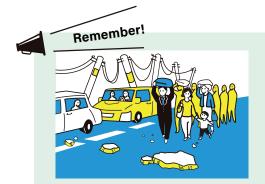




### If it becomes impossible for you to return home

### Anyone may become a stranded commuter.

At the time of the Great East Japan Earthquake in May 2011, approximately 5.15 million people in the metropolitan area were unable to go home due to the suspension of public transport and other reasons. There were also many stranded commuters in downtown Sapporo after the 2018 Hokkaido Eastern Iburi Earthquake, resulting in the opening of temporary accommodation facilities for them.



### Don't go home all at once!

If many people try to go home immediately after the occurrence of a major earthquake, there is the danger of a stampede due to congestion, as well as the obstruction of emergency vehicles and lifesaving and rescue activities. Please remember **not to start moving** immediately after a disaster **without a very good reason**, and to cooperate to reduce the number of people trying to go home all at once.

### Consider behavior patterns based on the time of day in advance.

#### When commuting



- · If you're near your home, go back home.
- · If you're commuting and near your workplace (school), keep yourself safe at your workplace (school).

#### At the workplace (school)



- · If the facility is safe, wait there.
- If you are outdoors, wait in a safe place nearby.

#### When you are going home



- · Return to your workplace (school).
- · If you are on your way home and near your home, ensure your safety at home.

### Securing means of safety confirmation/information collection

Since many people make phone calls after a disaster, it will be difficult to get through to each other in disaster-stricken areas. It is important to determine how to contact your workplace and to confirm the safety of your family in advance. Prepare multiple means of communication as you may not be able to use the telephone or email due to a power outage.

#### How to confirm someone's safety

Check how to use the Disaster Emergency Message Dial (171).

► See p. 12 for details.





### Be careful when you walk home.

After securing your own safety and confirming the safety of your family, obtain precise disaster management information from the radio or Internet.

Once things settle down around you and the safety of roads and other places has been confirmed, carefully consider walking home.

It is also important to keep sneakers or other comfortable shoes in your locker at work in preparation for possibly having to walk home.

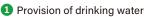
► See p. 10 for details.

### Use of support stations for people walking home

People walking home after a disaster can receive support at convenience stores and other shops in the city, based on an agreement with the Hokkaido government. Cooperating shops are marked with a yellow sticker.

Details of support provided at support stations for people walking home (cooperating shops)







Use of toilet



3 Provision of road and other information



Cooperating shop sticker

### Use of a temporary accommodation facility

Temporary accommodation facilities\* open around Sapporo and Odori stations when there are people having difficulty going home due to the suspension of public transport systems caused by major earthquakes or

The opening status of facilities can be checked on the Sapporo City website and Sapporo Disaster Management Portal.

\*Temporary accommodation facilities accept people who have difficulty going home temporarily until they can go home.



People staying at a temporary accommodation facility after the 2018 Hokkaido Eastern Iburi Earthquake

### Recommendations for corporate disaster management

Business owners are advised to consider securing waiting spaces and stockpiles in their facilities so that employees and visitors will be able to stay there for a certain period until transport services are resumed. For details, see "Recommendations for corporate disaster management."

locations

Distribution Any ward office, or the Emergency Management Bureau (City Hall 7F)

Q Sapporo City Recommendations for corporate disaster management







### **Consider staying home**

### Prepare for suspension of lifelines

If your house didn't collapse and you can stay home without problems, consider staying home using stockpiles. It can also reduce the stress of living with other people and the risk of infection.



It is advisable to stock 3 liters of water per person x 3 days. It is also safe to fill the bathtub with water to secure water for use at home.

### **Water disruption**

There are emergency water tanks in Sapporo to secure drinking water after disasters. Check your nearest water supply base.

Q Sapporo City Water supply bases

#### If water is disrupted

If there is no stock of water at home, you can take clean containers with lids to a water supply base or other water stations to obtain water.

If residents of an apartment building cannot get tap water due to power failure or other reasons, water may be supplied on the premises. Check the Sapporo City website for details.

Q Sapporo City Water supply during a power failure

\*If you have young children, be careful to prevent them from drowning in the stored water.



### **Gas disruption**

City gas and LP gas systems have a device that automatically stops gas flow when an earthquake of intensity 5 or higher is sensed (intelligent gas meter). If you open the gas supply and there is no gas smell, you can restore gas by following a simple procedure. Check how to restore gas at your home and other matters that need attention at the time of a disaster.

Q Restoration of gas supply



Residents lining up to use a charging service (Sapporo City Hall) Power outage lasted for several days throughout Sapporo after the 2018 Hokkaido Eastern Iburi Earthquake.

### **Power outages**

- •Approximately 60% of fires due to earthquakes occur at the time when power is restored after an outage. To avoid electrical fires, turn off the breaker when evacuating.
- Prepare a mobile battery. Mobile phones and smartphones are important for contacting family members and obtaining information after a disaster. Power consumption can be reduced by putting your device in power saving mode.
- If a power failure occurs mid-winter, it will not be possible to use heaters that require power sources. Prepare a portable heater that can be used without a power source or a portable gas stove to prepare warm meals.



### Life at an evacuation site

If it is difficult to stay home due to the impacts of a disaster, check where there is an evacuation site that is open, and go there after preparing everything you need. Opening status of evacuation sites can be checked on the Sapporo Disaster Management Portal.

### What to know before going to an evacuation site

Living in an evacuation site is inconvenient. It is important that everyone is kind and sympathetic with each other. Remember that everyone lives there with anxiety. Bring the necessary things yourself wherever possible as relief supplies are limited.



#### **Sharing of roles**

All evacuees are involved in the management of the evacuation site. To stay there comfortably and avoid putting an excessive burden on certain people, share roles and help each other.



### Thorough measures against the cold

It may become very cold in an evacuation site in winter or due to weather conditions or power outages. Take as many warm clothes and thermal items as possible.



### Follow the rules when using toilets

Some people refuse to drink water and become dehydrated because they hesitate to use dirty toilets. Follow the rules when using toilets.



### Thorough anti-crime measures

Since many strangers have access to evacuation sites, please keep cash, your ID, and other valuables with you at all times. It is also advisable to act together with other people whenever possible.



### Check here for answers to frequently asked questions!

### Q. Will I get relief supplies even if I stay home?

A. Even if you stay home, you will be able to receive the necessary supplies if you cannot get them yourself. However, since supplies are limited and there are some people at evacuation sites who have completely lost their homes, it is important to stockpile enough supplies to cover your needs at home.

### Q. Can I evacuate with a pet?

► See p. 12 for details.

A. You can bring your pet to evacuation sites run by the City of Sapporo. However, pets cannot enter gyms or other spaces where evacuees gather. You must keep your pet as your own responsibility in a predetermined pet space. Be sure to bring pet supplies and food with you. You must also manage your pet and carefully clean and dispose of pet waste to avoid trouble.



A video on the opening of evacuation sites by Sapporo City is also available.

Q Sapporo City Evacuation site Video on opening/management





### Learn about wind and flood damage

The downtown Sapporo area was developed on the alluvial fan formed by the Toyohira and other rivers. There are many rivers, and although river improvements have been promoted, the alluvial fan is potentially prone to flood damage. Large typhoons have also caused severe damage in Hokkaido in recent years due to the influence of climate change. Learn about, and prepare for wind and flood damage.

### Past cases of wind and flood damage in Sapporo

#### **Local downpours in August 1981**



Toyohira River (photo: Hokkaido Regional Development Bureau, Ministry of Land, Infrastructure, Transport and Tourism)

A local downpour due to a low-pressure front and another caused by Typhoon no. 15 two weeks later caused major flooding.

nfrastructure, Transport and Tourism)

Damage: 1 death, 1 injured, 13 buildings collapsed

entirely or partially

#### Typhoon no. 18, September 2004



Fallen trees (Chuo-ku, Sapporo

The typhoon that moved up north on the sea west of Hokkaido caused a storm with gusts of up to 50.2 m/sec. and many roadside trees in Sapporo fell.

Damage: 4 deaths, 92 injured, 12 buildings collapsed entirely or partially

#### Local downpour, September 11, 2014

Heavy rain fell due to a stagnant low-pressure system over the sea west of Hokkaido, and the first "heavy rain emergency warning" in the prefecture was issued in Sapporo. It was a record-breaking downpour with more than 50 mm hourly rainfall mainly in Minami Ward and more than 200 mm in 24 hours in some areas.

No casualties



Damage in Asakura City (photo: Asakura City, Fukuoka)

The influence of the seasonal rain front and Typhoon no. 3 caused local downpours, and a heavy rain emergency warning was issued in Shimane, Fukuoka, and Oita.



Damage in Nagano City (photo: The Nippon Foundation)

An intensified typhoon caused record-breaking heavy rains in Kanto, Koshinetsu, Tohoku, and other regions, resulting in severe damage with 99 deaths.

## Severity and frequency of natural disasters have increased throughout Japan.

Downpour in Hokkaido in 2016

Downpour in northern Kyushu in 2017

**Downpour in July 2018** 

Typhoon in east Japan in 2019

Downpour in July 2020



Local downpours occurred in Kyushu, Chubu, and other regions. A nursing home in Kumamoto was submerged and 14 residents were killed.

(photo: National Research Institute for Earth Science and Disaster Resilience)



Flooding due to a levee breach of the Sorachi River (photo: Hokkaido Regional Development Bureau, Ministry of Land, Infrastructure, Transport and Tourism)

Multiple typhoons successively hit Hokkaido and caused river flooding and sediment disasters mainly in eastern Hokkaido.



Landslide damage in Hiroshima Prefecture (photo: Hiroshima City Fire Bureau)

River flooding and sediment disasters occurred over wide areas and simultaneously, mainly in western Japan, causing severe damage with 224 deaths.

### When the rain keeps falling

### Gather weather information in a proactive manner

If rain keeps falling and a weather warning is issued, be prepared to evacuate.

Obtain weather and disaster management information yourself to use as the basis for the decision to evacuate.

► See pp. 33 and 34 for details.

### Hourly rain intensity scale

### 10 to 20 mm (somewhat heavy)



The sound of rain makes it hard to hear people talking.

20 to 30 mm (heavy)



Drenching rain

Even people with an umbrella
get wet.

### 30 to 50 mm (violent)



Roads become like rivers.

### 50 to 80 mm (very violent)



Splashing water makes the air misty, causing poor visibility.

### 80 mm or more (torrential)



There is a suffocating and terrifying feeling of pressure.

### Wind intensity

### 10 to 15 m/sec. (somewhat strong)



It's impossible to hold an umbrella.

#### 15 to 20 m/sec. (strong)



It's impossible to walk against the wind and some people fall over.

### 20 to 30 m/sec. (very strong)



Thin tree trunks break. Signboards fall and their pieces are scattered.

### 30 to 35 m/sec. (ferocious)



Moving trucks get overturned.

### 35 m/sec. (ferocious)



Trees and utility poles fall. Block fence walls collapse.

A training storm area where the

### What is a torrential downpour?

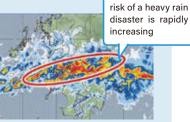
A torrential downpour is heavy rain that continues for hours as thunderstorm clouds keep forming and intensifying at the same place due to the influence of weather fronts and low-pressure areas, as well as of rain-prone topography. Such downpours cause river flooding and landslides every year.



Local downpour in August 1993 (photo: Kagoshima City)

### What is a training storm?

A training storm is an area of rain with intense precipitation caused by rows of rain clouds that form one after another and that pass through or stay in almost the same position for hours. It caused downpours in July 2020 and other times.



High resolution precipitation nowcast (provided by the Meteorological Agency)

When the risk of a disaster caused by training storms is increasing rapidly, the meteorological observatory issues information on extremely heavy rainfall.



### Act according to the alert level

### **Protect yourself**

When the flooding or sediment disaster risk increases, the Sapporo City government issues evacuation information and calls for evacuation. However, it is important to make your own decision on evacuation based on a variety of disaster management and weather information.

Start evacuating

based on your household composition

Understand the relationship between the five warning levels and what action to take so that you can evacuate before it's too late.

Alert level

Reconfirm your evacuation route and emergency

Flood warning information

Heavy rain and flood warning



Evacuation information **Evacuation** order

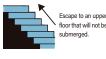


- There is high risk of a disaster.
- Everyone should evacuate from dangerous places.
- ·Leave immediately if you are in a sediment disaster warning zone.
- andslide warning information Flood warning information



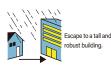








Escape to a room away from cliffs (that may cause



Alert

Heavy rain emergency warning Flood emergency warning

\*Alert Level 5 (emergency safety measures) is issued when a disaster has actually occurred or is about to occur. Don't wait for a level 5 alert, but instead evacuate from a dangerous place when Alert Level 4 (evacuation order) is issued or earlier.

Alert level

Evacuation information

Evacuation of

elderly people, etc.

Evacuate elderly people from dangerous places!

Elderly and disabled persons

and their assistants should

start evacuating as they

need more time to evacuate.

Flood warning information

Alert level

Collect disaster information

and be prepared for an

Early warning

information

emergency.

**Evacuation** Evacuation means to avoid danger. If you are in a safe place, you don't need to evacuate.

### (1) Sheltering at home

(When you are certain that your home is safe)

You can stay home if you are prepared well enough to stay until the flood subsides.



(2)Evacuation

safety of your home)

Don't hesitate to evacuate to a designated emergency evacuation site or to the home of a relative or acquaintance in a safe place.



Certain conditions must be satisfied to shelter at home.

For details, see "Disaster management note for our home" in the Sapporo City Flood Hazard Map.

Q Sapporo City Flood hazard map



### Must do's when evacuating



### Normalcy bias obstructs evacuation

Normalcy bias is a psychological state of denial of the danger of a disaster due to an assumption that prevents recognition of an emergency. This state of mind delays evacuation and some people may even fail to escape.



### Points to note when evacuating



you don't fall into a ditch or manhole.



#### Only take the minimum essential items.

Keep your hands free by putting your belongings in a backpack.

#### Never wear rain boots.

Boots become heavy and restrict your movement when water gets inside. Wear comfortable sneakers

#### When water is above your knees

People cannot walk freely in water. It's very dangerous to evacuate when the water depth exceeds 50 cm. Even a depth of 20 cm may make it difficult to walk.





#### **Check your house** before evacuating.

Be sure to turn off the gas mains and electricity breaker, put out any fires, and lock up before evacuating.



#### Early voluntary evacuation

If you feel danger, don't hesitate, but evacuate voluntarily.



### Evacuate in a pair or group.

When evacuating together with your family, tie yourselves together with a rope to avoid being washed away.



#### Dangerous ways to evacuate

When roads are submerged, it's dangerous to evacuate by car or bicycle.

### Places that need special attention



#### Rivers and canals

Never go close to a river or canal as there is a risk that a strong waterflow may be generated.



#### **Underpasses**

Do not drive into an underpass as there is a risk of water pooling in it.



#### Underground spaces

Such spaces are likely to be submerged. There is a risk that people will fail to escape as doors cannot be opened due to water pressure.



### Protect yourself from sediment disasters

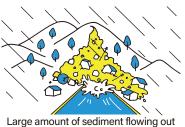
### Be careful of sediment disasters caused by typhoons and heavy rains.

Floods, sediment disasters, tornadoes, and other types of wind and flood damage occur frequently between early summer and autumn every year in Japan, due to the influence of typhoons and seasonal fronts that approach and hit the area around Japan. Since the destructive force of sediment disasters is especially large, it is not necessarily safe to stay indoors. Be prepared to evacuate early and appropriately when there is a risk of a sediment disaster.





**Debris flow** 



Landslide



Sliding of a slope over a wide area

### **Precursors**

from a valley all at once



Water springs out from the slope.



There is a sprinkling of small rocks falling.



Cracks form on the slope.



River water becomes muddy and trees float down the river.



The river's water level falls suddenly even though it's still raining.



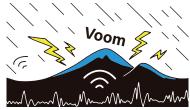
The mountains rumble.



Mountain streams become muddy.



The ground cracks or collapses, trees tilt.



The ground and mountains rumble.

<sup>\*</sup> In the case of a landslide, it may be quite a long time between the precursor and the actual occurrence.

### Checking dangerous places around your home

Check areas with a risk of a landslide (landslide warning zone) in advance.

► See p. 5 for details.

### Points to note when evacuating

If sediment disaster warning information (equivalent to Alert Level 4) is issued in your area, pay attention to the evacuation information issued by the Sapporo City government, inform your neighbors and evacuate to a nearby evacuation site or other safe place. Elderly, disabled, and other people who take more time to evacuate should evacuate early (e.g., when Alert Level 3 "evacuation of elderly people, etc." is issued).



### Evacuate if a sediment disaster occurs!

A sediment disaster is a natural disaster that is highly likely to affect human lives. If there is risk of a sediment disaster, evacuate immediately.



### Recognize precursors and evacuate early

There may be precursors of a sediment disaster. If you recognize any precursor, evacuate immediately.



### Don't pass through a sediment disaster warning zone

When evacuating, avoid passing through a sediment disaster warning zone. It is important to check dangerous zones in your neighborhood on a daily basis.

### When it is difficult to evacuate, go to the second floor of a robust building

If it is impossible to evacuate to an evacuation site, evacuate to the second or higher floor of a nearby robust building. If this is also difficult, move to a safer place in your home (e.g., a room away from cliffs or the second floor).





### Hokkaido sediment disaster warning information system

When risk of a sediment disaster increases due to heavy rain, the Hokkaido Government and the Meteorological Agency jointly issue sediment disaster warning information. Obtain this information and use it to evacuate early.



Q Hokkaido Sediment disaster warning information



### Protect yourself from typhoons

### You can know in advance when a typhoon is approaching. Prepare for it in advance!

Once a typhoon approaches or hits an area, it will cause windstorms, heavy rain, sediment and other severe wind and flood damage. Collect weather forecast and disaster management information and be prepared early for a disaster.





### Preparedness inside your house



Recheck emergency items and stocks



Prevent scattering of window shards



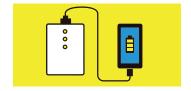
Secure water



Adjust outing schedule



Confirm the location of an evacuation site



Charge your smartphone, mobile battery, etc.



### Preparedness outside your house



Close the shutters (reinforce them if necessary)



Clean ditches and gutters



Bring potted plants and bicycles inside (securely fix things in place if they cannot be brought in)



## Be careful of the right side of the course of a typhoon!

Wind on the right side of the course of a typhoon is said to be especially strong, as the movement of wind blowing counterclockwise into the typhoon and wind that moves the typhoon overlap. Also check the forecast with a focus on the positional relationship between the typhoon's course and Sapporo.





### **Protect yourself from tornadoes**

### Quick thinking is important as tornados occur unexpectedly!

It is said that a condition where a tornado is likely to occur cannot be expected until one hour before its occurrence. If a tornado is approaching, act immediately to protect yourself.

> The current weather conditions are / likely to give rise to a tornado.



### **Tornado warning information** (updated hourly)

Be careful if you notice signs of thunderclouds approaching.



(photo: Saroma Town)

#### Threat of a tornado in Hokkaido

On November 7, 2006, a large tornado occurred in Saroma, Hokkaido. It blew away large trucks and killed nine people. Some things were blown up to 20 km away.



#### Signs of approaching thunderclouds that have formed

Ensure your own safety immediately!



Black clouds approach and the surroundings suddenly become dark.



A crack of thunder is heard or lightening is seen.



Cold wind begins to blow.



Large drops of rain or hail start falling.

### **Protecting yourself indoors**



Move to the basement or a room on the first (ground) floor without windows.

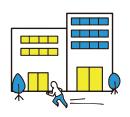


Close windows and curtains and stay away from windows.



Hide under a sturdy desk or table and protect your head.

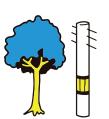
### **Protecting yourself outdoors**



Evacuate to a nearby robust building.



Don't evacuate to a shed, garage or prefab building that is likely to be blown away.





Utility poles and trees may fall over.

#### **Armed Attacks**

### Protect yourself from armed attacks

A ballistic missile is expected to reach its destination soon after it is launched. If a missile is likely to fall on Japan, J Alert (national instant warning system) is used to transmit emergency information from the national government by emergency alert email or other means.



# Emergency information is provided with J Alert.



If there is a possibility that a ballistic missile will fall on Japan, an emergency alert email will be sent to mobile phones and smartphones. If you receive a message, stay calm and evacuate immediately according to the situation.



### Ballistic missile that passed over Hokkaido



A ballistic missile that was launched from North Korea at around 5:58 a.m. on August 29, 2017, passed over Hokkaido only ten minutes after launch.

### What to do when a ballistic missile falls

If a ballistic missile falls, the blast and broken pieces may cause severe physical damage.



#### If you are outdoors

Evacuate to a nearby building (a robust one if possible) or underground.



### If there are no nearby buildings

Take cover or lay down on the ground and protect your head.



### If you are indoors

Stay away from windows or move to a room without windows.





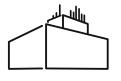
### **Civil protection portal site**

To protect yourself from armed attacks and terrorism

This site summarizes matters that people should pay attention to.



Q Civil protection portal site



#### **Nuclear disasters**

### Protect yourself from nuclear disasters

Even if a nuclear disaster occurs at the Tomari Power Station, it is important to remain calm and gather accurate information.



#### Information collection

If a nuclear disaster occurs, check the information provided by the national, prefectural, and city governments using various means.

- Obtain accurate information and do not act based on rumors or speculations.
- Avoid using the telephone unless it is urgently essential.



#### **Sheltering indoors**

If an order to shelter indoors is issued, go inside your home or other building immediately and avoid going out as far as possible.

- Close doors, windows, and fans to shut outside air out as much as possible.
- Gather information on matters that require attention concerning sheltering indoors and wait for new instructions.



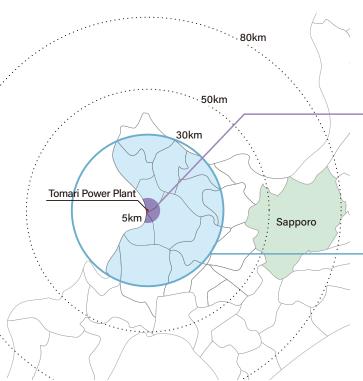


### Restrictions on food and fluid intake

Food and fluid intake may be restricted depending on the emission amounts of radioactive substances. Stay calm and follow the provided instructions.

- Do not consume food or fluids that may be contaminated.
- Food and fluids stored at home from before the occurrence of a disaster are safe.

### Positional relationship between Sapporo and the Tomari Power Plant



Zones where intensive measures against nuclear disasters are taken under the Hokkaido Regional Disaster Management Plan

### PAZ

#### **Precautionary Action Zone**

- Zone where evacuation and other precautionary measures are taken from the stage before the release of radioactive substances (area within a 5 km radius of the Tomari Power Plant)
- The target municipalities are Tomari, Kyowa, and Iwanai.

### **UPZ**

#### **Urgent Protective Action Planning Zone**

- Zone subject to sheltering, evacuation, and temporary relocation measures (including precautionary ones) in a phased manner (area within a 5 to 30 m radius of the Tomari Power Plant, excluding PAZ)
- The target municipalities are Tomari, Kyowa, Iwanai, Kamoenai, Suttsu, Rankoshi, Niseko, Kutchan, Shakotan, Furubira, Niki, Yoichi, and Akaigawa.
- \*In reference to the accident at the Fukushima Daiichi Nuclear Power Plant associated with the Great East Japan Earthquake in March 2011, the entire Sapporo area has been designated as a target area of disaster management measures under the Sapporo City Regional Disaster Management Plan.



Regional Disaster Management and Information Collection

## Regional disaster management

### Disaster management involving the entire community

When a major disaster occurs, disaster management organizations may not be fully functional due to traffic disruption and other reasons. In such a situation, a community-wide cooperation system would be dependable. Active participation in community disaster management activities will help you protect your family and home.



After the Great Hanshin Awaji Earthquake in 1995, approximately 80% of rescued people were rescued by their family members and neighbors.



©Kobe Shimbun Neighbors cooperating to rescue residents from a collapsed house



### First, communicate with your neighbors.

By getting acquainted with your neighbors, you can help each other and stay at ease in an evacuation site after a disaster. Communicate with your neighbors by saying hello on a daily basis and participate in neighborhood association events.

### Participate in disaster management drills.

You will be able to stay calm and act appropriately and effectively after a disaster by actually experiencing disaster management drills, and by acquiring knowledge on the characteristics of disasters and how to deal with them.



### Help each other in the community.

Many residents in Sapporo such as senior citizens, people with disabilities, expectant and nursing mothers, and non-Japanese people will require support with assessment of the situation and evacuation after a disaster. Think what you can do for people who need post-disaster support in your neighborhood after ensuring your own safety and that of your family.

Evacuation support for persons requiring special assistance See the Sapporo City website for details.



Any ward office, or the Health & Welfare Bureau

(City Hall 3F)

Q Sapporo City Evacuation support



### Work in a voluntary disaster management organization.

A voluntary disaster management organization is formed by volunteers who perform activities to prevent/mitigate harm in case of a disaster based on the principle of "protecting our own area ourselves." In Sapporo, neighborhood associations and residents' associations take the lead to form voluntary disaster management organizations in all parts of the city.



### **Subsidy system for disaster** management materials/equipment



Sapporo City Subsidy system for disaster management materials/equipment

To support voluntary disaster management activities, Sapporo City provides materials and equipment necessary for fire extinguishing, rescue, and relief activities by neighborhood associations forming voluntary disaster management organizations.

### **Training of disaster management** leaders



Q Sapporo City Training for disaster management leaders

Sapporo City provides training for disaster management leaders who play a central role in promoting voluntary disaster management activities by neighborhood associations.

#### For inquiries, contact: **General Affairs & Planning Section, Citizen Affairs Department of Ward Offices**

Chuo Ward Office General Affairs & Planning Section Tel.: 011-205-3205 Tel.: 011-757-2403 Kita Ward Office General Affairs & Planning Section Tel.: 011-741-2409 Higashi Ward Office General Affairs & Planning Section Tel.: 011-861-2405 Shiroishi Ward Office General Affairs & Planning Section Tel.: 011-895-2419 Atsubetsu Ward Office General Affairs & Planning Section

Toyohira Ward Office General Affairs & Planning Section Kiyota Ward Office General Affairs & Planning Section Minami Ward Office General Affairs & Planning Section Nishi Ward Office General Affairs & Planning Section Teine Ward Office General Affairs & Planning Section Tel.: 011-681-2425

Tel.: 011-822-2405 Tel.: 011-889-2006 Tel.: 011-582-4706 Tel.: 011-641-6921

### **Voluntary Disaster Management Manual**

Use the Voluntary Disaster Management Manual as a guide for voluntary community disaster management activities.

Activities in normal times

Activities at the time of a disaster

Preparedness in everyday life, etc.

Distribution locations:

Any ward office, or the Emergency Management Bureau (City Hall 7F)

Q Sapporo City Voluntary Disaster Management Manual





### Improve the disaster management ability of the community using a community disaster management plan!



Based on the lessons learned from the Great East Japan Earthquake in 2011, the importance of self-help and mutual help was recognized and the community disaster management plan system was established in 2013. Sapporo City supports the development of community disaster management plans by local residents and other parties.

Q Sapporo City Community disaster management plans





## Regional Disaster Management and Information Collection How to gather disaster & disaster management information

When disaster strikes, useful information to decide one's actions is provided through various media. Collect information yourself and use it for appropriate evacuation.



It's important to collect information yourself.



### Be careful of false information related to the disaster.

False information is spread through social networks and other media at times of disasters, causing unnecessary confusion. Collect information provided by Sapporo City and other public organizations.



Be careful not to be fooled by false information.

### **Gather information via the Internet**

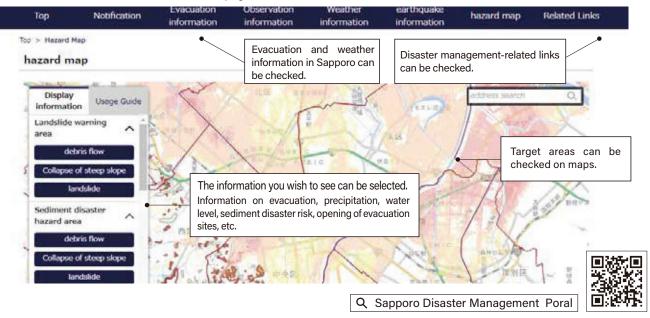
### **Sapporo Disaster Management Portal**

Emergency information Evacuation information

Weather information

Information on the opening of evacuation sites

Timely information on the weather, rivers, earthquakes, and the wind and flood damage in the city can be checked on the dedicated pages.



Meteorological Agency

#### Kikikuru

Q Kikikuru

(Risk distribution of heavy rain/flood warnings)



Meteorological Agency

#### Nowcast

(Raincloud movement, thunder, tornadoes)

Nowcast



Hokkaido

Hokkaido sediment disaster alert information system



Q Hokkaido sediment disaster alert information system

### **Gather information from the TV**



- NHK G, data broadcasting by various stations
- J:COM Sapporo

You can check the weather and disaster information by pressing the "d button" on your TV remote controller.

### Gather information from the radio

AM radio
 NHK 1 (567), NHK 2 (747), HBC (1287), STV (1440)

• FM radio AIR-G' (80. 4), NORTHWAVE (82. 5), NHK FM (85. 2)

• Community FM Radio Karos Sapporo (Chuo Ward, 78. 1), Radio Nostalgia (Chuo Ward, 78. 6),

Sapporo Mura Radio (Higashi Ward, 81.3), FM Shiroishi (Shiroishi Ward, 83.0),

RADIO Wonder Storage FM Drama City (Atsubetsu Ward, 77. 6),

FM Apple (Toyohira Ward, 76. 5), Sankakuyama Radio (Nishi Ward, 76. 2)

### **Gather information from your smartphone**



### Sapporo City Disaster Management App Sonae

Emergency information Evacuation information Weather information Information on the opening of evacuation sites

Evacuation and other emergency information is provided on the app. Information on the opening of evacuation sites can also be checked.

Users can receive push notifications on the weather, the evacuation situation, and other emergency information.

By saving evacuation site information, users can check the map offline.

In an emergency, an SOS notification can be made to a registered destination just by pressing a button (setting it in advance is necessary).

Q Sapporo City Disaster management app Sonae



### Sapporo City Emergency Management Bureau Twitter account

Provides information on evacuation and the opening of evacuation sites at the time of a disaster.



Q @sapporo\_bousai

#### Sapporo City Public Relations Department Twitter account

Provides disaster management and city administration information.



Q @sapporo\_prd

### Sapporo City official LINE account

Provides disaster, weather, and other emergency information, in addition to information on events and snow removal.



Q @sapp\_ro





Add as a friend

### **Emergency contact numbers**

Police (If you are injured and unsure of where to call)

Emergency Medical Consultation Center Sapporo

Fire/ambulance \(^{\sigma}\) 119 (multilingual service) \(^{\sigma}\)#7119

#### **Evacuation Site**

Be sure to check the designated evacuation sites for each type of disaster (earthquake, flooding, and sediment disaster) near your home.

Q Sapporo Evacuation Site



### For information and/or consultation in foreign languages

Sapporo International Communication Plaza Foundation (SICPF)
SAPPORO HELP DESK for Foreign Residents

The SICPF provides information on disasters and living in Sapporo as well as disaster preparedness drills for foreign residents.

#### When a large-scale disaster hits Sapporo

1 Disaster information is provided in foreign languages.

#### Website



Q Sapporo International Communication Plaza

#### **Facebook**



Q Sapporo International Communication Plaza

#### Multilingual News (English)



Q Sapporo Multilingual News

2 Multilingual consultation services are available.

**Multilingual Disaster** 

**\** 011-211-2105 / 011-211-3678

**Support Center** 

□ plazai@plaza-sapporo.or.jp

### **Information on Consulates in Sapporo**





### For inquiries concerning the Sapporo Disaster Management Handbook

**Emergency Management Department, Emergency Management Bureau, City of Sapporo** 

Kita 1-jo Nishi 2-chome, Chuo-ku, Sapporo 060-8611

**\** 011-211-3062

SAPP\_RO

<sup>\*</sup>The SIPF will serve as the Multilingual Disaster Support Center to support foreign residents and tourists.