

## Preparing for disasters

### Making your house safer

Collapsing buildings and falling furniture result in many fatalities during a large earthquake. Prevent heavy furniture from toppling over or falling down. Furniture should be securely fastened using appropriate means.

### Prepare emergency items

Assemble valuable (passport, cash), food and water, a first-aid kit, a radio, clothing, etc. Pack these items together so they are ready to take with you at any time.

### Know your evacuation site and escape route

As you may need to use the Emergency Shelter in your community it is important to know if language support is available.

### Learn about disasters in Japan

Natural disasters frequently occur in Japan. Check the website of the Cabinet Office, Government of Japan. <https://www.bousai.go.jp/index-e.html>

## Further Information

### ● Official shelter areas

The website of Gifu Prefecture provides information on evacuation instruction and preparation of “Disaster Evacuation Card” so that many people can take appropriate emergency actions to practice “Protect your own life.”

Gifu City (Evacuation place, Emergency shelter) <https://www.city.gifu.lg.jp/kurashi/bousai/1001382/index.html>

Gifu Prefecture (About evacuation instruction) <https://www.pref.gifu.lg.jp/page/20887.html>

Gifu Prefecture (How to prepare Disaster Evacuation Card) <https://www.pref.gifu.lg.jp/page/22564.html>

Gifu Prefecture (How to prepare Disaster Evacuation Card of WEB-version) <https://bousai.pref.gifu.lg.jp/>

### ● Emergency kit

**Valuables** : passports, cash (small change), bankbook, health insurance passbook, licenses / certificates.

**Emergency food** : pack 7 days worth of food (canned food, etc., 10 days if possible) and drinking water (3 liters per day).

**Medical supplies** : first-aid kit, medicines, etc.

**Emergency equipment** : portable radio, flashlight, batteries.

**Clothing** : long-sleeved top, rain gear, underwear, blanket, sleeping bag, spare glasses, gloves, etc.

Other necessary items for babies, elders, sick persons and those who need constant care.

### ● Confirm how to contact in an emergency

In the event of a major disaster, it is very important to get in touch with family, friends and the university. It is very difficult to connect by ordinary phones and mobile phones (voice). In that case, use the NTT Disaster Emergency Message Dial 171 or the Mobile phone disaster message board service of your mobile phone vendor. Use the Safety Confirmation System (ANPIC) to contact the university (ref. P7).

### ● Disaster Emergency Message Board (web171)

“web 171” is a service you can use to send, receive and browse messages (text up to 200 single-byte characters per message via the Internet. The service is available for trial use during the same periods set for Disaster Emergency Message Dial (171). <https://www.ntt-west.co.jp/dengon/web171/> (NTT West)

### ● Mobile phone disaster message board service

This service enables users in the disaster area to register messages via the network access functions of their mobile phones.

**Message boards in English (Instructions are also available.):**

**DoCoMo** : [https://www.nttdocomo.co.jp/english/info/disaster/disaster\\_board/](https://www.nttdocomo.co.jp/english/info/disaster/disaster_board/)

**au** : <https://www.au.com/english/mobile/anti-disaster/saigai-dengon/sp-usage/>

**SoftBank** : <https://www.softbank.jp/en/mobile/service/dengon/>

## 2026 Tokai National Higher Education and Research System Students' Guide for Natural Disaster Preparedness

Gifu University

### What is an earthquake?

An earthquake is a phenomenon in which the ground shakes violently for up to several minutes. During a severe earthquake, houses and buildings may collapse. Earthquakes occur frequently in Japan. Although earthquakes of Seismic Intensity 3 (Japanese Scale) or below occur several times a year in Tokai region, there is no need to worry about such small earthquakes. This guide explains the precautions to be taken in case of a major earthquake of Seismic Intensity 5 or more. Such earthquakes occur approximately once every from 100 to 150 years in this region.

### Are large earthquakes predicted for this region?

#### Nankai Trough Huge Earthquakes

In the area of the Nankai Trough along Pacific coast of south-west Japan, large earthquakes have occurred approximately once a century. The latest earthquakes are the Tonankai Earthquake in 1944 and the Nankai Earthquake 1946. The government estimates that the probability of a recurrence over the next three decades is 70 to 80 percent. If the biggest earthquake occurs in this region, violent tremor of Seismic Intensity 6 to 7 and a big Tsunami wave of over 10m high will hit a large area of the south-west Japan.

#### Earthquakes caused by inland active faults

There exist many active faults in Chubu to Kinki regions as shown in the right map. Recurrence period of earthquakes is thousand to several ten thousand years, however, once such earthquake occurs, extremely strong ground shaking is generated near the fault. Nohbi earthquake in 1891, Hyogo-ken Nanbu earthquake in 1995, Kumamoto earthquake in 2016 and Noto Peninsula earthquake in 2024 are earthquakes of this type, which caused many casualties due to collapse of houses and buildings. Strong shaking suddenly arrives prior to Earthquake Early Warning utilized in the ShakeOut drill. Even taking safety action becomes difficult due to strong shaking, therefore, pre-quake countermeasures such as securing furniture and equipment are quite essential.



Source: Database of active faults (AIST)

### What could happen during and after severe shaking?

#### Houses and Buildings may collapse

Older and weaker houses and buildings might collapse during strong shaking. It is advisable to live in houses that are recently built or have been reinforced.

#### Furniture and other items may fall over

Many people might be injured or killed by falling furniture and household items as well as flying glass fragments. Take measures to prevent furniture and elevated furnishings from toppling over or falling down.

#### Outbreak of fires

Fire is major hazard associated with earthquakes. Extinguish any open flames immediately and switch off the circuit breaker in your house before evacuating after an earthquake is over.

#### Tsunami

Tsunami can be an extremely destructive hazard for coastal areas. Tsunami originates when ocean water is displaced vertically during a large earthquake. If you are close to the coast and feel a strong earthquake or a weak but prolonged tremor, you must move to higher ground as quickly as possible.



# Before and During an Earthquake Disaster

## When a large earthquake occurs,

### The first 3 seconds

Stay Calm, protect yourself from falling objects, extinguish any flames (if possible) and open a door to provide a safe exit. Blindly rushing outside may result in unnecessary injury.

### After 2-3 minutes

After the shaking subsides, evacuate from dangerous places. Turn off any heaters and stoves, stop any experiments in your laboratory, and check the safety of family members and others around you. When evacuating, be calm, watch for dangerous objects, and do not use elevators. If in class, follow the instructions of your faculty members.

### After 5-10 minutes

Once evacuated to a safe place, obtain information to prevent any further danger.

### After 1 hour

Assist in putting out fires and rescue people if necessary, after first ensuring your own safety. Be prepared for aftershocks.

### 1 day

Report your situation to your school / university / laboratory. You must find out how to make contact in case of an emergency.

### 1 week

You may have to live in an Emergency Shelter. Make advance arrangements for emergency food and water.

### Outdoors

Stay calm and keep away from falling glass and buildings that are in danger of collapsing. Brick walls are also dangerous. Move to an open area such as a park.

### In a bus or train

Follow the instructions of the staff. If you cannot understand the instructions, ask someone close to you for help.

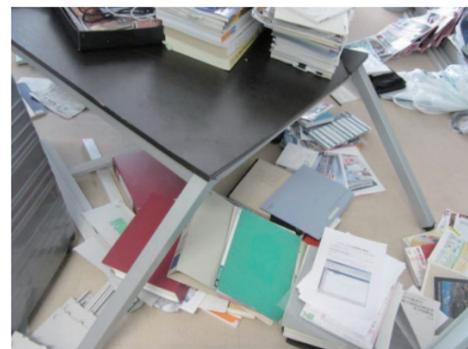
### In a elevator

Press the buttons on all floors. If you are trapped, please press the intercom etc. and notify the management center or persons inside the building. If an emergency equipment box is installed, use it to wait for rescue and recovery.

### Earthquake Early Warning( 緊急地震速報 : Kinkyu Jishin Sokuho)

The Earthquake Early Warning system provides advance announcement of the estimated seismic intensities and expected arrival time of principal motion. These estimations are based on prompt analysis of the focus and magnitude of the earthquake using wave form data observed by seismographs near the epicenter. The Earthquake Early Warning is aimed at mitigating earthquake-related damage by allowing countermeasures such as promptly slowing down trains, controlling elevators to avoid danger and enabling people to quickly protect themselves in various environments such as factories, offices, houses and near cliffs.

(<https://www.jma.go.jp/jma/en/Activities/eew.html>) Also, from February 1, 2023, an Earthquake Early Warning will be issued even if the estimated seismic intensity scale for long-period ground motion ([https://www.data.jma.go.jp/eew/data/ltpgm\\_explain/about\\_level.html](https://www.data.jma.go.jp/eew/data/ltpgm_explain/about_level.html)) is predicted to be 3 or higher. When an earthquake early warning is issued, do not start running and not panic, and calm down and look for a safe place.



A table crushed by fallen books



Chemistry laboratory with scattered equipment



Collapsed stone wall

## Gifu University Safety Confirmation System (ANPIC)

The Gifu University Safety Confirmation System (ANPIC) is an important tool for confirming the safety of students and staffs after disasters. When an earthquake with a seismic intensity of lower 5 or higher occurs in Gifu Prefecture or Aichi Prefecture, ANPIC will automatically send you a safety confirmation email to you. When you receive the safety confirmation email, please access the URL in the email ([https://anpic\\*jecc.jp/\\*\\*\\*\\*\\*](https://anpic*jecc.jp/*****)) and report your safety status. Although it is necessary to report your safety as soon as possible, do so at least after you have ensured safety, such as by evacuation. Since we do not know when and where an earthquake will occur, it is important to be able to receive safety confirmation emails anytime, anywhere, such as on a smartphone.

The flow of your safety status reports is shown below.

### ①Registered your organization email address

Your organization email address will be registered by the university in this system at the beginning of the fiscal year as an emergency contact email address.

### ②Receiving Email from ANPIC

After a disaster (or during disaster drills held twice a year), an email will be sent to you from ANPIC (no-reply@jecc.jp). ANPIC is also available on LINE or Application.

### ③Enter your safety Information

Please follow the instructions contained in the safety confirmation request email sent from ANPIC to fill in your safety status.

### For more information,

Please refer to the "University of Gifu Safety Confirmation System(ANPIC)" on the following website.

After an earthquake or other disaster, if you do not receive the safety confirmation email, please contact General Affairs Department by email or phone.

Email: [anpi@t.gifu-u.ac.jp](mailto:anpi@t.gifu-u.ac.jp) Phone: 058-293-2004, 2008

Disaster Management Office, Gifu University  
<https://www1.gifu-u.ac.jp/~saigai/>



about ANPIC

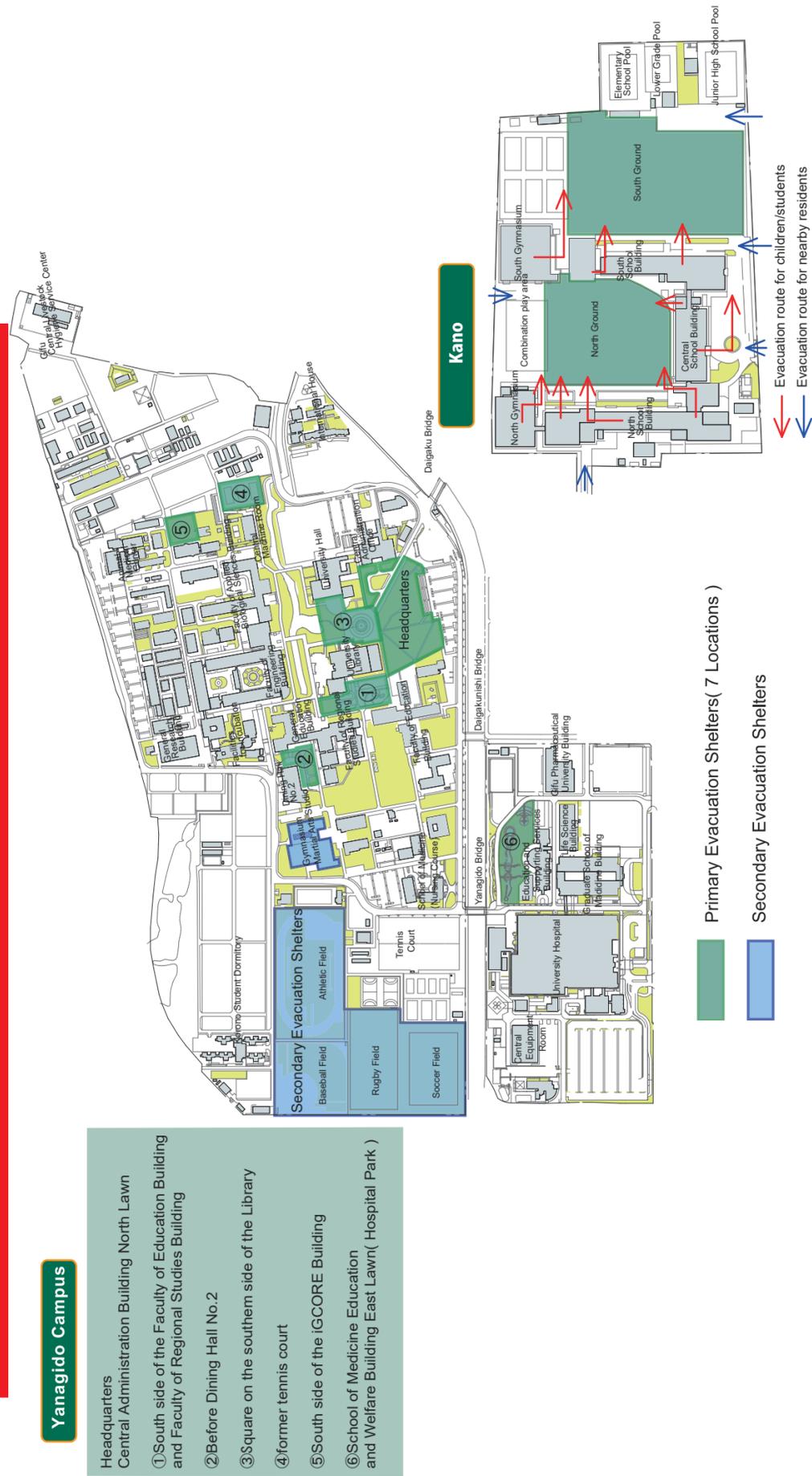


(Disaster Management Office Website)

# Evacuation Area Map for Large Earthquake

**In case of a disaster, please evacuate from the current building to the nearest evacuation site!**

Contact in case of emergency  
**Yanagido Campus** (in Japanese)  
 Headquarters guard room  
 058-293-3374



- Yanagido Campus**
- Headquarters
  - Central Administration Building North Lawn
  - ① South side of the Faculty of Education Building and Faculty of Regional Studies Building
  - ② Before Dining Hall No.2
  - ③ Square on the southern side of the Library
  - ④ former tennis court
  - ⑤ South side of the iSCORE Building
  - ⑥ School of Medicine Education and Welfare Building East Lawn( Hospital Park )

## Safety in Laboratories

### Secure dangerous objects

Tall, heavy, or dangerous furniture and equipment (e.g., lockers, book shelves, TV, PC, experimental facilities, facilities with casters, glass objects) should be secured to prevent movement during an earthquake.

### Experiments

Safety measures should be taken for experiment equipment, chemicals and gas. It is important to prevent fires and explosions. Stop any experiments in case of an earthquake, check that flames are extinguished, check for accident prevention, then evacuate quickly and safely.

### Safe evacuation

Do not store goods near exits and passageways. Watch for areas of danger (e.g., damaged buildings and falling objects) on your way to the evacuation site.

### Preparedness

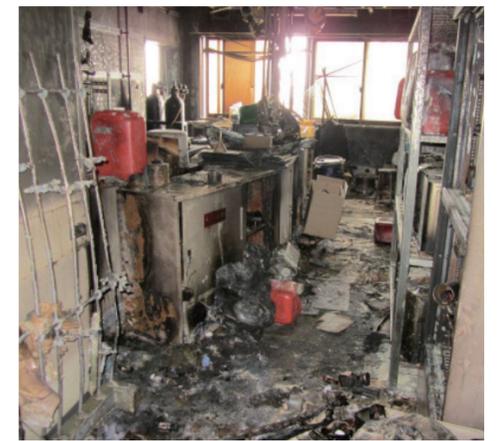
Please discuss earthquake safety with your supervising professor and fellow laboratory members.

## Nankai Trough Earthquake Extra Information 南海トラフ地震臨時情報: Rinji Joho

It has been decided that Nankai Trough Earthquake Extra Information will be made starting May 31, 2019. Depending on the situation, “under Investigation (調査中:Chosachu)”, “Mejor Earthquake Warning (巨大地震警戒: Kyodai Jishin Keikai)”, “Mejor Earthquake Advisory (巨大地震注意: Kyodai Jishin Chui)” and “Completion of Investigation (調査終了: Chosa Syuryo)” are assumed. If it is determined that a major earthquake is imminent, “Mejor Earthquake Warning” will be announced. You should reconfirm the daily preparations for disasters and the risk of a tsunami for about a week after the announcement. Prior evacuation is required in some areas. Also, you should follow the instructions of the university regarding the organization of classes, returning home, etc., while also ensuring your safety by staying abreast of the situation.



Shelves which will block the aisle when they fall (in Nagoya Univ.)



Traces of a fire of a chemical laboratory due to the shaking (in Tohoku Univ.)

## Damage caused by heavy rains and storms

When heavy rain continues for a long time and the amount of rain exceeds the drainage capacity of sewers, inland inundation (内水氾濫: Naisui Hanran) will occur. On the other hand, when the water level of a river rises and the water overflows over the embankment or the embankment breaks and the river water and sediment flow out, inundation by river water (外水氾濫: Gaisui Hanran) will occur. In either case, there is a warning period before actual occurrence, so it is important to ensure early safety. Also, in very strong winds with an average wind speed of over 20 m/s, you may not be able to walk unless you are holding on to something, or you may be injured by flying objects. It is important to refrain from going out as much as possible when the possibility of flooding is high.



Very strong winds (an average wind speed  $\geq 20\text{m/s}$ )

(Quoted from JMA)

| Inland Inundation (内水氾濫)<br>Type-1  | Inundation by river water (外水氾濫)<br>Type-2   |
|---|--|
| It occurs when the drain capacity of rainwater cannot keep up with the heavy rain for a short period of time. It also occurs in places other than river basins. | It occurs because the water level of the river becomes high and the rainwater around the river cannot be drained. It is limited to the area around rivers with high embankments. |
| When the river water level rises, water flows out from the embankment by crossing the embankment or breaking the embankment.                                    |  |

Not due to river flooding      Due to river flooding

# Disaster prevention weather information announced by the Japan Meteorological Agency (JMA) and actions you should take

The Japan Meteorological Agency publishes disaster prevention weather information such as emergency warnings, urgent warnings, advisories and early warning information in order to prevent and mitigate weather disasters, and calls for caution and caution in stages. Please be prepared on a daily basis so that you can make an appropriate decision on the action to be taken by referring to the timing and contents of the announcement of each information and the response of municipalities, illustrated below.

(from JMA Homepage)

| Status of Weather                                      | Weather Warnings                  |  |                                       |   | Evacuation Information    | Our Action   | Alert Level |
|--|-----------------------------------|--|---------------------------------------|---|---------------------------|--|-------------|
|  | Flood                             | Heavy rain                             | Landslide                             | Storm surge                             |                           |  |             |
| From a few days to one day before the disaster occurs  | Early Warning Information         |  |                                       |   |                           | Raise your preparedness for weather disasters.   | 1           |
| Half a day to several hours before the disaster occurs | Level 2 Advisory (Flood)          | Level 2 Advisory (Heavy rain)          | Level 2 Advisory (Landslide)          | Level 2 Advisory (Storm surge)          |                           | Reconfirm the disaster risk and the means of grasping evacuation information using hazard maps, etc.   | 2           |
| From a few hours to three hours before the disaster    | Level 3 Warning (Flood)           | Level 3 Warning (Heavy rain)           | Level 3 Warning (Landslide)           | Level 3 Warning (Storm surge)           | Elderly Start Evacuation  | Elderly people evacuate from dangerous places. Even non-elderly people will check their actions, prepare for evacuation, and evacuate voluntarily as needed. | 3           |
| From 2 hours to 0 hours before the disaster occurs     | Level 4 Urgent Warning (Flood)    | Level 4 Urgent Warning (Heavy rain)    | Level 4 Urgent Warning (Landslide)    | Level 4 Urgent Warning (Storm surge)    | Evacuation Instruction    | Evacuate everyone from dangerous places. If a storm is expected due to a typhoon, complete evacuation before the storm.                                      | 4           |
| <b>Be sure to evacuate by alert level 4</b>            |                                   |  |                                       |   |                           |  |             |
| Disaster occurs  | Level 5 Emergency Warning (Flood) | Level 5 Emergency Warning (Heavy rain) | Level 5 Emergency Warning (Landslide) | Level 5 Emergency Warning (Storm surge) | Ensuring Emergency Safety | Immediately move to a safer location than where you are now. It is already impossible to evacuate safely, and lives are in danger.                           | 5           |

(Scheduled to begin operation in late May 2026)

Advisory: 注意報 (Chuiho)、Warning: 警報 (Keiho)、Urgent Warning: 危険警報 (Kiken Keiho)、Emergency Warning: 特別警報 (Tokubetsu Keiho)

Heavy Rain: 大雨 (Oame)、Flood: 河川はん濫 (Kasen Hanran)、Landslide: 土砂災害 (dosha-saigai)、Storm Surge: 高潮 (Takashio)

## Gathering information on natural disaster

### Portal site (Hazard maps, etc.)

Gifu City (Disaster preparedness)

<https://www.city.gifu.lg.jp/kurashi/bousai/1001341/index.html>

Gifu Prefecture Comprehensive Disaster Prevention Portal

<https://gifu-bousai.my.salesforce-sites.com/>

Hazard Map of Mountains and Rivers, Gifu

<https://kikenmap.gifugis.jp/>

Disaster Information for River

(Ministry of Land, Infrastructure, Transport and Tourism)

<https://disaportal.gsi.go.jp/> (in Japanese)

Gifu Prefecture Comprehensive Disaster Prevention Portal

<https://gifu-bousai.my.salesforce-sites.com/>



## Evacuation due to flooding

### Put on athletic shoes

Boots become difficult to walk when water gets inside, so wear comfortable lace shoes. Keep your hands free by carrying the emergency carry-out bag on your back. In principle, it is desirable not to evacuate once inundation begins.

### If the inundation depth is over your knee level,

Evacuation is dangerous, so do not overdo it and evacuate to a safer building in the vicinity.

### Contact with family, friends and university office for safety confirmation

Contact each other by a predetermined method. Use the safety confirmation system (ANPIC) to inform the university of your place and safety condition.

### Keep in mind false rumors

If you are off campus, follow the instructions of the local government, fire department, police agency, etc. and collect information from the radio, TV, public relations vehicle, etc.

### Confirmation of evacuation place and route

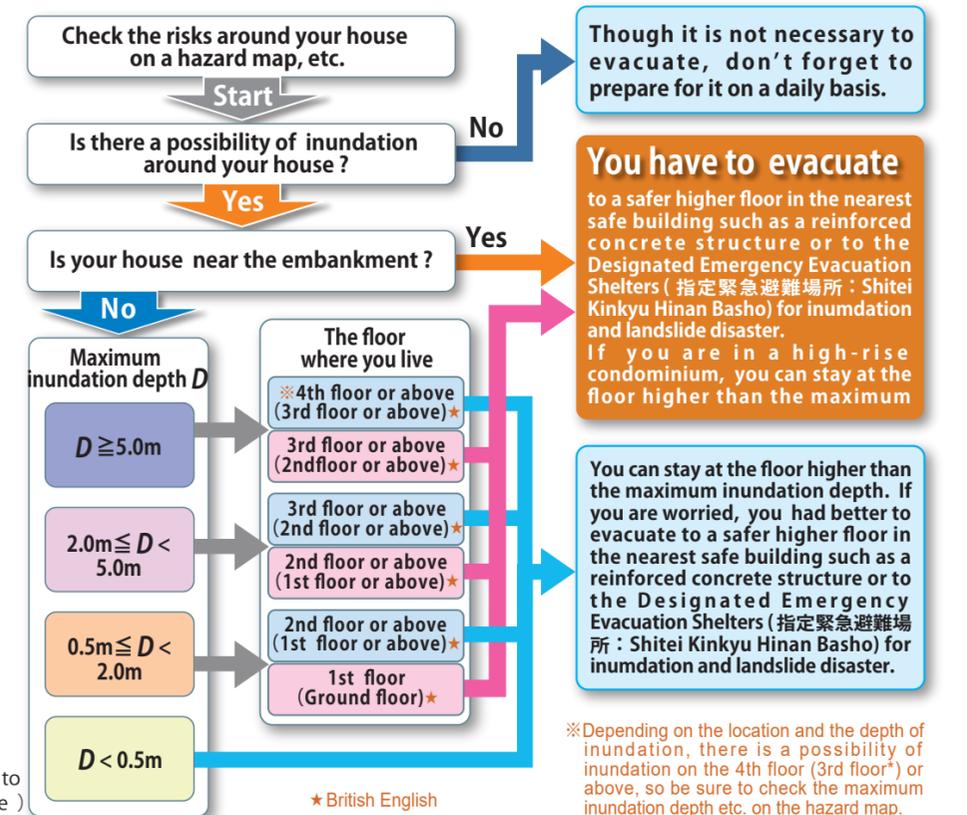
Primary evacuation areas and evacuation routes near each building have been specified. Check in advance so that you can evacuate smoothly. Also, do not store goods near exits and passageways.

### Help each other in the neighborhood

Encourage your neighbors to evacuate, and if they are sick or have difficulty walking, carry them on your back and evacuate.

## Evacuation guideline

If heavy rains are likely to occur in areas at risk of inundation, check the flow chart on the right and take action to ensure safety yourself before floods occur.



(Modified with reference to Nagoya City's Homepage)

\* British English

## University classes and exams at the time of weather warning information

At Gifu University, if various emergency warnings or storm warnings are issued at the place where classes and regular examinations are held, the classes that start after the announcement will be canceled (except for online lessons using ICT, etc.). For details, please check the Gifu University web site.