

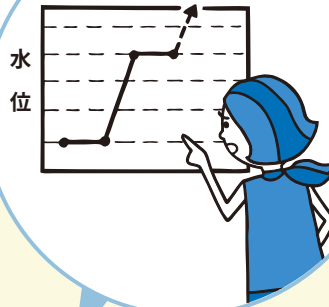
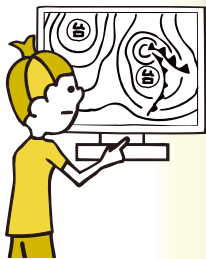
Let's make My Timeline together!

Guidebook

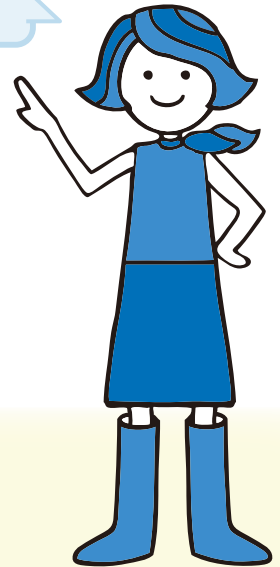
Think before a typhoon comes!

Weather forecast says,
"It will rain heavily."

Check weather
information.



Check new information.



Information to call attention to flooding
はんらん ちゅうい じょうほう
氾濫注意情報

Alert Level 3

Information to provide
a warning on flooding
はんらん けいかい じょうほう
氾濫警戒情報

Evacuation of
the elderly, etc.
こうれいしゃ とう ひなん
高齢者等避難

Prepare to evacuate.

Alert Level 4

Information on
potential flood hazards
はんらん き けん じょうほう
氾濫危険情報

Evacuation
instructions
ひなん し じ
避難指示

Evacuate!

Alert Level 5

Information on flooding
はんらん はっせい じょうほう
氾濫発生情報

Emergency safety
measures
きんきゅうあんぜん かく ほう
緊急安全確保

Be vigilant in a safe place!



1

Introduction

01	About My Timeline	1
02	Why is My Timeline important?	2
03	How to make My Timeline	2

2

Let's make My Timeline

01	Learn how dangerous it is when rivers flood!	3
02	Think about preparation for evacuation!	5
03	Think about places to evacuate to!	7
04	Let's make My Timeline!	9
05	Example of how to make My Timeline!	11

3

Things to do before a typhoon strikes

01	Prepare for evacuation!	12
02	Check information on the typhoon and rain!	13
03	Check the river levels!	14

01

About My Timeline

- My Timeline is a reference to evacuate safely when rivers are about to flood. Think about how to evacuate before rain.
- "Evacuation Kit" is a reference to help make My Timeline. Find the information issued by municipal offices, etc. and the necessary preparation before rivers flood!
- Make My Timeline and evacuate safely!





02 Why is My Timeline important?

- Every year, many people die due to river flooding and landslides.
A common reason is evacuating too late.
- Make My Timeline so that everyone can evacuate safely.

September 2015

Torrential rain in Kanto and Tohoku (heavy rain)

Many people evacuated late.

- Approximately 4,300 people evacuated late.
- After this, My Timeline project was started.



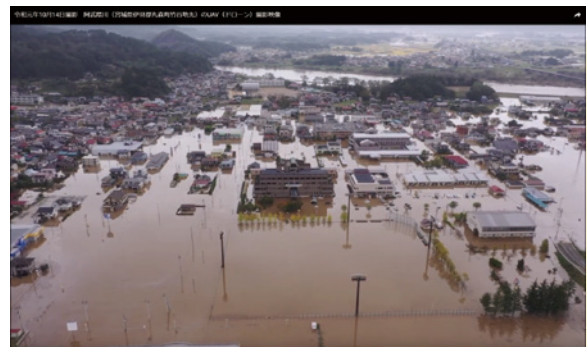
提供：国土交通省関東地方整備局

October 2019

East Japan Typhoon / Typhoon Hagibis

Many people died while evacuating.

- Rivers flooded and spread further.
- There were many people who evacuated late or died while evacuating.



提供：国土交通省東北地方整備局

03 How to make My Timeline

- ① Check how dangerous it is when rivers flood.



P3

- ② Think about preparation for evacuation.



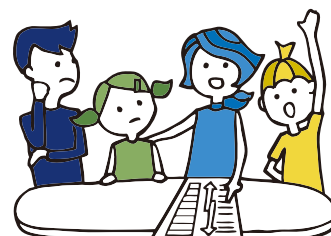
P5

- ③ Think about where to evacuate to.



P7

- ④ Let's make My Timeline.

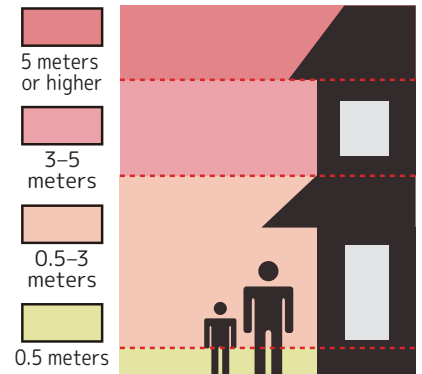


P9

A-1 Check Flood Hazard Maps

▶ In the place where you live...

- ◇ How high is the “浸水深” (the height of the floodwater)?
0.5-3.0 m
- ◇ How long is the “浸水継続時間” (the time that the floodwater remains)?
24 hour(s)
- ◇ Is your place within the “家屋倒壊等氾濫想定区域” (the area where houses may be destroyed when rivers flood)?
☐ Yes ☒ No



↑ The above is an example. Please take a look at the map.

- First, learn how dangerous it is when rivers flood!
- Once you know how dangerous it is, you can think about how to evacuate.



Let's check the following

- Look at the Flood Hazard Maps created by municipal offices, etc.
- You can find out “浸水深” (the height of the floodwater), “浸水継続時間” (the time that the floodwater remains) and “家屋倒壊等氾濫想定区域” (the area where houses may be destroyed when rivers flood).

ハザードマップ ポータルサイト

Hazard Map Portal Site



You can see nationwide information on the Hazard Map Portal Site.





Learn what Flood Hazard Maps indicate

- How Flood Hazard Maps are drawn vary, depending on the area where you live.
- Check how dangerous it is when rivers overflow.



“浸水深” (the height of the floodwater)

Check Will floodwater reach your home? How high will it be?

		1 st floor	2 nd floor	3 rd /4 th floors	5 th floor
3 rd /4 th floors	5m–10m	×	×	×	○
2 nd floor	3m–5m	×	×	○	○
1 st floor	0.5–3m	×	○	○	○
Below the 1 st floor	Below 0.5 meters	○	○	○	○

× : Evacuate ○ : Safe (provided you are in a sturdy building)



Notes:

If your room is located higher than the possible floodwater height, it is safe for you to stay. Other hazardous cases such as landslides should also be checked.

“浸水繼續時間” (the time that the floodwater remains)

Check How long might it take until you can move somewhere by car or on foot?

The time that 0.5-meter-high water remains

- Less than 12 hours
- 12 hours–1 day
- 1 day–3 days
- 3 days–1 week
- 1 week–2 weeks
- 2 weeks–4 weeks
- Longer than 4 weeks



- Those who live in the area where floodwater reaches higher than 0.5 meters and will remain for a long time, please consider evacuating.
- Those who are going to stay at home need to prepare food and drink to last until the floodwater recedes.

“家屋倒壞等氾濫想定区域” (the area where houses may be destroyed when rivers flood)



Check Is your home within this area?

- It is an area where wooden houses, etc. may be destroyed.
- It is a hazardous area, so please evacuate immediately.



A-2 Check the state of your home

Do you have cars? ☐ No ☒ Yes (**1**) car(s)

Do you have pets? ☐ No ☒ Yes (Types: **One cat**)

Do you take any medicines regularly?
☒ No ☐ Yes (Types:)

Is there anyone who needs assistance when evacuating?
☒ No ☐ Yes (Name(s):)

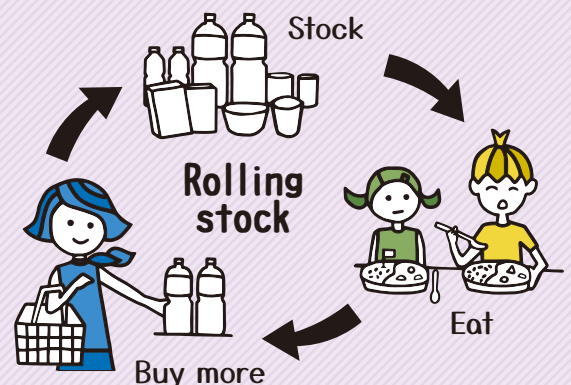
- To evacuate immediately from a hazardous situation, check the situation of your home/family.
- Write down what to prepare.



Cars	<ul style="list-style-type: none"> • There are some places where you cannot evacuate by car. • Check the rules of the area where you live. • Fuel up your car and move it somewhere safe before floodwater reaches. • After rivers flood, you may not be able to fuel up your car.
Pets	<ul style="list-style-type: none"> • Check if you can take your pet in “避難所” (Evacuation Shelter). • You will need food and a cage for your pet.
Medicines that you take regularly	<ul style="list-style-type: none"> • When rivers flood, hospitals may close. Obtain more prescribed medicines.
Those who need assistance when evacuating	<ul style="list-style-type: none"> • If you need more time to evacuate, please evacuate immediately.

Column Always stock food and drink. “Rolling stock”

- Buy food which can keep for a long time, and before eating it all, buy new stock.
- Stocking food at home helps when a disaster has occurred or when you evacuate.





What are you taking with you when you evacuate?

- Decide what to take when you evacuate. Take only items that are absolutely necessary.
- In the case that you are at a safe and sturdy house, stock food, drink, etc., considering the time that floodwater remains.



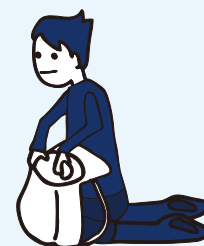
Examples of items to take with you when evacuating.

Let's think!

- What would you take for a three-day trip?
- Think about items that cannot be found in convenience stores (e.g. items for babies, the elderly and allergies).

Useful items according to the experience of evacuees

- Wallet, medicines (My Medication Record Book)
- Mementos (photos, rings, etc.)
- Children's cherished items (stuffed toys, etc.)
- Mobile phones (batteries)
- Car (fueled)
- Residence card, passport
- Maternal and Child Health Handbook
- Personal seal, Individual Number Card, bank cards
- Clothes, shoes
- Food, drink
- Personal computer
- Sanitary items (pads)
- Tooth brushes, toothpaste, mouthwash
- Extension lead
- Towels, pillows
- Important documents
- Dentures, glasses, contact lenses
- Documents which show what you cannot eat



おかやましえん さくせい まび すいがい まな ひなんじ も に さくせい
岡山支援まびHouse作成 「真備の水害に学ぶ避難時に持って逃げるべきもの」 から 作成

Other things to be aware of

- When you evacuate on foot, you cannot carry many things.
- If it is raining during evacuation, you will need a change of clothes.
- Think about what to do with your car.
- Take your children's cherished items.
- Put items to take in a rucksack so that you can evacuate quickly.



03 Think about places to evacuate to!

A-3 Check where to evacuate

Place to evacuate		How to evacuate	How long it takes to evacuate
The nearest “避難所” (Evacuation Shelter) in the Flood Hazard Map.	Minami Elementary School	<input checked="" type="checkbox"/> On foot <input type="checkbox"/> By bicycle <input type="checkbox"/> By car <input type="checkbox"/> By train <input type="checkbox"/> Other ()	15 minute(s)
Your acquaintance's house, Japanese class, church, etc. where floodwater will not reach	Friend's house	<input type="checkbox"/> On foot <input checked="" type="checkbox"/> By bicycle <input type="checkbox"/> By car <input type="checkbox"/> By train <input type="checkbox"/> Other ()	10 minute(s)
A safe and sturdy building that is close to your house and floodwater will not reach	Hospital	<input checked="" type="checkbox"/> On foot <input type="checkbox"/> By bicycle <input type="checkbox"/> By car <input type="checkbox"/> By train <input type="checkbox"/> Other ()	3 minute(s)

Suggest various places to evacuate.



The nearest “避難所” (Evacuation Shelter) in the Flood Hazard Map.

- If you are sheltered there, you will receive necessary items.

Your acquaintance's house, Japanese class, church, etc. where river floodwater will not reach

- Ask if you can go there when raining heavily.
- If you have nowhere to go, consider sheltering in a hotel.

Others

- If you feel danger while evacuating, go to somewhere on higher ground near you.

Column

Questions:
Which would you choose when evacuating?

For the answer, see P10.

1

Which bag would you use when evacuating?

A. Rucksack

B. Paper bag



2

Which footwear would you choose when evacuating?

A. Shoes in which you can move easily

B. Rain boots





Think about evacuation

Look at P3 and think if you need to evacuate. Also, think about where you are going to evacuate.

Location of your home

Yes  No 

Is your home located in a place where floodwater reaches?

Is it in “家屋倒壊等氾濫想定区域” (the area where houses may be destroyed when rivers flood)?

Is your home in a place where floodwater reaches 0.5 meters and above?

If floodwater reaches your home, will the water come to all of the rooms?

It is safe to stay at home.

Be vigilant at home.
If your home is located in a low ground or floodwater reaches near your home, please consider evacuating.



Go to a higher floor.

Floodwater may come into your home. Go to a place higher than the possible floodwater height.



Evacuate to a safe place.*

Floodwater may come into all the rooms of your home. Leave your home and evacuate to a safe place.



Evacuation methods vary, depending on the place you live, so please check.

* In the case that evacuation is risky (e.g. after river has flooded), stay in the safest place in your home and be vigilant.

04 Let's make My Timeline!

- Make your My Timeline by putting the **stickers** on.
- When it rains heavily, check evacuation information, weather information and river levels. Then, think about what to do and when.

- 1 The time when river starts flooding is set as "0 hours", and the timescale from when the typhoon occurred is shown.

The length of the time until river starts flooding varies from typhoon to typhoon.

- 2-1 Check information issued by the Japan Meteorological Agency, etc.

- Find out the rainfall from now on and the river levels on the websites and social media of the Japan Meteorological Agency, municipal offices, etc.
- Check the meaning of Japanese words regarding river levels, alert levels, advisories, warnings, etc.

- 2-2 Check information issued by municipal offices, etc.

Put the evacuation information stickers

where the illustrations of  indicate.

Level 3 Evacuation of the elderly, etc. こうれいしゃとう ひなん 高齢者等避難

Those in a hazardous place who require more time to evacuate, such as the elderly, must evacuate.

Level 4 Evacuation instructions ひなんしじ 避難指示

Everyone in a hazardous place must evacuate immediately.

Note: Municipal offices, etc., issue evacuation information considering other factors as well as water level. Therefore, evacuation information may be issued earlier or later.



- My Timeline is your plan to help you evacuate.
- Let's make My Timeline even handier by considering various possibilities.

2. Let's make My Timeline



My Timeline Guidebook pg-P11

Address: _____ Name: _____ Date created: _____

Types of information
 Black: weather information, advisories, warnings
 Blue: river water level information
 Green: evacuation information

From when a typhoon occurs until rivers flood

Alert Level 1
 3-5 days before
 ○Typhoon information
 ○Direction of the typhoon from now on
 ○Heavy Rain Advisory
 ○Flood Advisory

Alert Level 2
 2 days before
 ○Heavy Rain Warning
 ○Flood Warning
 The Advisory Water Level reached
 Information to call attention to flooding issued

Alert Level 3
 1 day before
 Name of the water level station
 River may flood
 River is about to flood
 River is flooding / has flooded

Alert Level 4
 12 hours before
 Flooding has occurred
 Flooding issued

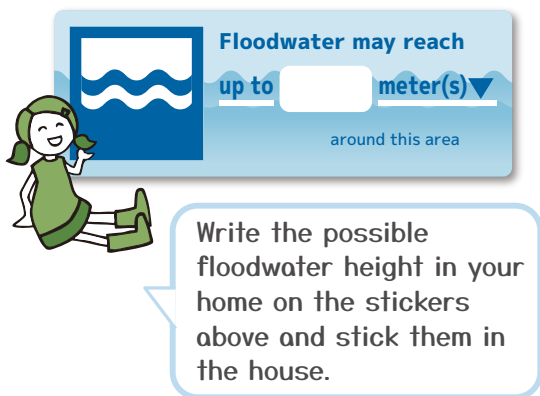
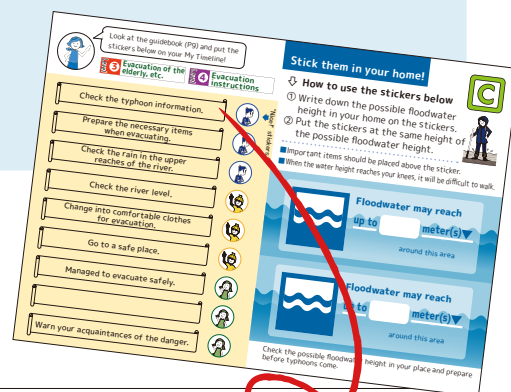
Check information issued by the Japan Meteorological Agency, municipal offices, etc.

3 Learn what would happen from the time when a typhoon occurs until rivers start flooding.

- Unlike earthquakes, there will be some time until rivers start flooding.
- You can prepare for evacuation before rivers flood.

4 Put stickers on, thinking about what actions you should take and when.

- Actions you can take from the time when a typhoon occurs until you evacuate to a safe place are written on the stickers.
- Stick them down, thinking of the appropriate order.



My Timeline Guidebook P9-P11

Address: _____ Name: _____ Date created: _____

Types of information
 Black: weather information, advisories, warnings
 Blue: river water level information
 Green: evacuation information

From when a typhoon occurs until rivers flood

Alert Level 1
 3-5 days before
 ○Typhoon information
 ○Direction of the typhoon from now on
 ○Heavy Rain Advisory
 ○Flood Advisory

Alert Level 2
 2 days before
 ○Heavy Rain Warning
 ○Flood Warning

Alert Level 3
 1 day before
 The typhoon is getting closer, and rain and wind are getting stronger.

Alert Level 4
 12 hours before
 Flooding has occurred
 Flooding issued

Check the typhoon information.

Look at the next page and write down any other preparation you may need to take.

Point



After making your My Timeline, put it up somewhere you can see it all the time, such as at the entrance, on the fridge, etc.

Column P7
Answers for the questions

1

A.Rucksack



2

A. Shoes in which you can move easily





Example of how to make My Timeline

↓ The following is an example. Make your My Timeline, adapting to your situation.

My Timeline		Guidebook P9-P11		
Address :		Name :		Date created
<p>The time until the river floods and the Alert levels</p> <p>3-5 days before</p> <p>Alert Level 1</p> <p>2 days before</p> <p>1 day before</p> <p>12 hours before</p> <p>Alert Level 2</p> <p>5 hours before</p> <p>Alert Level 3</p> <p>3 hours before</p> <p>Alert Level 4</p> <p>0 hours</p> <p>Alert Level 5</p>	<p>Types of information</p> <p>Black: weather information, advisories, warnings</p> <p>Blue: river water level information</p> <p>Green: evacuation information</p> <p>○Typhoon information</p> <p>○Direction of the typhoon from now on</p> <p>◇Heavy Rain Advisory</p> <p>◇Flood Advisory</p> <p>◇Heavy Rain Warning</p> <p>◇Flood Warning</p> <p>The Advisory Water Level reached</p> <p>Information to call attention to flooding issued</p> <p>Name of the water level station: 石井 (右)</p> <p>Evacuation Warning Water Level Reached 2.6 m</p> <p>Information to provide a warning on flooding issued</p> <p>Level 3 Evacuation of the elderly, etc.</p> <p>Hazardous Water Level reached 3.3 m</p> <p>Information on potential flood hazards issued</p> <p>Level 4 Evacuation instructions</p> <p>Flooding has occurred.</p> <p>Information on floodings issued</p>	<p>From when a typhoon occurs until rivers flood</p> <p>A typhoon has occurred.</p> <p>The typhoon is getting closer, and rain and wind are getting stronger.</p> <p>River levels are increasing.</p> <p>River levels increase due to heavy rain, and water runs near the river.</p> <p>River may flood.</p> <p>River is about to flood.</p> <p>River is flooding / has flooded.</p>	<p>My Timeline</p> <p>Check the typhoon information.</p> <p>Check information on rain and rivers on TV, Internet, etc.</p> <p>Prepare the necessary items when evacuating.</p> <p>Prepare food, drink, etc.</p> <p>Charge mobile phones.</p> <p>Check the rain in the upper reaches of the river.</p> <p>Think about where to evacuate.</p> <p>Check the river levels.</p> <p>Call your acquaintances.</p> <p>Check information on "evacuation of the elderly, etc."</p> <p>Change into comfortable clothes for evacuation.</p> <p>Check information on "evacuation instructions".</p> <p>Go to a safe place.</p> <p>Managed to evacuate safely.</p>	

Check information issued by the Japan Meteorological Agency, municipal offices, etc.



01 Prepare for evacuation!

Collect information

- If a typhoon has occurred and may come close, see your My Timeline.
- To judge whether you need to evacuate, collect information.

Information on typhoon and rain → P13
Information on river levels → P14



When evacuating

● Evacuate quickly before it becomes dangerous.

Please evacuate before it becomes dangerous even if there is no evacuation information (evacuation instructions, etc.) issued by municipal offices, etc.

Be aware when you think about when to evacuate

- 1 Evacuate before it gets dark, even if there is no evacuation information issued.
- 2 Evacuate before trains and buses stop operating.
- 3 Evacuate before the wind becomes stronger.
- 4 Evacuate if you find something unusual.

- 1 Are water levels increasing near the river?
- 2 Are soil and stones sliding near cliffs?
Please be careful.



- Contact people whom you see often by LINE and Facebook.
- Watch out if Japanese people near you start evacuating and/or seek advice from them.

● In the case you evacuate to somewhere far

Also, check the Hazard Map if the places that you are thinking of evacuating to are safe.

If you are going to evacuate by train or bus, check if they are operating!

Check your city's Twitter and Facebook.



↓ See the following websites.

Multilingual Consultation Centers



自治体国際化協会 (CLAIR)

NHK WORLD JAPAN



NHK

NHK news traffic (railway information)
Japanese only



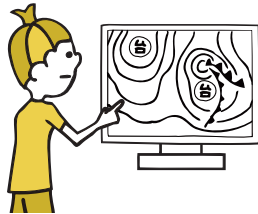
NHK 鉄道運行情報

Search by
QR codes

Check information on the typhoon and rain!

Check new information on the typhoon and rain again and again after a typhoon has occurred.

Typhoon information



Check the current location of the typhoon, where the typhoon is heading, how strong rain and winds will be, etc. on TV weather forecasts and the Japan Meteorological Agency's website.

Rain information



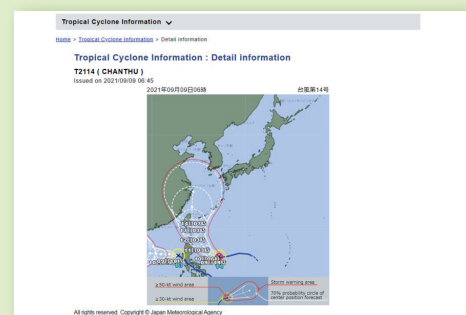
You can find out rain and weather information on the River Flood Information and the Japan Meteorological Agency's website.

The Japan Meteorological Agency's website

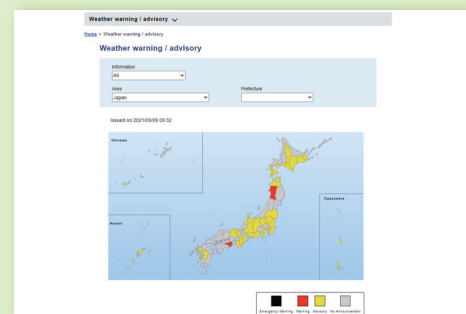
Homepage



Typhoon information



Information on advisories and warnings



↓ See the following websites.

Japan Meteorological
Agency

Search by
QR codes



気象庁

River Flood
Information



国土交通省

River Flood
Information
(Japanese)



国土交通省

The explanation is on P14.



03 Check the river levels!

- Even if the rain stops, river levels may increase and they might flood.
- Check the river levels to prepare before evacuation information is issued.

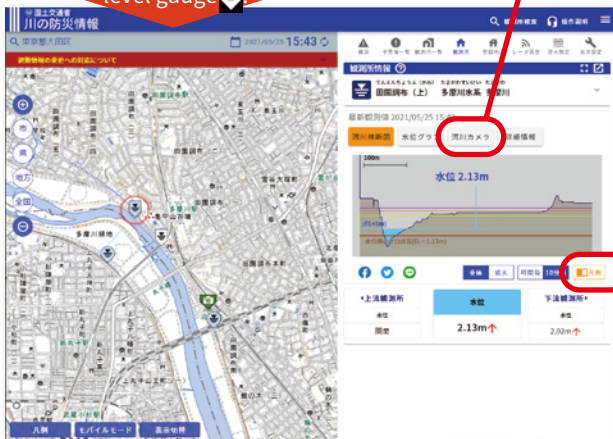
Watch the river level

River Flood Information

You can watch via the QR code on P13.



Let's take a look at a water level gauge

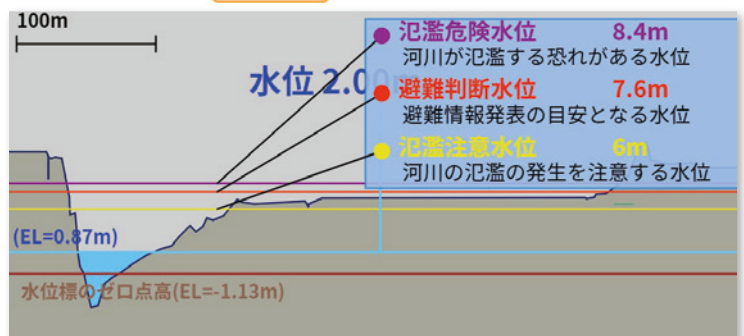


Current river water level can be found on the map.

You can watch the river through the camera.



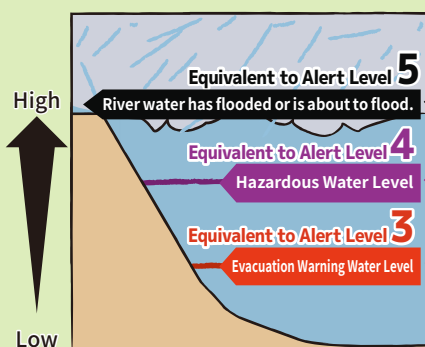
You can find detailed information on water level by clicking the icon.



↑ What the above indicates: when the water level reaches 7.6 meters, "Evacuation of the elderly, etc." will be issued, and at 8.4 meters, "Evacuation instructions" will be issued.

Water levels and Alert levels

Think about what to do when river levels increase.



Emergency safety measures

Evacuation instructions

Evacuation of the elderly, etc.

Alert level	Required actions
• 5	It is dangerous, as you cannot evacuate any longer.
<Make sure you evacuate at Alert Level 4.>	
• 4	Evacuate immediately.
• 3	Those who require more time to evacuate, such as the elderly, must evacuate.

Be aware when you use My Timeline

The situation may be more dangerous
than what you planned in My Timeline!



- 1** If it rains extremely heavily, you might need to evacuate earlier than what you planned in My Timeline.
- 2** Check weather information and evacuation information thoroughly.
- 3** Evacuate before it becomes dangerous, referring to information you collected and My Timeline.

After you made My Timeline...

- Discuss with Japanese people living close to you, and write down whatever you become aware of. Recheck when your family members, place to live, work or school have changed.
- Check My Timeline regularly from now on.



Evacuate safely, using My Timeline!

逃げキッドの内容に関するお問い合わせ



Foundation of River & Basin Integrated Communications, JAPAN

一般財団法人 河川情報センター
<http://www.river.or.jp/>

〒102-8474
東京都千代田区麹町一丁目三番地（ニッセイ半蔵門ビル）
電話 03-3239-8447 FAX 03-3239-0929
e-mail frics@river.or.jp

翻訳や言語に関するお問い合わせ



一般財団法人

自治体国際化協会

〒102-0083
東京都千代田区麹町一丁目七番地（相互半蔵門ビル 1・6・7 階）
電話 03-5213-1730 FAX 03-5213-1741
e-mail tabunka@clair.or.jp

原案作成 鬼怒川・小貝川上流域大規模氾濫に関する減災対策協議会 / 鬼怒川・小貝川下流域大規模氾濫に関する減災対策協議会
改定原案作成 中国地方整備局岡山河川事務所 / 高梁川・小田川緊急治水対策河川事務所
多言語版作成協力 仙台市、(公財)仙台観光国際協会