

When snow warnings or advisories (heavy snow, blizzards) are issued, monitor weather conditions and avoid unnecessary outings. Exercise extreme caution as there are risks of power outages and carbon monoxide (CO) poisoning even indoors.

## ○ When inside the house

- ▶ If the intake and exhaust vents of FF (forced flue) heaters are blocked by snow, there is a risk of carbon monoxide (CO) poisoning. Inspect and clear snow regularly.
- ▶ Monitor the snow accumulation and shovel as necessary to keep the doors from being blocked.
- ▶ Prepare for power outages by having flashlights, portable radios, space heaters, and kerosene ready.



## ○ When out and about

- ▶ Whiteout conditions can cause disorientation. Seek shelter in a nearby building, such as a shop or convenience store.



## ○ Preventing falls during snow removal

- ▶ Clear snow from roofs with at least two people, carry a mobile phone, and ensure thorough accident prevention!
- ▶ Always use a safety rope and remember to secure your ladder.
- ▶ Be careful on warm days as snow melts and becomes slippery.
- ▶ Always turn off the engine before clearing a clog in a snowblower.



## ○ When driving a car

- ▶ In the event of a whiteout (low visibility), avoid driving beyond your limits and wait for the weather to clear at a convenience store or similar safe location.
- ▶ Check weather and road information.

**!**  
Do not push yourself; wait for the weather to improve

**Check road information**

Kita-no-Michi Navi (Northern Road Navi)

Blizzard visibility information



Ministry of Land, Infrastructure, Transport and Tourism (MLIT)

Road Information System



## ○ When your car is stranded

- ▶ Alert following vehicles by flashing hazard lights or placing a warning triangle.
- ▶ Request rescue from road services like JAF, the police/fire department, or nearby shops and homes.

If you notice any road hazards or damage	For car breakdowns/towing
<b>Road Emergency Dial</b>  <span style="font-size: 1.5em; font-weight: bold;">#9910</span> (Abbreviated Dial)	<b>JAF Road Service</b>  <span style="font-size: 1.5em; font-weight: bold;">0570-00-8139</span> or <span style="font-size: 1.5em; font-weight: bold;">#8139</span>

## Beware of carbon monoxide (CO) poisoning!

To eliminate the risk of carbon monoxide (CO) poisoning, it is vital to turn off the engine. Use winter clothing, blankets, or even newspapers to stay warm. If you must run the engine for heat, clear snow away from the exhaust pipe frequently. Be especially careful of snowdrifts. Ventilate the car often and turn the engine off once the cabin is warm.

## Be prepared for accidents and becoming stranded

**!**  
Useful items to keep in your car

  
Traction mats

  
Blanket

  
Snow brush

  
Tow rope

  
Jumper cables

  
Gloves

  
Rain boots

  
Cold-weather gear

  
Shovel

Keep your fuel tank full during the winter season!

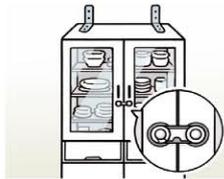
Falling furniture is a leading cause of injury during earthquakes, and scattered debris can delay your escape. Routinely inspect your home to ensure it is safe.

## Household Disaster Mitigation Measures

### Furniture layout

Arrange furniture so it does not block exits or sleeping areas.

### Door stoppers

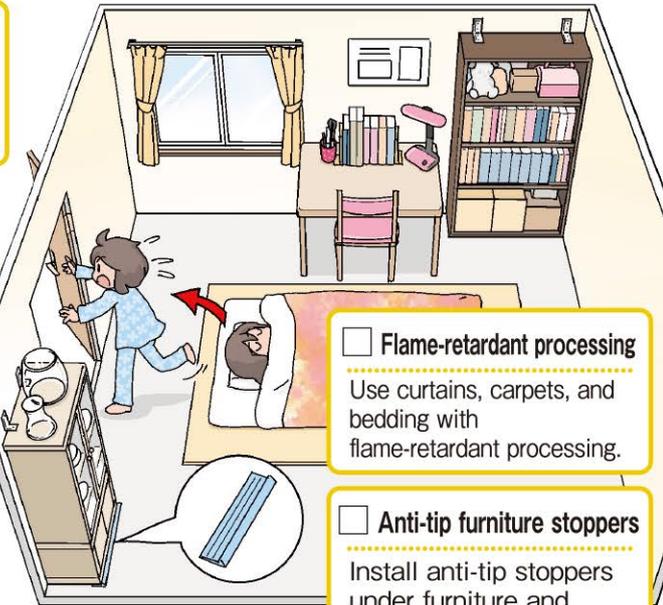


Do not place fragile items on top of furniture. Install door stoppers and apply shatter-resistant film to glass surfaces.

### TV / PC



Place as low as possible and secure with earthquake-resistant adhesive mats.



### Flame-retardant processing

Use curtains, carpets, and bedding with flame-retardant processing.

### Anti-tip furniture stoppers

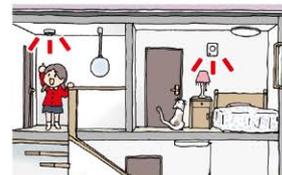
Install anti-tip stoppers under furniture and bookshelves.

### Window glass



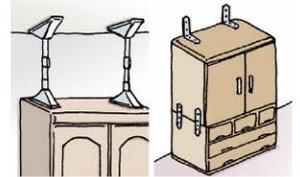
Apply shatter-resistant film. Curtains also serve as a shatter-prevention measure.

### Fire alarms



Install alarms in all bedrooms and at the top of stairs on floors where bedrooms are located, and perform periodic inspections.

### Furniture Brace (tension poles) / L-shaped brackets

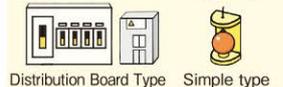


Secure tall furniture and bookshelves using furniture brace (tension poles) or L-brackets. To lower the center of gravity, store heavy items at the bottom and lighter items on top.

### Installation of seismic circuit breakers

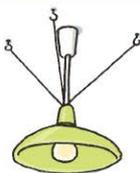


Types of seismic circuit breakers



prevent electrical fires, seismic circuit breakers that automatically shut off power when they detect a tremor are effective.

### Lighting fixtures



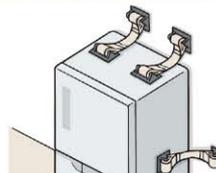
For fixtures suspended by a single cord, reinforce them with chains or wires.

### Heating equipment



Do not place flammable items or spray cans nearby.

### Refrigerator



Secure the top or side panels of the refrigerator to the wall using belt-style anchors.

### Entrance area



Place flowerpots and bicycles so they do not obstruct evacuation. Do not leave waste paper outside.



### Seismic Diagnosis: Assessing the Safety of Your Home

While earthquakes are rare in Asahikawa, a major quake could still happen. First, check your local risk levels using the "Asahikawa City Earthquake Disaster Prevention Map," and prepare by performing seismic diagnoses and retrofitting for houses and buildings. Asahikawa City also provides subsidy programs for these seismic inspections.

Regarding Seismic Resistance for Housing and Buildings in Asahikawa City



Regarding the Asahikawa City Seismic Retrofit Promotion Plan (Asahikawa City Earthquake Disaster Prevention Map)





## Emergency Evacuation Procedures During an Earthquake



From the Occurrence of the Earthquake

1 minute

### First and Foremost, "Protect Yourself"!!

When you feel a strong tremor or receive an Earthquake Early Warning, protect yourself first and wait until the shaking stops.



#### When Indoors

- ▶ Stay away from furniture and glass.
- ▶ Protect your head.



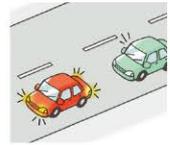
#### While Outdoors

- ▶ Watch for collapsed or falling objects.
- ▶ Follow the instructions of staff.
- ▶ If in an elevator, press all buttons and exit on the floor where it stops.



#### While Driving a Vehicle

- ▶ Turn on hazard lights, decelerate gradually, and pull over to the left.



#### While on a Train or Bus

- ▶ Hold onto railings or straps.

From the Occurrence of the Earthquake

1 to 5 minutes

### Once the "shaking" stops...

Once the shaking stops, remain calm and act carefully. Confirm your safety and assess the situation; if there is a risk of building collapse, evacuate immediately. To prevent electrical fires upon power restoration, ensure you shut off the main breaker before you leave.



If Deemed Dangerous

Quickly Evacuate



#### Check Ignition Sources

Check ignition sources like stoves, gas appliances, heaters, and cigarettes to prevent fires.

#### Secure Exits

Open doors and windows to prevent them from becoming stuck due to the building tilting.

#### Assess the Situation

Watch for glass shards and toppled furniture; confirm and ensure the safety of family and surroundings.

#### Obtain Information

Obtain accurate disaster information via TV, radio, etc.

From the Occurrence of the Earthquake

5 minutes to several hours

### "Cooperate with the community"!!

Your neighbors are in the same situation. While staying alert for aftershocks, check on each other's safety and cooperate if there is any damage.

- ▶ Do Not Approach Dangerous Areas
- ▶ Confirming the Status of Missing Persons
- ▶ Rescue and aid for the injured
- ▶ Assist those who need extra help (elderly, people with disabilities, the sick, pregnant women, etc.)
- ▶ Initial firefighting when a fire breaks out



A fire in the event of

### "Initial firefighting"!!

#### Alert Others Quickly

If you find a fire, alert those around you by shouting or making loud noises.



#### Put Out Fires Early

Use water or a fire extinguisher to put out the fire. Fire extinguishers are the most effective for initial firefighting.



#### Evacuate Quickly

Once the fire reaches the ceiling, it is beyond your ability to extinguish. Evacuate immediately!



# Preparing for Power Outages



Power outages can occur year-round due to various causes, including earthquakes, windstorms, blizzards, lightning, tornadoes, and heavy snow. If the power goes out, remain calm and follow the steps below. As outages can be prolonged, please ensure you are prepared in advance.

## What to Do in a Power Outage

If you think there is a power outage, stay calm and assess the situation first.

### Power Outage!

**First, check the status of the power outage!**

Only part of the house lost power.

Power is out throughout the entire house.

The neighbors have power

The neighbors also lost power

**Check your home's distribution board!**

**Check Power Outage Information!**

Check power outage information via radio, smartphone, etc.!

**Hokkaido Electric Power Network**

Power Outage Information (Kamikawa Region)

LINE Power Outage Information Message Service

## Two Essential Steps to Take During a Power Outage

### ① Unplug Electrical Appliances

Unplug your electrical appliances. This prevents "restoration fires" (fires caused by the return of power) that can occur if heat-generating devices, such as space heaters or irons are knocked over.

### ② Turn Off the Breaker Before Evacuating

When evacuating your home, please turn off the main breaker as shown in step ① on left, to prevent electrical fires upon power restoration. This also ensures that unnecessary lights do not turn back on automatically.

## Preparing for Power Outages

We rely heavily on electricity in our daily lives. Living without it is more difficult than you might imagine. Please prepare for power outages by considering different seasons and situations.

Season	Countermeasures	Items to prepare
Year-round	Emergency Lighting Measures	<b>Flashlights, lanterns, headlamps</b>
	Securing Means of Information and Communication	<b>Radio, spare batteries, mobile battery for mobile phones</b>
	Securing Cooking Utensils	<b>Portable gas stove</b>
	Countermeasures Using Vehicles	<b>Electric or hybrid vehicles with power supply functions</b>
	Securing Backup Power	<b>Generators and fuel, portable power stations, and home battery storage systems</b>
Winter	Cold Weather Measures	Portable kerosene heaters, cassette gas heaters, gloves, winter clothing, blankets, and disposable heat packs
Summer	Heatstroke Prevention Measures	Ice packs, small battery-powered fans, cooler boxes for refrigerated food

Power Outage

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