

My Timeline マイタイムライン

Timeline of Flood and Sediment Disaster 洪水・土砂災害(風水害)発生時のタイムライン

Your Action <small>あなたの行動</small>	Alert level / Situation <small>警戒レベル / 状況</small>	Alert Level 1 Likelihood of future weather deterioration <small>今後気象状況悪化のおそれ</small>	Alert Level 2 Worsening weather conditions <small>気象状況悪化</small>	Alert Level 3 Threatening disaster <small>災害のおそれあり</small>	Alert Level 4 High disaster risk <small>災害のおそれ高い</small>	Alert Level 5 Ongoing or imminent disaster <small>災害発生または切迫</small>
	Weather Information / Evacuation Information <small>気象情報 / 避難情報</small>	Early Warning Information <small>早期注意情報</small>	Heavy Rain Advisory / Flood Advisory <small>大雨・洪水注意報、氾濫注意情報</small>	Evacuation of the elderly, etc. <small>Heavy Rain Warning / Flood Warning, Information to provide a warning on flooding</small> <small>高齢者等避難、大雨警報・洪水警報、氾濫警戒情報</small>	evacuation instructions <small>Sediment Disaster Alert Information, Information on potential flood hazards</small> <small>避難指示 土砂災害警戒情報、氾濫危険情報</small>	Emergency Safety Measures <small>Heavy Rain Emergency Warning, Information on iflooding</small> <small>緊急安全確保 大雨特別警報、氾濫発生情報</small>
	Actions that must be taken <small>必ず取るべき行動</small>	Raise readiness to respond to disasters <small>災害への心構えを高める</small>	Confirm your own preparedness for evacuation <small>自らの避難行動を確認</small>	Elderly and vulnerable residents must be evacuated from dangerous areas <small>危険な場所から高齢者等は避難</small>	All residents must be evacuated from dangerous areas <small>危険な場所から全員避難</small>	Life threatening! Immediately seek safety <small>命の危険、ただちに安全確保!</small>
	Specific Actions <small>取るべき行動の目安</small>	<input type="checkbox"/> Gathering Information <small>情報を収集する</small>	<input type="checkbox"/> Confirmation of evacuation sites and routes <small>避難先・経路の確認</small> <input type="checkbox"/> Prepare an emergency bag <small>非常持出袋を用意</small>	<input type="checkbox"/> Evacuate voluntarily if you sense danger, regardless of whether you are elderly, etc. <small>高齢者等以外の方も危険を感じたら自主的に避難</small>	<input type="checkbox"/> Move to a safe evacuation site <small>安全な避難先へ移動</small>	<input type="checkbox"/> If you cannot evacuate, move to a safe place or to the second floor or higher of the building. <small>避難できていない場合は、安全を確保できる場所や、建物の2階以上へ移動</small>
	Let's make it! <small>作ってみよう!</small> My Timeline <small>マイ・タイムライン</small> <input type="checkbox"/> Fill in your own evacuation actions. <small>自分の避難行動を記入してみましょう</small>	Time before the wind and rain become stronger. <small>風雨が強くなる前の時期</small> <small>Ex.) Check weather information. Check hazard maps. Check the response of your child's school. Charge cell phones</small> <small>例) 気象情報の収集、マップを確認、子供の通う小学校の対応を確認、携帯電話の充電</small>	When to begin evacuation actions. <small>避難行動を開始する時期</small> <small>Ex.) Move vehicles to higher ground. Change into clothes that are comfortable for evacuation. Evacuate to ●● with your grandmother</small> <small>例) 車を高台に移動、避難しやすい服に着替える、祖母を連れて●●へ避難</small>	When to secure your personal safety <small>身の安全を確保する時期</small> <small>Ex.) Evacuate to a room on the second floor away from the river.</small> <small>例) 2階の川から離れた部屋へ避難</small>		

Timeline of the Earthquake 地震発生時のタイムライン

Earthquake Early Warning <small>緊急地震速報!</small>	If you feel a big tremor <small>大きな揺れを感じたら</small> Don't panic and ensure your own safety <small>あわてずに身の安全を確保する</small>	After the earthquake shaking stops <small>揺れがおさまったら</small> Calmly check your surroundings. <small>落ち着いて身の回りを確認する</small>	Once the surrounding area is safe <small>身の周りの安全を確認できたら</small> Act with caution to avoid secondary disasters. <small>二次災害に注意して行動する</small>
<p>This will be announced in areas where tremors of seismic intensity 4 or higher are expected. <small>震度4以上の揺れが予想された地域に発表します</small></p> <p>Television <small>テレビ</small></p> <p>Radio <small>ラジオ</small></p> <p>Cell Phone <small>携帯電話</small></p> <p>etc.</p> <p>If you Feel a Tremor, Protect Yourself first! <small>揺れを感じたらまず安全確保</small></p> <p>Earthquake Early Warning may not be issued in time if the epicenter is close. <small>震源が近いと緊急地震速報が間に合わないことがあります</small></p>	<p>Protect your head and shelter under a table. <small>頭を保護し、じょうぶな机の下など安全な場所に避難する</small></p> <p>Do not rush outside. <small>あわてて外へ飛び出さない</small></p> <p>In crowds, do not rush to the exits. <small>人ごみの中では、出口に殺到しない</small></p> <p>Look out for collapsing concrete-block walls. <small>ブロック塀の倒壊に注意</small></p> <p>Do not slow down suddenly. To reduce the risk of accidents, avoid sudden braking or swerving. Turn on your hazard lights and slow down gently. <small>あわててスピードを落とさない 事故のリスクを減らすために、急ブレーキや急ハンドルは避ける ハザードランプを点灯し、ゆっくりと車を停める</small></p>	<p>Be careful of falling signs and broken glass. <small>看板や割れたガラスの落下に注意</small></p> <p>Do not worry about turning off the gas in the kitchen. <small>無理にコンロの火を消そうとしない</small></p> <p>If you are in an elevator, stop at the nearest floor and get off immediately. <small>エレベーターの中にいる場合は、最寄りの階に停止させずすぐにおりる</small></p> <p>Hold on tight to a strap or a handrail. <small>つり革、手すりにしっかりつかまる</small></p>	<p>Confirming the safety of neighbors. <small>近所の人たちの安否を確認する</small></p> <p>Cooperate in rescue and firefighting. <small>救助・消火に協力する</small></p> <p>When evacuating, go to a sturdy building. <small>避難は頑丈な建物へ</small></p>