

For retention

*What if a disaster occurs? What should be prepared?
In order to protect yourself and your loved ones in the event of a disaster, make sure you know what you should do!*

The hazard map is on the back!

Tsukuba City Disaster Prevention Guide & Hazard Map

Flood **Landslide**

Write down the evacuation sites and contact information in case of emergency.

Evacuation sites for my family

Evacuation sites

Contact information of my family members

| Name | Date of birth | Blood type | Medical history | Company's, school's or mobile phone number |
|-------------------|------------------|------------|-----------------|--|
| Year Month/Day | Type Rh (+/-) | | | |
| Year Month/Day | Type Rh (+/-) | | | |
| Year Month/Day | Type Rh (+/-) | | | |
| Year Month/Day | Type Rh (+/-) | | | |
| Year Month/Day | Type Rh (+/-) | | | |

Emergency contacts

Example: Disaster Emergency Message Dial 171, your relative's phone number, hospitals, etc.

Make sure to confirm how to let your family members and friends know about your safety!

Disaster Emergency 171 Message Dial On the message board, you can register and confirm safety information, etc. even when the telephone line is congested and it is difficult to get through.

Disaster Message Board (Web 171)

This map is distributed at the City Hall. A PDF version can be downloaded from the city's website.

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Crisis Management Division, Mayor's Executive Department, Tsukuba City ☎029-883-1111 (switchboard)

Evacuation Information and Alert Levels

Partly quoted from the website of the Japan Meteorological Agency

Information leading to evacuation

When a flood or landslide disaster occurs, evacuation information is issued using the five alert levels.

| Alert level | Evacuation action, etc. | Evacuation information, etc. | Disaster prevention weather information (Information equivalent to alert levels (example)) | Weather conditions |
|-------------|---|---|---|---|
| 5 | A disaster has already occurred and lives are in danger. Ensure your safety immediately! | Emergency safety measures This information is not always issued. (Issued by Tsukuba City) | Level 5 Emergency Warning (Heavy rain) Level 5 Emergency Warning (Flood) Level 5 Emergency Warning (Landslide) etc. | Once-in-a-few decades heavy rain |
| 4 | By this level, everyone must evacuate dangerous areas. | Evacuation instruction (Issued by Tsukuba City) | Level 4 Urgent Warning (Heavy rain) Level 4 Urgent Warning (Flood) Level 4 Urgent Warning (Landslide) etc. | Several hours to 2 hours before heavy rain |
| 3 | Those who take longer to evacuate and their supporters must evacuate dangerous areas. | Evacuation of the elderly, etc. (Issued by Tsukuba City) | Level3 Warning (Heavy rain) Level3 Warning (Flood) Level3 Warning (Landslide) etc. | Half a day to several hours before heavy rain |
| 2 | In preparation for evacuation, confirm your own evacuation actions using the hazard map, etc. | Level2 Advisory (Heavy rain), Level2 Advisory (Flood), etc. (Issued by the Japan Meteorological Agency) | Level2 Advisory (Heavy rain) Level2 Advisory (Flood) Level2 Advisory (Landslide) etc. | Several days to a day before heavy rain |
| 1 | Prepare yourself for an impending disaster. | Early advisory information (Issued by the Japan Meteorological Agency) | Early advisory | |

**Information is not always released or issued in the order of alert level 1 to level 5. The situation may change suddenly.*

Take evacuation actions appropriate to you and your family members.

Evacuation shelter

The city will send out information when they set up evacuation shelters. Confirm where you can collect information on the "Information Collection During a Disaster" page.

Houses of your relatives and friends

It is also effective to evacuate to your relative's or friend's house or a hotel that has no risk of flood or landslide disaster.

Evacuation at home

Evacuation at home is one of the options if your house does not have a risk of flood or landslide disaster, or if you judge that it is dangerous to go out for an evacuation.

Voluntary evacuation

Even if evacuation information is not issued, the situation may get worse suddenly. If you feel any danger, you should make a decision to move to a safe place by yourself.

My Timeline

My Timeline is a disaster prevention action plan to protect yourself from disasters such as typhoons and heavy rain. Prepare your own timeline in advance so that you can evacuate safely in an emergency.

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Wind and Flood Disasters

(Disasters caused by heavy rain, typhoons, etc.)

Heavy rain and typhoons have caused severe damage in various areas. Since the frequency of sudden and localized heavy rain is increasing, you should check weather information frequently and take appropriate actions for your safety.

Rain intensity and characteristics (unit: mm/h)

| 10 or more to less than 20 | 20 or more to less than 30 | 30 or more to less than 50 | 50 or more to less than 80 | 80 or more |
|---|--|--|--|--|
| Slightly strong rain It rains hard. It is difficult to hear the voices because of the rain. | Strong rain It rains cats and dogs. When driving a car, it is difficult to see out the windshield even if with the wipers on fast. | Heavy rain It rains hard like an overturned bucket. A road becomes like a river. | Very heavy rain It rains like a waterfall, and the area turns white with the splashes. Umbrellas will be of no use at all. | Violent rain People have trouble breathing, have a feeling of oppression, and feel scared. It is dangerous to drive a car. |

What is a linear precipitation zone?

A linear precipitation zone is a linear area of intense rainfall formed by a series of developed rain clouds (cumulonimbus clouds) that pass or stay in the same place. This has caused a lot of serious damage.

How a linear precipitation zone is formed

A cumulonimbus cloud is formed → Formed one after another in a line → Develop as the clouds move and bring rain for a long time

Carried by the wind above
Warm moist air → Slump into mountains or fronts and rise

What is information on record short-time heavy rain?

This information is released when a short-time heavy rain that occurs only once in several years is observed (observation by a ground-based rain gauge) or analyzed (analysis using a weather radar and a ground-based rain gauge).

Wind strength and characteristics (unit: average wind speed of m/s)

| 10 or more to less than 15 | 15 or more to less than 20 | 20 or more to less than 30 | 30 or more |
|--|---|---|---|
| Slightly strong wind It becomes difficult to walk into the wind. Umbrellas cannot be put up. | Strong wind People can't walk into the wind and may fall. Signboards and galvanized sheets begin to come off. | Very strong wind People can't stand without holding on to something. It is difficult to drive a car at normal speeds. | Violent wind It is extremely dangerous to go outside. Many trees are brought down. Some electric poles and streetlights are brought down. Block walls may collapse. |

Typhoon

Every year, a large number of typhoons approach and land, causing great damage. Be aware that heavy rain and strong winds may cause power outages and flooded roads. When a typhoon is approaching, pay close attention to weather information and avoid non-essential and non-urgent outings.

Tornado

A tornado is a violent whirlpool caused by a strong updraft associated with cumulonimbus clouds, accompanied by a spiral or columnar cloud.

When a tornado approaches

Immediately take action to protect yourself. Evacuate to a solid building and stay away from windows.

Tornado advisory (Japan Meteorological Agency)

It is information to call attention to a strong gust of wind. You can check the information on the website of the Japan Meteorological Agency and receive information from the Tsukuba City Disaster Prevention E-mail Service.

Evacuation Action Points (Flood disaster and Landslide)

Flood disaster

- Pay attention to weather information and evacuate early.
- If the rain is likely to peak at night, evacuate while it is light.
- Move away from the river and evacuate in a direction where there is no risk of flood (Horizontal evacuation).
- If it is dangerous to go outside, evacuate to the upper floor of the building according to the situation (Vertical evacuation).

Landslide

- Pay attention to signs of a sediment disaster and evacuate immediately.
- Evacuate away from the direction where a debris flow or landslide will occur (Horizontal evacuation).
- If you think it is dangerous to evacuate outside, such as in case of heavy rain, consider evacuating to a room on the second or higher floor of your house on the opposite side of the mountain, or to the upper floor of a solid building (Vertical evacuation).
- If landslide alert information is announced, immediately evacuate the dangerous area.
- Evacuate as early as possible when the information on a record short-time heavy rain is announced.

Use the hazard map on the back to confirm in advance the areas at high risk of flood and landslides.

Information Collection During a Disaster

*Please note many of these information resources are only available in Japanese.

TV and radio

TV
Disaster prevention information and weather information can be confirmed using the "d button" of the remote controller for terrestrial digital broadcasting.

Radio
Lucky FM Ibaraki Broadcasting System FM 88.1 MHz

Tsukuba City Social Media (X account)
Tsukuba City official (@tsukubaisai)
Various information about the city is distributed.

Crisis Management Division, Tsukuba City (@tkb_kiki)
Information about disaster prevention of the city is distributed.

Tsukuba City Disaster Information Distribution Service
Emergency information, such as evacuation information, evacuation shelter opening information, and tornado advisory, equivalent to the information broadcast through the disaster management radio communications system is sent to pre-registered fixed phones, mobile phones, FAX, and SMS.

Website of Tsukuba City Hall
You can check various information sent from Tsukuba City.

"TsukuSma" Tsukuba Smart City App
You can receive various information from the city in a timely manner.

Disaster Prevention Information for River from the Ministry of Land, Infrastructure, Transport and Tourism
You can check rainfall information, river level information, and the location, name and images of river cameras.

Safety tips App
This app provides disaster information for foreign nationals. You can receive various information. It is available in 15 languages.

Tsukuba City Disaster Prevention E-mail Service
Information about disasters and disaster prevention of Tsukuba City is distributed via E-mail. Prior registration is required.

Yahoo! Disaster Prevention App
You can receive disaster prevention information such as earthquake early warnings and information from Tsukuba City for free.

Ibaraki Prefecture River Information System
You can check rainfall information, river level information, and the location, name and images of river cameras.

Ibaraki Prefecture Disaster Prevention Information E-mail
You can receive weather and disaster information of the prefecture, evacuation information of municipalities, and information on evacuation shelters via E-mail.

TEPCO Power Grid
You can check the power failure information.

Website of the Japan Meteorological Agency
In addition to the weather forecast, you can check disaster prevention information from the Japan Meteorological Agency.

Tokyo Gas Recovery My Map
You can check the status of the gas supply and restoration in the event of an earthquake.

Cabinet Office: Disaster Prevention Information Webpage
You can check the disaster prevention information from the Cabinet Office.

Tokyo Gas: How to restore the microcomputer meter
When it senses a big shake, the microcomputer meter stops the gas automatically. Make sure to confirm the restoration method.

An Earthquake Occurs! What Should You Do Then?

Tsukuba City conducts shake-out drills for the citizens every year in preparation for earthquakes. We would like you to proactively participate in disaster drills in the community.

Action manual by time course in the event of an earthquake (when you stay inside)

1 to 2 minutes

Protect yourself first.

- Be careful of falling furniture and falling objects.

When the shaking stops

- Check the source of fire.
- Confirm the safety of your family members. (Make sure they are not trapped under fallen furniture.)
- Put on shoes. (Watch out for broken glass, etc.)
- Be careful of falling or collapsing roof tiles and concrete-block walls when going outside.

3 minutes

Make sure everyone is safe, and prevent fires from breaking out.

- Talk to your neighbors**
 - Cooperate with each other in your neighborhood.
 - Confirm whether there are injured persons.
- Fire prevention**
 - Initial fire extinguishing Use fire extinguishers.
 - Initial fire extinguishing Turn off the gas main and turn off the electric breaker.

5 minutes

Live cooperatively and watch out for subsequent earthquakes.

- Use your stockpiled water and food. (Stockpiles should be for one week or at least three days.)
- Collect disaster information. Mutual cooperation is important.

10 minutes

Several hours

3 days

If a Fire Breaks Out

In the case of a large-scale earthquake, you need to be careful not only about the shaking but also about subsequent fires.

Three principles of initial fire extinguishing

Don't think that you can put out the fire by yourself. Tell your neighbors about the fire in a loud voice. Call 119 immediately. If the fire cannot be extinguished by the initial attempt, you must evacuate quickly.

1 Let someone know quickly.

- Shout "Fire!" and ask neighbors for help. If you can't speak, hit a kettle, etc. to alert the neighbors of an abnormal situation.
- Call 119 for even a small fire. People concerned should fight the fire and ask a nearby person to report it.

2 Extinguish the fire quickly.

- An initial attempt can be effective until the flame reaches the ceiling.
- Instead of trying to extinguish the fire with only water or a fire extinguisher, use something at hand. For example, hitting the fire with a cushion or covering it with a blanket.
- Oil pan**
Don't pour water on it hastily. If you don't have a fire extinguisher, cover the fire with a large wet towel or sheet from the front to block the air.
- Kerosene heater**
Extinguish fire by pouring water from right above. (It is dangerous to pour water diagonally because oil will scatter.) If oil is flowing and spreading, cover it with a blanket and pour water over it to extinguish the fire.
- Clothing**
If your clothes catch fire, put out the fire by your hand. If your hair catches fire, put clothes (avoid clothes made of chemical fibers) or a towel over your head.
- Bathroom**
If you notice a fire in the bathroom, don't open the door suddenly. Air will be supplied into the room and the fire may intensify. Turn off the gas, open the door gradually, and put out the fire at once.
- Electrical goods**
You may get an electric shock if you pour water on it suddenly. First, unplug the power cord (and turn off the breaker if possible) and extinguish the fire.
- Curtains and Fushuma (hanging sliding door)**
If fire spreads over the surface of a curtain or Fushuma, there is no strong time. Tear or kick it down to keep the fire away from the ceiling, and then extinguish the fire.

3 Run away quickly.

- If fire spreads to the ceiling, evacuate immediately.
- Before evacuating, close the windows and doors of the burning room to block the air.
- To avoid inhaling smoke containing toxic gases such as carbon monoxide, keep your body low and cover your mouth with a mask or towel when evacuating.

Disaster Prevention Measures at Home

You never know when a disaster will occur. Make sure to confirm the safety status of your home in normal times and take disaster prevention measures in preparation for a disaster.

Indoor safety measures

In rooms

- Furniture**
 - Hold cupboards and drawers with L-shaped brackets and fall-prevention rods.
 - For hinged doors, place stoppers.
 - Lower furniture's center of gravity by placing heavy items on the bottom and light items on the top.
 - Put a fall-prevention plate under the furniture to make it lean against the wall.
- TV**
 - Place TVs in a low position and take measures to prevent them from falling.
- Slippers**
 - Use thick-soled slippers to prevent being injured by broken glass, etc.
- Lighting**
 - Reinforce lights with chains, etc. to prevent falling.
- Fire prevention**
 - Check the batteries of fire alarms. The installation of seismic breakers and fire extinguishers is recommended.
- Windows**
 - Apply a shatterproof film to the entire window.
 - Using flameproof curtains is recommended.
- Heating appliance**
 - Using appliances with an automatic anti-seismic fire-extinguisher system is recommended.

Layout of furniture

- Don't leave things in the doorway.**
 - Prevent fallen furniture or objects from blocking the passages.
- Think where you should sleep and sit.**
 - Place your bed or futon or sit down where there is no risk of falling off furniture.
- Place heavy items in a low position.**
 - Place heavy appliances and furniture as low as possible to prevent injury if they fall.

Outdoor safety measures

- Balcony**
 - Do not place items that may be blown away or fall owing to wind.
- Concrete-block walls**
 - Check for damage or deterioration.
 - Reinforce or repair with reinforcing bars depending on the situation.
- Entrance/Passage**
 - Make a habit of not putting items at the entrance and in passages.
 - If there is a risk of flood damage, prepare sandbags or water bags.
- Roof**
 - Firmly fix the antenna.
 - Check the roof for damage or corrosion.
 - Reinforce the roof as necessary.
- Exterior walls and foundations**
 - Check for cracks, corrosion, etc.
 - Repair the roof as necessary.
- Gas cylinder**
 - Fix the gas cylinder with a chain, etc.

Use items at home to prevent inundation.

- Use simple water bags.**
How to make a simple water bag: Double the garbage bag, fill it half-full of water, and tie it tightly.
- Use planters and plastic tanks.**
Water bags are convenient to carry if they are put in a cardboard box, are easy to install, and can be used to prevent backflow of toilets and drains.
- Use water bars.**
Place planters or plastic tanks on a picnic sheet and wrap them in the sheet to prevent inundation.
- Use a long board and water bags or plastic tanks to prevent flooding.

Landslide (Sediment Disaster)

Partly quoted from the website of the Prime Minister's Office.

Landslides and sediment disasters are often triggered by heavy rain or earthquakes. You should be careful of places close to cliffs or slopes.

Types of Landslides

- Cliff failure (collapse of steep slope)**
It is a phenomenon in which a steep slope is loosened owing to the infiltration of rainwater, an earthquake, etc. and suddenly collapses.
- Landslide**
It is a phenomenon in which a part or all of the slope slides down owing to the influence of groundwater, etc.
- Debris flow**
It is a phenomenon in which stones and land on the mountainside and the bottom of a river are swept downstream at once owing to localized torrential rain, etc.

Signs of Landslides

- Cracks are formed in a cliff or the ground, or water gushes from a cliff or slope.
- Water in a well or river becomes muddy, or spring water stops or becomes muddy.
- The water level of a river decreases despite continuous rain.
- Pebbles fall, or earth or mountain rumbles.
- Trees lean, or there is the sound of trees splitting or stones colliding.
- Smell like rotten earth

Evacuation Action Points (Flood disaster and Landslide)

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Disaster Stockpiles

Items to be taken out in case of emergency (If you have prepared the item in advance, put a check mark in the box.)

Prepare the items so that you can take them out at the time of disaster. The total weight of the items should be within what you can carry, and store them in a place where you can take them out easily.

| | | |
|---|---|---|
| <input type="checkbox"/> Cash, passbooks, seals | <input type="checkbox"/> Drinking water | <input type="checkbox"/> Tissue paper |
| <input type="checkbox"/> My Number Card | <input type="checkbox"/> Food | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Flashlight, batteries | <input type="checkbox"/> Snacks | <input type="checkbox"/> Daily medicines for chronic diseases and household medicines |
| <input type="checkbox"/> Masks, work gloves | <input type="checkbox"/> Food that does not require heating | <input type="checkbox"/> Medicine notebook, copy of prescriptions |
| <input type="checkbox"/> Portable radio | <input type="checkbox"/> Toiletries | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Mobile phones, smartphones | <input type="checkbox"/> Mobile battery | <input type="checkbox"/> Clothing |

Other necessary items

Stockpiles (If you have prepared the item in advance, put a check mark in the box.)

Prepare one week's worth or at least three days' worth of stockpiles.

| | |
|--|--|
| <input type="checkbox"/> Drinking water (3 liters per person per day) | <input type="checkbox"/> Portable cooking stove, gas cartridges |
| <input type="checkbox"/> Food (pre-packaged food, alpha rice, canned food, etc.) | <input type="checkbox"/> Wrap film |
| <input type="checkbox"/> Water for daily use, Plastic tanks for water supply | <input type="checkbox"/> Toothbrush, toothpaste, mouthwash |
| <input type="checkbox"/> Paper plates, paper cups, disposable chopsticks | <input type="checkbox"/> Dry shampoo |
| <input type="checkbox"/> Tissue paper, toilet paper | <input type="checkbox"/> Tool set |
| <input type="checkbox"/> Plastic bags | <input type="checkbox"/> Portable toilet (for 5 to 7 times per person per day) |

Other necessary items

Other necessary items

Prepare according to your family structure.

| | |
|----------|--|
| Children | <input type="checkbox"/> Diapers, liquid milk, wipes |
| Children | <input type="checkbox"/> Toys, snacks |
| Women | <input type="checkbox"/> Sanitary products |
| Elderly | <input type="checkbox"/> Nursing care products, glasses, easy-to-eat food |
| Pets | <input type="checkbox"/> Pet food, cages, water, crates, leads, pet sheets |

Mutual Cooperation in the Event of a Disaster

What is important is mutual cooperation. You should try to communicate positively with your neighbors on a daily basis and create an environment where you can cooperate with each other in an emergency. If you find someone who needs help, such as the elderly, children, the visually or hearing impaired, wheelchair users, travelers, or foreigners, try to communicate with them with a spirit of compassion.

Rolling stock method (daily stockpiling)

Reference: Website of Japan Weather Association "Learn about disaster prevention" / Website of the Cabinet Office "Disaster Prevention Information Webpage"

It is a stockpiling method in which you purchase extra food, etc. on a regular basis and purchase additional food after you consume them. With this method, a certain amount of food can be stored at all times, which will eliminate food waste due to expiration. One of the advantages of this method is that you can have meals you are used to eating even at the time of disaster. This method is suitable for stockpiling not only food but also daily necessities (toilet paper, plastic wrap film, etc.).

Rolling stock method
In addition to stockpiling emergency food, stockpile other food using refrigerators, for example.

Stock up on extra daily necessities and food.

Purchase additional items after use.

Use the old items first.