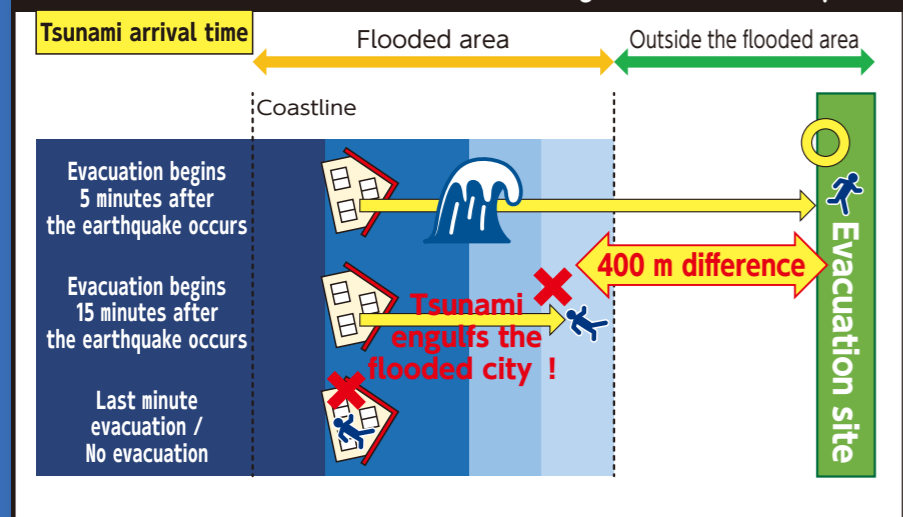


# earthquakes and tsunamis

## 3 Differences depending on evacuation starting time

Assuming that your speed of travel is 40 m/min, a 10-minute delay in evacuation means moving 400 meters less: the later you start evacuating, the higher the risk of being caught in the tsunami. When evacuating from a tsunami, the most important thing is to get as far away from the sea and rivers as possible, and move to higher ground. It is necessary to evacuate as soon as the earthquake subsides.

### Differences due to different evacuation starting times (summer, daytime)



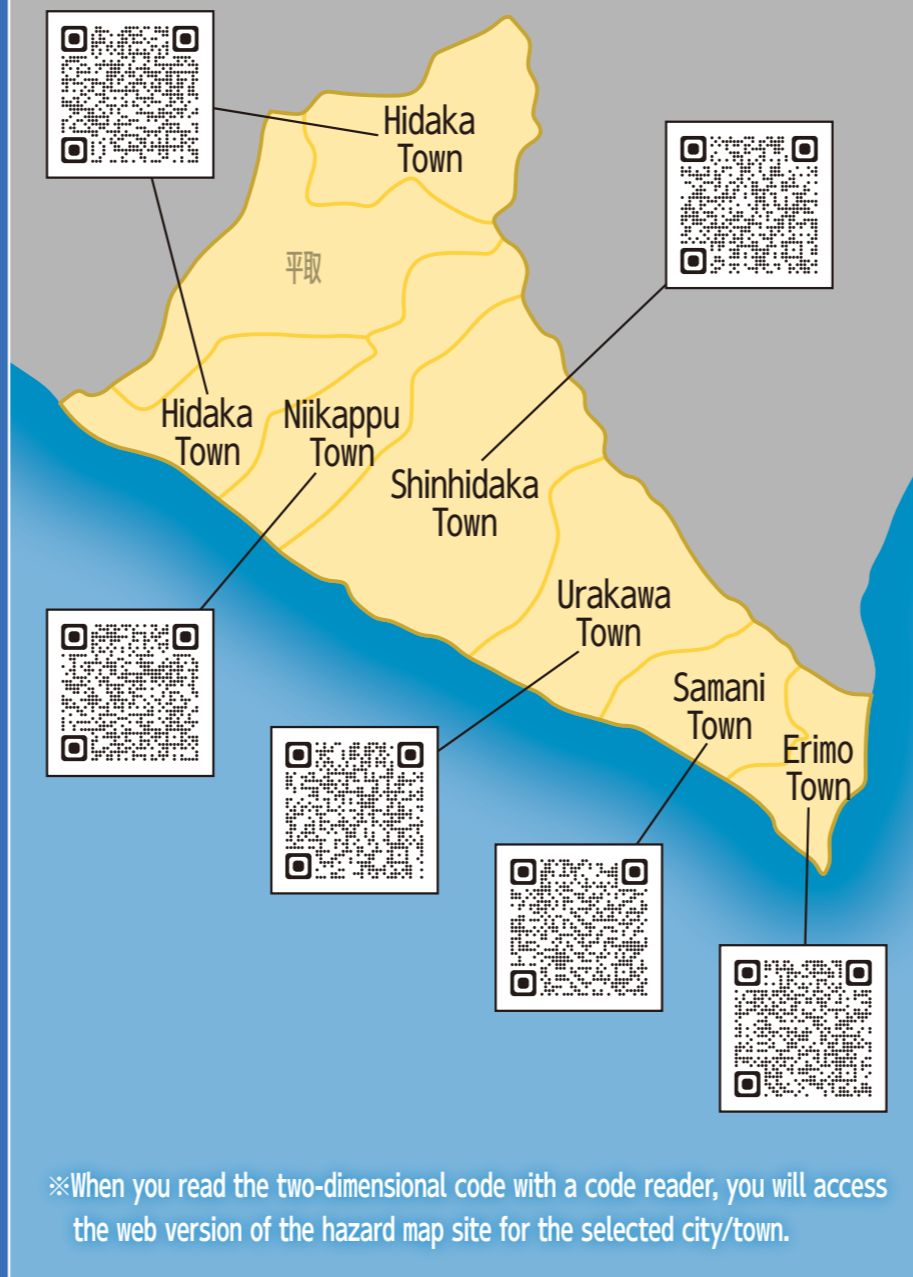
## 4 Risks related to hypothermia

Hokkaido is a cold and snowy region: you need to be prepared for evacuation during the harsh winter months. Even if you manage to evacuate to higher ground, secondary evacuation might be difficult if the primary evacuation site is far from urban areas, or if there has been road damage. As you stay longer in the primary evacuation site, the risk of death by hypothermia increases. The number of people who would require treatment for hypothermia is estimated to rise up to 15,000 people in the Kuril Trench model, and up to 66,000 people in the Japan Trench model.

### What is hypothermia?

- Hypothermia is a condition in which the core body temperature falls below 35°C (95°F). Low core body temperature increases the risk of death.
- Symptoms include severe tremors, impaired judgment, muscle stiffness, decreased pulse and breathing, and decreased blood pressure.

# Tsunami flooding hazard map(Hidaka area)



やま折り①

やま折り②

The contents of this leaflet can be viewed on video. Please access from the following URL or QR code.

<https://www.youtube.com/@user-hm1ez7im7v>



### Contact us

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Hokkaido General Affairs Department  
〒060-8588 Kita 3-jo Nishi 6-chome, Chuo-ku, Sapporo  
TEL.011-206-7804

<Inquiry form>

<https://www.pref.hokkaido.lg.jp/inquiry/?group=55&page=199>



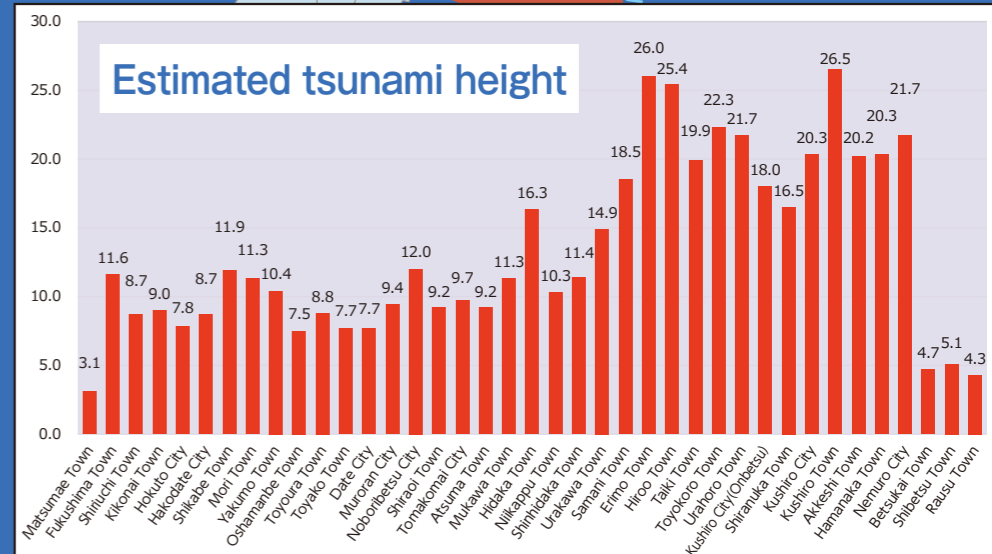
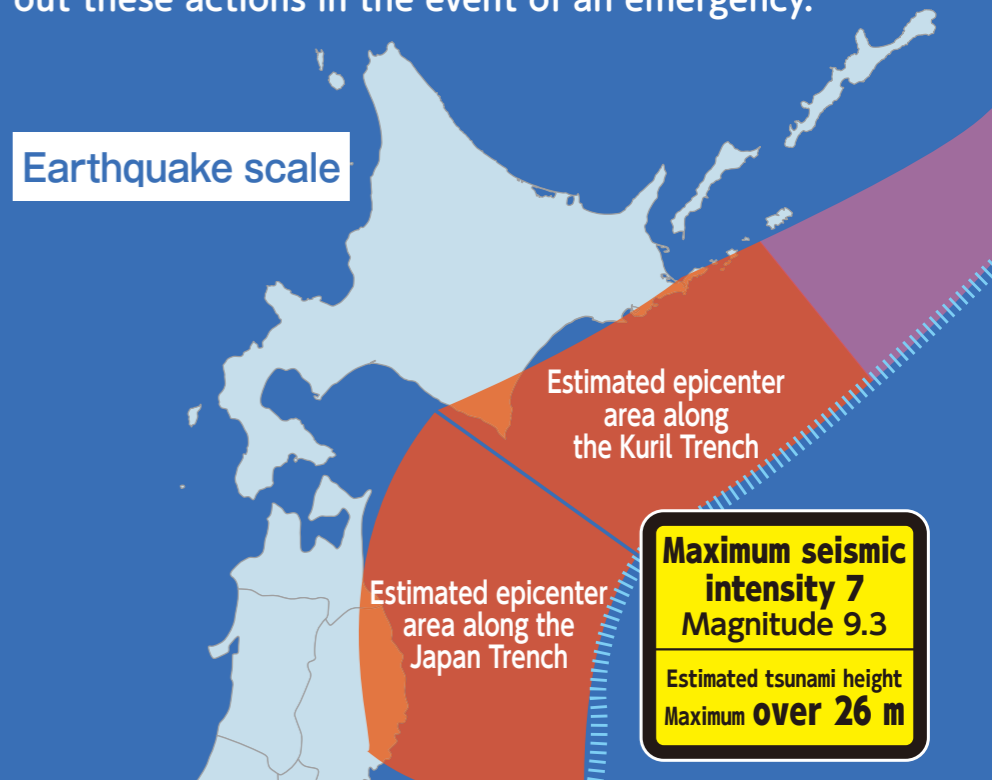
# To protect lives from tsunami

- The importance of early evacuation and warnings -

Large earthquakes and tsunami along the Japan Trench and Kuril Trench are said to be imminent. In order to protect our lives from them, each person must have the correct knowledge to quickly evacuate and take appropriate action.

This leaflet lists five points to protect your precious life. Please fully understand the contents, and prepare on a daily basis to ensure that you can reliably carry out these actions in the event of an emergency.

### Earthquake scale



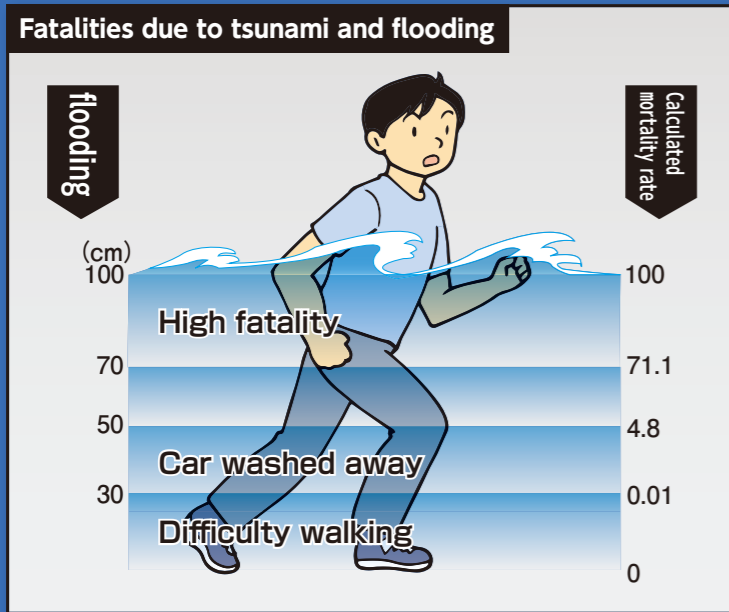
※The figure above shows the scale of the earthquake and the expected tsunami height. It is based on "Estimation of Damage from a Large Earthquake along the Japan Trench and Kuril Trench" released by the Hokkaido Government in July 2022. For more information, please visit the Hokkaido Government website.

# Estimated damage from huge

## 1 Characteristics of tsunami

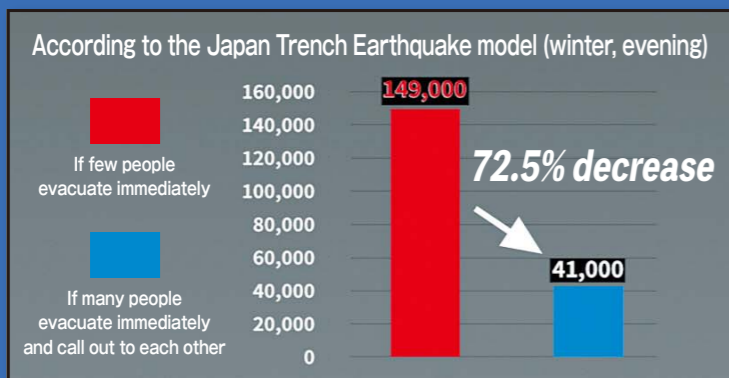
Tsunami are powerful: a wave of just 30 cm in height can make it impossible to remain standing, and a one-meter high tsunami has a calculated mortality rate of 100%.

A tsunami also travels faster in deeper waters: offshore, it is comparable to a jet plane, but as it gets closer to land and the water gets shallower, the speed slows down and the waves get higher.



## 2 Damage estimates of large earthquakes and tsunami show

that if the early evacuation rate is low, there could be up to 149,000 fatalities. If everyone flees quickly, much of the losses can be prevented. It is important to call out to those around you when evacuating, and to communicate accurate information on tsunami.



# 5 points to protect your life from tsunami



1 Take the initiative in evacuating (don't wait for instructions, call out to others).



2 Move away from the sea and rivers as soon as possible and evacuate to a safe place such as high ground or an evacuation building.



3 When evacuating, stay away from objects that can easily fall down, such as vending machines, block walls, telephone poles, etc.



4 Do not leave the evacuation area until the tsunami warning is lifted.



5 Anticipate snowfall, freezing, blizzards, etc., and check your cold weather measures and evacuation plans on a regular basis.



## \*Plus One\* ~To prevent hypothermia~

- Change wet clothes immediately
- To avoid cold walls and floors, use a cardboard bed and sleeping bags
- Pay attention to keeping warm and warming your body so as not to lower your body temperature
- Eat warm meals if possible
- If you are outdoors and isolated, seek refuge in a place protected from the rain and wind, and consider evacuating indoors

