

2025 Tokai National Higher Education and Research System Students' Guide for

Natural Disaster Preparedness

Nagoya 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 Nagoya City, 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.



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.



Fill in your personal details now.

For use during drill

Evacuee safety Confirmation

☐ Student ☐ Staff ☐ Other

Name

Affiliation

School / Graduate School / Department / major

Status

Grade

Student ID

Staff ID

To be filled by the University

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To be filled by the University

An earthquake strikes!
Intense shaking will last few minutes
Keeping yourself safe should be your first priority

Precautions

Fix the heavy and large furniture.
Prevent falling and breakage of chemicals.
Keep three days supply of water and food.

Safety Actions



Protect your head from falling objects. Stay away from: Large furniture and large laboratory equipment and glass objects that may shatter.
Keep calm in case of a power outage.

Evacuate to Safe area

When the shaking stops

- (1) Stay Calm, support others, and accurately assess the situation.
 - (2) If there is a fire, work together to start controlling it as long as you can stay safe.
 - (3) If anyone is injured, work together to provide first aid as long as you can stay safe.
 - (4) Shut off light and power/gas lines.
 - (5) Do not use elevators.
- If you are in an elevator, press every button and get off the elevator immediately after the door opens.

Follow instructions from the faculty members and evacuate to a safe area. (See map)

Evacuee Safety Confirmation

After reaching the evacuation area, please hand in the Evacuee confirmation card to the staffs of each building.

Helpful information in an emergency

Confirm your safety:

- Emergency message hotline: 171
- Dial 171 from a cell phone or public phone for the emergency message hotline. ● Registering your safety status (audio recording) ● 171 + 1 + your phone number → leave a message ● To hear others' messages (audio playback) ● 171 + 2 + the person's phone number → hear the recorded message

Disaster message board (provided by mobile phone companies)

- Access the disaster message board from the company's official portal site ● Free trial on the first and fifteenth day of each month.
- If your LINE message status is "read", your safety is confirmed.

Disaster info

Twitter Collect disaster information tweets from the Meteorological Agency, fire department headquarters, the municipal government, and other officials.

Rajiru x Rajiru, radio.jp

Always carry an LED light, writing materials Smartphone app for online radio broadcasting portable battery charger, etc. in your bag.

Deciding whether to return home

You may not be able to walk via your normal route due to collapsed buildings and crumbled roads. If necessary, you may have to make the decision not to go home if you live more than 10 km away.

Going home

- Do you know the distance between the university and your home?
- Do you wear shoes safe enough to walk roads scattered with wreckage and glass?

At convenience stores with the stickers on the back, you may be able to receive tap water or toilet when you come home on foot during a disaster.



Deciding not to go home

Another option is to stay in a safe place instead of immediately going home.

When Nankai Trough Earthquake "Extraordinary Information" (臨時情報 Anji Jōhō) has been issued by Japan Meteorological Agency (JMA)

Get the correct information by yourself and check Nagoya University website for classes and university activities.

When "Storm Warning" (暴風警報 Bōfū Keihō) is issued by JMA:

If a "Storm(Gale) Warning" for Nagoya City is issued by JMA, classes will be cancelled after the warning issuance. If the warning is subsequently lifted, classes will be held as follows:

- If the warning is lifted by 6:45 am, classes will be held as scheduled.
- If the warning is lifted by 11:00 am, afternoon classes will be held.

When "Special Weather Warning" (特別警報 Tokubetsu Keihō) is issued by JMA

Immediately follow the evacuation information provided by the local government or JMA, and protect yourself. The rules for canceling classes are the same as for the Storm Warning.

Carry At All Times

What to do in a major earthquake

Plan ahead. Prepare Now

2025 version

When an earthquake early warning is issued

You have between several seconds and a few dozen seconds before the strong quake strikes.

DO NOT START RUNNING. DO NOT PANIC. Calm down and look for a safe place.



When an earthquake early warning is issued on campus

Do not panic. Protect yourself Calm down. Follow instructions of the faculty members to evacuate.

As soon as you are safe, report your status to others.

Go home once you get accurate information on the situation.

! immediately in case of fire, sudden illness, accident, or other emergencies.

◆ Higashiyama Campus (in Japanese) mobile phone 052-789-2111 Dial extension 110, 119

◆ Tsurumai Campus (in Japanese) Call Emergency Control Center mobile phone 052-744-2939 Dial extension 5555

◆ Daiko Campus (in Japanese) mobile phone 052-719-1518 052-719-1504 052-719-1829

Also call 119 in case of fire or sudden illness

For concerns on your mental health: Dept. of Advising & Counseling Services, International Education & Exchange Center Tel: 052-788-6117

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) 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



NAGOYA UNIVERSITY Evacuation area MAP

Higashiyama Campus



Fill in your personal details now.

This card is used during the Nagoya University disaster preparedness training in fall.

Evacuee check card
For use during drill

Drill procedure

Earthquake Early Warnings

1 Take safety Action
(2-3 minutes)

2 Evacuate once the earthquake tremors have ended

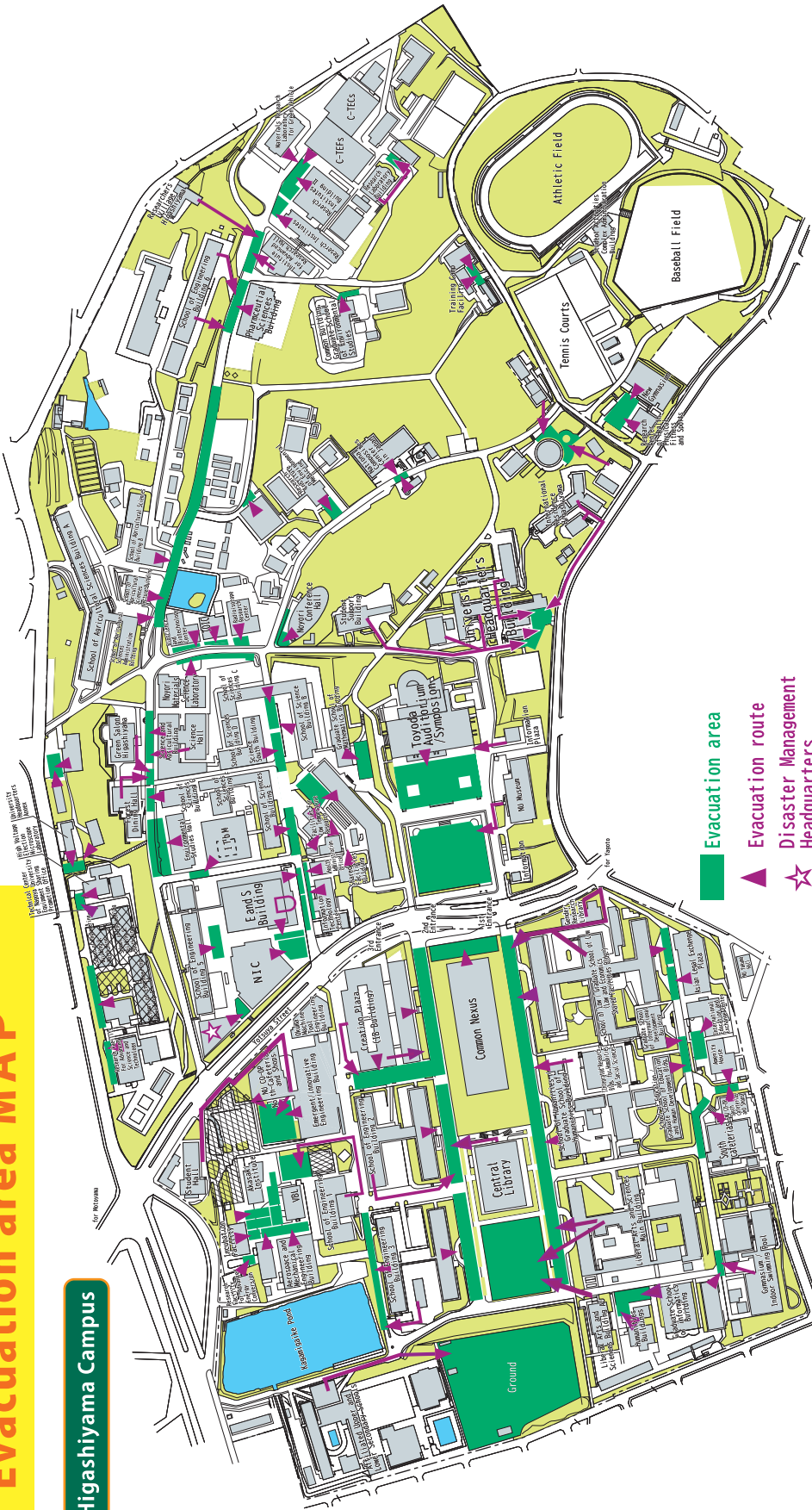
3 Check on evacuees
(submit evacuee check card)
Submit the card to faculty members or staffs after successfully evacuating to the primary evacuation area

Evacuee check card
For use during disasters

Fill in
your personal details
now.

This card is used as a record that you evacuated safely during a major earthquake, fire, and accident.

Enter your personal information ahead of time. Tear off and submit to faculty members or staffs once you have arrived at the primary evacuation area.



Daiko Campus

Tsurumai Campus

Evacuation area

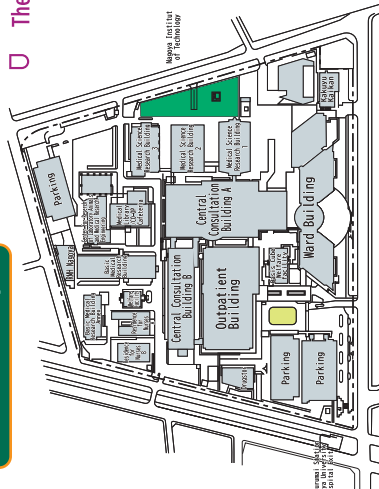
Evacuation route

Disaster Management Headquarters

Disaster Mitigation Research Building/Disaster Management Office)

The First-aid station

※Evacuation areas may change due to the start of new construction work.



The Evacuation area is a temporary evacuation site near buildings for use during major earthquakes. Wait here for instructions to be issued by Nagoya University.

Memorandum

You never know when you might encounter a disaster in everyday life, such as during a lecture, experiment, or while riding a train. Imagine the troubles you will face in various situations during a disaster. In case the communication function becomes unavailable, check and write down your family's contact information and nearby evacuation centers in advance.

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 risk of a tsunami for about a week after the announcement. Prior area subject to pre-evacuation in Nagoya City is designated as an area in which an earthquake is expected to occur (An earthquake is expected to occur within 30 minutes from the occurrence of the earthquake.). At the university regarding the organization of classes, returning home, etc., please stay abreast of the situation.



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

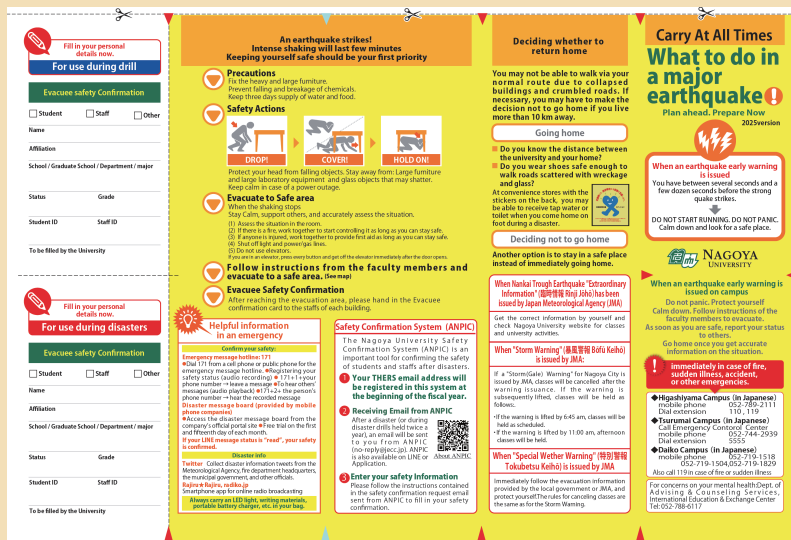


Traces of a fire of a chemical laboratory due to the shaking (in Tohoku Univ.)

How to use “What to do in a major earthquake !”

The next page is the "What to do in a major earthquake!" (with "Evacuee Confirmation Card"). Cut it out and fold it to make it pocket size.

- It comes with an important card that can be used when communication functions become unavailable in the event of a disaster. **Cut it out according to the cutting lines and carry it with you at all times.** (Note!: Do not cut out the "Evacuee Confirmation Card" now.)
- **Please fill out the "Evacuee Confirmation Card" immediately.**
 - 【For use for during drill】 During the university-wide disaster prevention drill on October 28th (Tuesday), it is separated and submitted to the department's disaster prevention personnel.
 - 【For use for during disasters】 During disasters, it is separated and submitted.



【How to make】

Please fold in the order of ① to ⑤


▲ mountain fold ▲ valley hold

Sample (FY 2025 Version)

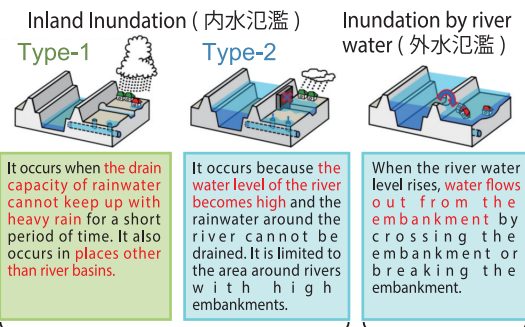


Damage caused by heavy rains and storms

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) Type-1

It occurs when the **drain capacity of rainwater cannot keep up with heavy rain** for a short period of time. It also occurs in **places other than river basins**.

Inundation by river water (外水氾濫) Type-2

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

Nagoya University Safety Confirmation System (ANPIC)

The Nagoya 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 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/*****) 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.**



About ANPIC

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 manual or NU portal:

<https://portal.nagoya-u.ac.jp/app/group/faculty/business/disaster-prevention> (Japanese version only).

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

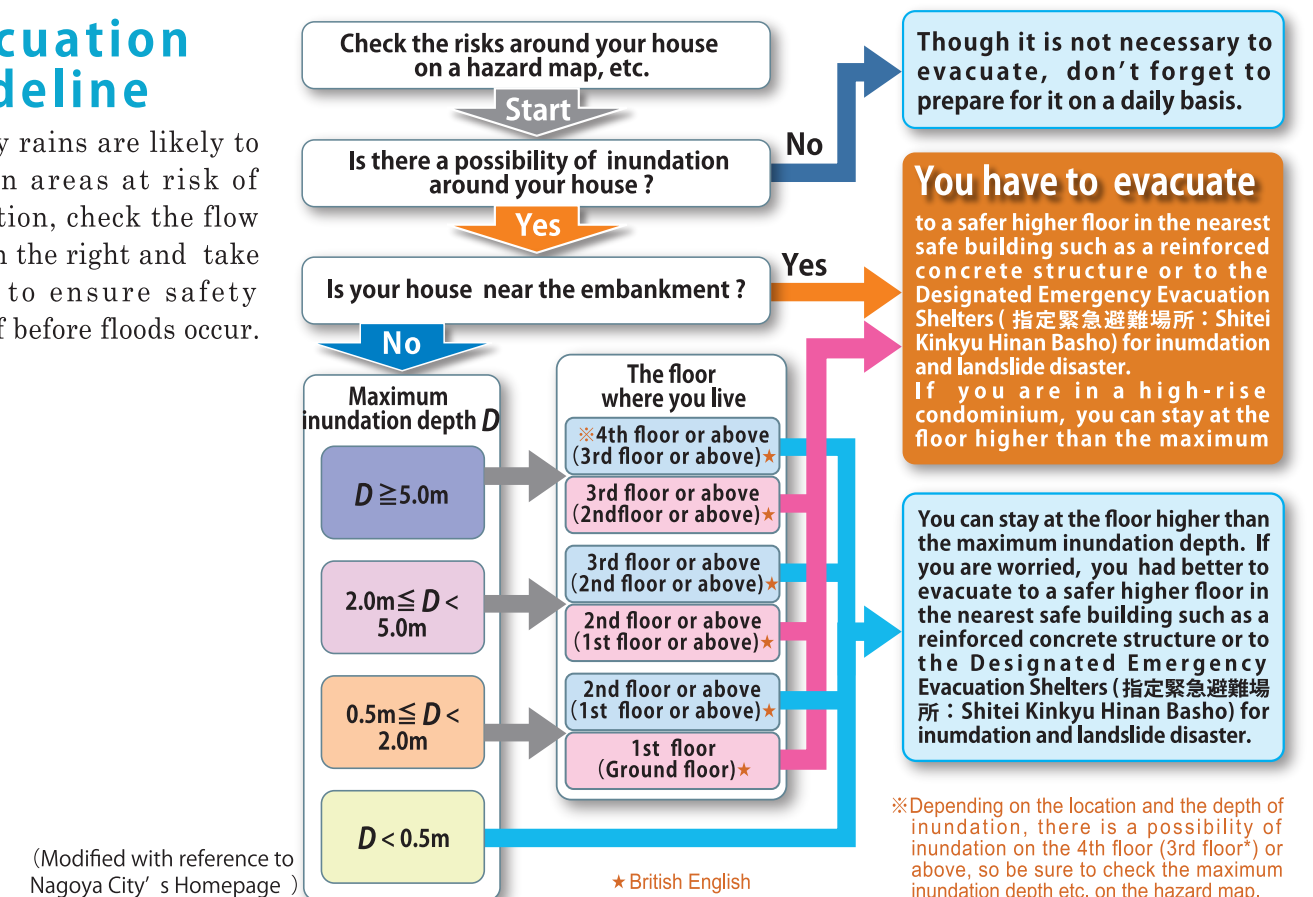
Primary evacuation areas and evacuation routes near each building have been specified. Check in advance so that you can evacuate smoothly. Also, do not store goods near exits and passageways.

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.

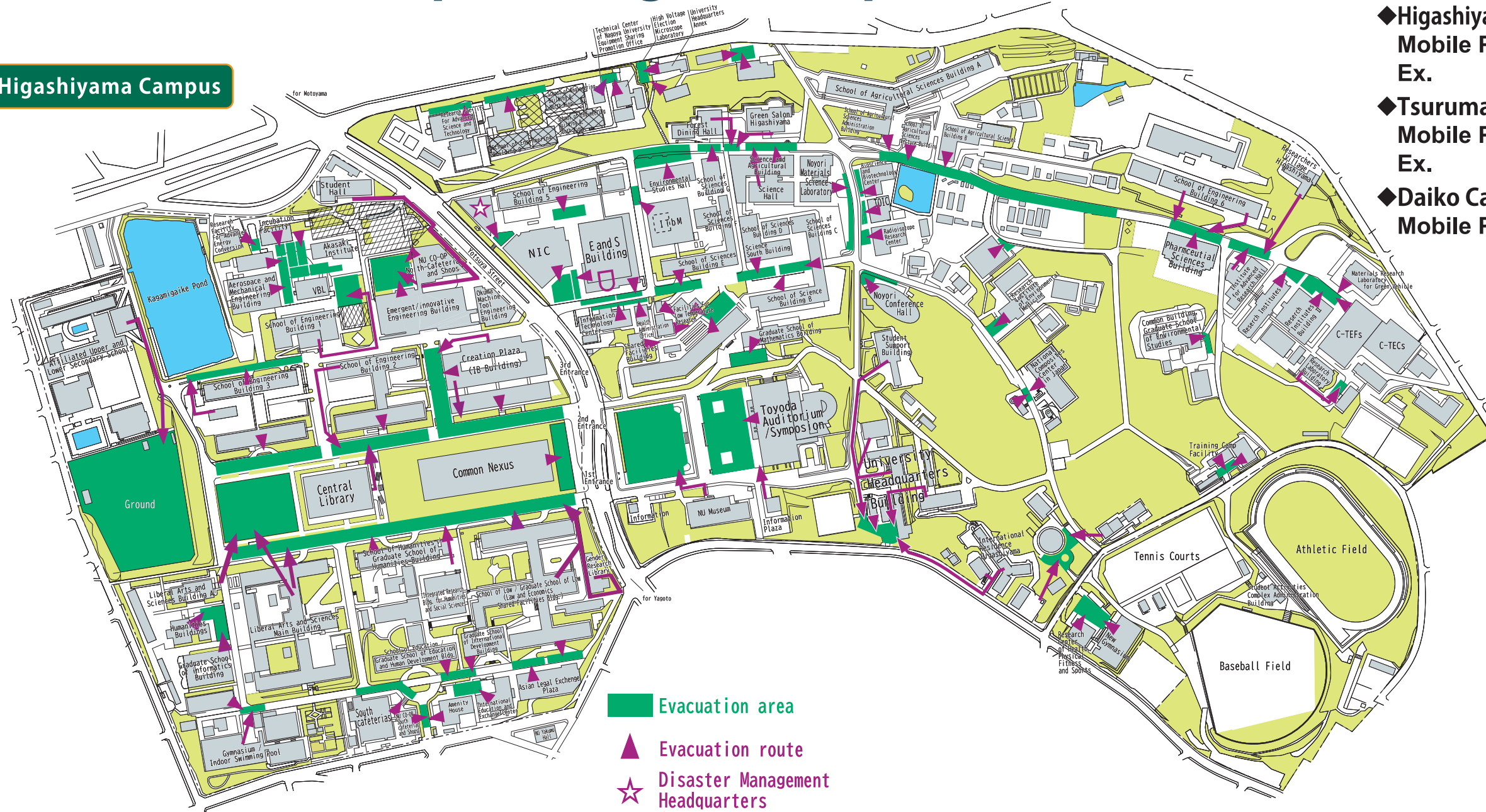


University classes and exams at the time of weather warning information

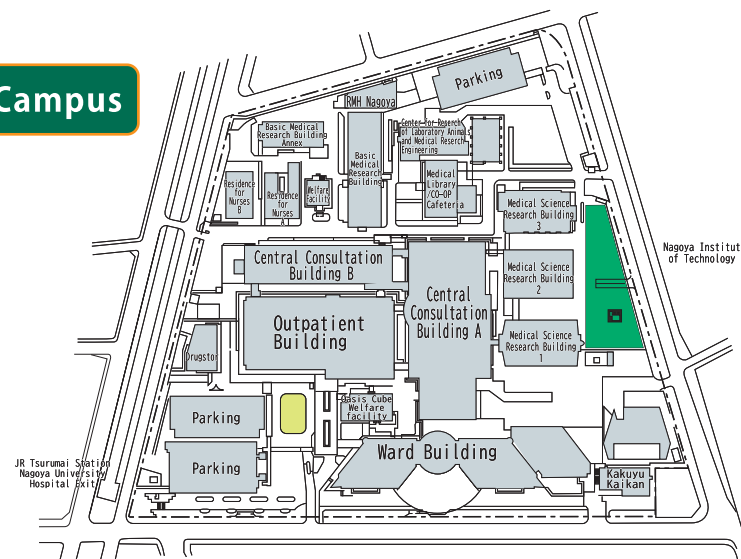
At Nagoya University, if various emergency warnings or storm warnings are issued at the place where classes and regular examinations are held, the classes that start after the announcement will be canceled (except for online lessons using ICT, etc.). For details, please check the Nagoya University portal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

Evacuation Area Map for Large Earthquake

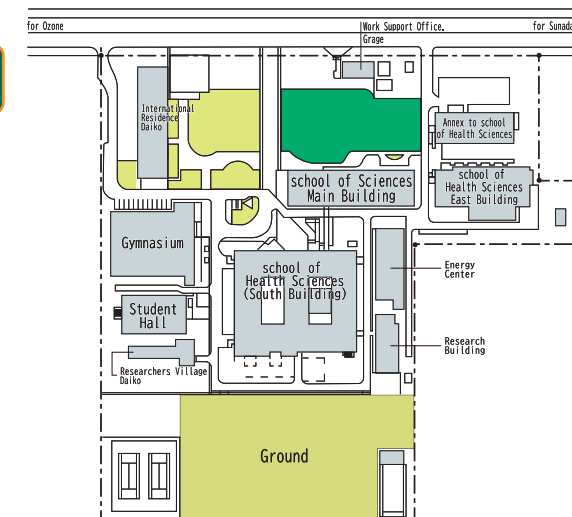
Higashiyama Campus



Tsurumai Campus



Daiko Campus



Contact in case of emergency

- ◆Higashiyama Campus (in Japanese)**
Mobile Phone 052-789-2111
Ex. 110、 119
- ◆Tsurumai Campus (in Japanese)**
Mobile Phone 052-744-2939
Ex. 5555
- ◆Daiko Campus (in Japanese)**
Mobile Phone 052-719-1504
052-719-1518
052-719-1829

 Evacuation area

▲ Evacuation route

☆ Disaster Management Headquarters

(Disaster Mitigation
Research Building/
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U The First-aid station

The Evacuation area is a temporary evacuation site near buildings for use during major earthquakes.

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※Evacuation areas may change due to the start of new construction work.