



Tsukuba!

No.10

September 2026

English



Topic: Evacuation during Disasters

【災害時の避難について】

※ All QR codes featured in this guide link to Japanese pages. To view them in other languages, please use an automatic translation service.

When a disaster approaches, you need to gather information on your own and take action to protect yourself. In this issue, we introduce how to get information you need, what to do during an emergency or disaster, and what to keep in mind at evacuation centers.

【How to Get Disaster Information】

During a disaster, inaccurate rumors and information may spread on social media. Therefore, it is important to get accurate information from official sources.

Below are some apps and other sources that provide disaster-related information in foreign languages. Make sure you can access important information through apps and social media whenever you need it.

•Safety Tips: Available in 15 languages

This is an app supervised by the Japan Tourism Agency. You can receive notifications whenever an emergency earthquake warning, tsunami warning, weather warning, or other emergency alert in Japan. The app also provides articles to help you learn more about disasters.

•NHK WORLD-JAPAN: Available in 19 languages

This is the official NHK app. You can read news in multiple languages, including disaster-related news. In 11 of these languages, you can also receive notifications when an earthquake or tsunami occurs in Japan, or when a weather alert is issued.

•Official account of Tsukuba City's Crisis Management Division (@tkb_kiki): Japanese

You can find disaster-related information from Tsukuba City, including evacuation information and updates on opening of evacuation shelters.

•Tsukuba Emergency Information Service: Available in 8 languages in addition to Japanese (※)

This service delivers emergency information, such as evacuation advisories, information on the opening of evacuation shelters and tornado warnings by phone calls, text messages and FAX.

(※ English, Chinese (Simplified and Traditional), Korean, Spanish, Portuguese, Vietnamese, Indonesian, and Thai)

Ibaraki
prefecture
website

<https://www.pref.ibaraki.jp/bousaikiki/bousaikiki/bousai/saftytips.html>



NHK website

<https://www3.nhk.or.jp/nhkworld/ja/app/>



Tsukuba City
website

<https://www.city.tsukuba.lg.jp/kurashi/anshin/bousai/1000599.html>

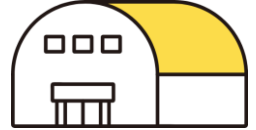


【Evacuation】

When a disaster approaches, if it is safer to stay at home, you should generally remain at home. However, check the hazard map and assess the situation around you. If it is dangerous to stay at home, evacuate to the home of someone you know, a designated shelter, or another safe location.



Designated emergency evacuation areas are places where you can evacuate in an emergency to protect your life from a disaster. Examples include outdoor facilities such as parks or sports grounds.



A designated shelter is a place where people who cannot safely remain at home during and after a disaster can stay temporarily. Examples include community centers and school gymnasiums. However, not every designated shelter will necessarily be opened. Please check the city's website, social media and other sources for updates on which shelters are open.

【Evacuation When There Is a Risk of Flooding and Landslides】

Five alert levels have been established for four types of disasters: river flooding, heavy rain, landslides and storm surges. If the local government issues Alert Level 5, it may already be too dangerous to evacuate safely.

Alert Level 5 (Black): Life-threatening. Take immediate action to stay safe.
Alert Level 4 (Purple): Evacuate from dangerous areas.
Alert Level 3 (Red): Prepare to evacuate. Leave early if needed.
Alert Level 2 (Yellow): Check where, how, and when to evacuate.
Alert Level 1 (White): Stay alert and prepare.

Issued by
Tsukuba City

Issued by Japan
Meteorological Agency

Public
Relations
Office
Government of
Japan
Online

<https://www.gov-online.go.jp/article/201906/entry-7786.html>



During heavy rain, avoid going outside unless necessary.

When the water level rises to 50cm or more, walking becomes difficult. Even at lower water levels, fast-moving water or steep slopes can make it difficult or impossible to walk. Once the water reaches knee height, you should assume that it will be difficult to move. If your home is in a flood hazard area and it is dangerous to remain there, make sure you reach your evacuation destination while it is still safe, before flooding occurs.

If it is dangerous to go outside, such as when the area around your home is already flooded, do not try to leave. Instead, move to a higher floor or another safer place inside your home.

If traveling by car is unavoidable, be aware that flooded roads can make it difficult to see the road surface. Never enter underpasses or other areas where you cannot see the water depth or the edge of the road. Your tires may become stuck in a ditch or flood water may damage your engine.

Also, avoid parking your car on roads or in other areas that are prone to flooding during heavy rain. Flooding can leave vehicles severely damaged or unusable.

【What to Do When an Earthquake Strikes】

<If you are at home>

First, move under a sturdy table or to a spot where furniture won't tip over and objects won't fall on you, and wait until the shaking stops.



Once the shaking has stopped and it's safe to go outside, check the condition of your home for damage. Look for signs of damage, such as a house leaning or cracks in the exterior walls. If there's no damage, no fire nearby, and it is otherwise safe to stay, remain at home. If you're experiencing a power or water outage at home, keep in mind that evacuation shelters are likely dealing with the same conditions.

If it's dangerous to stay at home and you need to evacuate, avoid using a car if possible. Roads may be damaged or blocked by fallen objects, making them impassable.

A video on this topic is also available. Families with children are encouraged to watch it together.

Tsukuba City
Official
YouTube

<https://youtu.be/oRFwA8wMEUE>



<If you are in a coastal area>

Tsukuba City does not have any areas at risk of tsunamis. However, if an earthquake occurs while you are staying in a coastal area, a tsunami may reach the coast. Evacuate immediately to a designated emergency evacuation area, a tall building, or higher ground.



If a tsunami warning or advisory is in effect, stay away from the coast and low-lying areas until it is lifted.

<When the Water Supply Is Cut Off, Toilets Cannot Be Used>

When a large-scale disaster occurs and the water supply is cut off, toilets cannot be used. For this reason, keep emergency toilet kits on hand.

A video showing how to use them is also available, so check it in advance.

Tsukuba City
Official
YouTube

<https://youtu.be/Di9pQT96H9c>



(Reference) How to Reset the Gas Microcomputer Meter

Homes with gas service are equipped with a device called a "microcomputer meter" (Maikon Meter). When the meter detects strong shaking from an earthquake, it automatically shuts off the gas supply.

To restore the gas supply, you will need to reset the meter yourself. Please refer to the Tokyo Gas website for step-by-step instructions.

Tokyo Gas
Website

https://www.tokyo-gas.co.jp/network/meter/reset/meter_ippan/index.html



【Evacuation Shelters】

Evacuation shelters are temporary places to stay when it is not safe to remain at home. In most cases, they are closed once evacuation orders and other advisories are lifted. Depending on the situation, shelters may also be scaled down or merged with other shelters.

When going to a shelter, you will need to bring your own essential supplies.



【Rules and Prohibited Actions at Evacuation Shelters】

At evacuation shelters, please follow the instructions given by facility staff and other people in charge. Shelters also have rules that all evacuees must follow. Evacuees are expected to take care of their own needs.

Hygiene conditions can deteriorate quickly in shelters, so please wear a mask and disinfect your hands frequently. Also, keep your personal space clean and organized.

Since people from many different backgrounds live together in shelters, please be considerate of others and help create a comfortable environment for everyone.

<Prohibited actions>

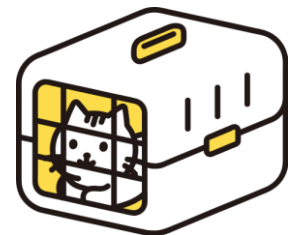
- Entering the facility with shoes on
- Making loud noises or being disruptive
- Drinking alcohol or smoking
- Behaving in away that disturbs or inconveniences other evacuees



【Evacuating with Pets】

Pets can only be brought to evacuation shelters that have a designated pet area. Only dogs and cats are accepted, and only if they are kept in a cage or crate provided by the owner.

The designated pet area is located outdoors in a sheltered area protected from wind and rain. Pets are not allowed in evacuees' living spaces. Owners are also responsible for preparing food and other supplies their pets need, as well as taking care of their pets while at the shelter.



In the event of a disaster, consider alternatives such as a pet hotel or leaving your pet with relatives, friends, or someone you know.

Note from Translator / 翻訳者から一言

Japan's four seasons each bring their own events, and autumn's is tsukimi. On the 15th night of the eighth lunar month, people admire the full "harvest moon" and give thanks for the harvest. Offering rice cake (mochi) and silver grass, this custom began in Heian Period and spread to commoners in the Edo period. September's moon is said to be the year's clearest and most beautiful.

日本には四季があり、季節ごとに様々な行事が行われています。秋には、お月見が行われます。お月見とは、旧暦八月十五日の「中秋の名月」を眺め、実りに感謝する日のことです。月見団子やすすきを供え、月を愛でるこの習慣は平安時代に始まり、江戸時代に庶民へ広まりました。9月の月は、空気が澄み一年で最も美しく見えるため、このような行事が生まれたと言われています。