Friendly Disaster Prevention & Reduction Cards (Karuta)

「Easy」,「Simple」,「Soft」 & 「Kind」 - Card

Picture cards 45 cards
Description cards 45 cards
[Japanese version]
1 for each letter of Hiragana
Total 45 letters of Hiragana
[English version]
Each alphabet (26 letters) represented.
Multiple cards for some letters.

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Illustration : Mikiko Horikawa
Supervision : Disaster Expert Koushi Ashida
NPO Hyogo Pref Kurashi ni yasashi bousai gensai
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[Explanation & Request regarding Karuta]

①This Karuta uses easy to understand words and drawings so that everyone may have proper knowledge about avoiding or reducing disaster and aid in self-help, that is to say [saving ones life by one self].
Please explain the meaning in the words read according to the audiences ages and comprehension ability, after playing the Karuta and picking up the cards.
It is possible to memorize the words in red also.
The Karuta was created by a disaster prevention expert who also experienced first hand the Hanshin Awaji Earthquake and is illustrated by a Ashiya City illustrator.

②Ink may be non-permanent. Do not wet the Karuta.
Also keep it away from fire source.

NPO法人 兵庫県暮らしにやさしい防災・減災（C）
http://bou31gen31.org/wp/

「Mutual-help」
互助
「Cooperation」
協働
自助
「Self-help」
P

P

Principles are「Self-help・Mutual-help・Cooperation」

「Save own life (Self help)」、
「Help each other (Mutual help)」、
「Everyone work together (Cooperation)」
are the three principles for overcoming large disasters

「disaster prevention and reduction」

D

D

Discuss about disaster prevention and reduction

Man is small and weak compared to natures forces
We must discuss ways how to prevent disasters as well as to reduce casualties and damages
It is not possible to avoid natural disasters, however it is important to discuss and find ways of minimizing the effects of such disasters

E

E

Exercising will be your strength when evacuating

Should「walk」,「squat」or「raise legs」etc to train the lower body. 70% of the muscles are in the lower body and by training them can prevent diabetes, high blood pressure
osteoporosis and also have a beneficial influence on the brain

Quote from (Dr) Ishihara's book「To self discover ailments and self cure」

E

E

Elevators - Do not use during disasters

Can get trapped inside elevators in times of power blackouts. Use stairs instead of elevators

0

O

Overlate evacuation is dangerous

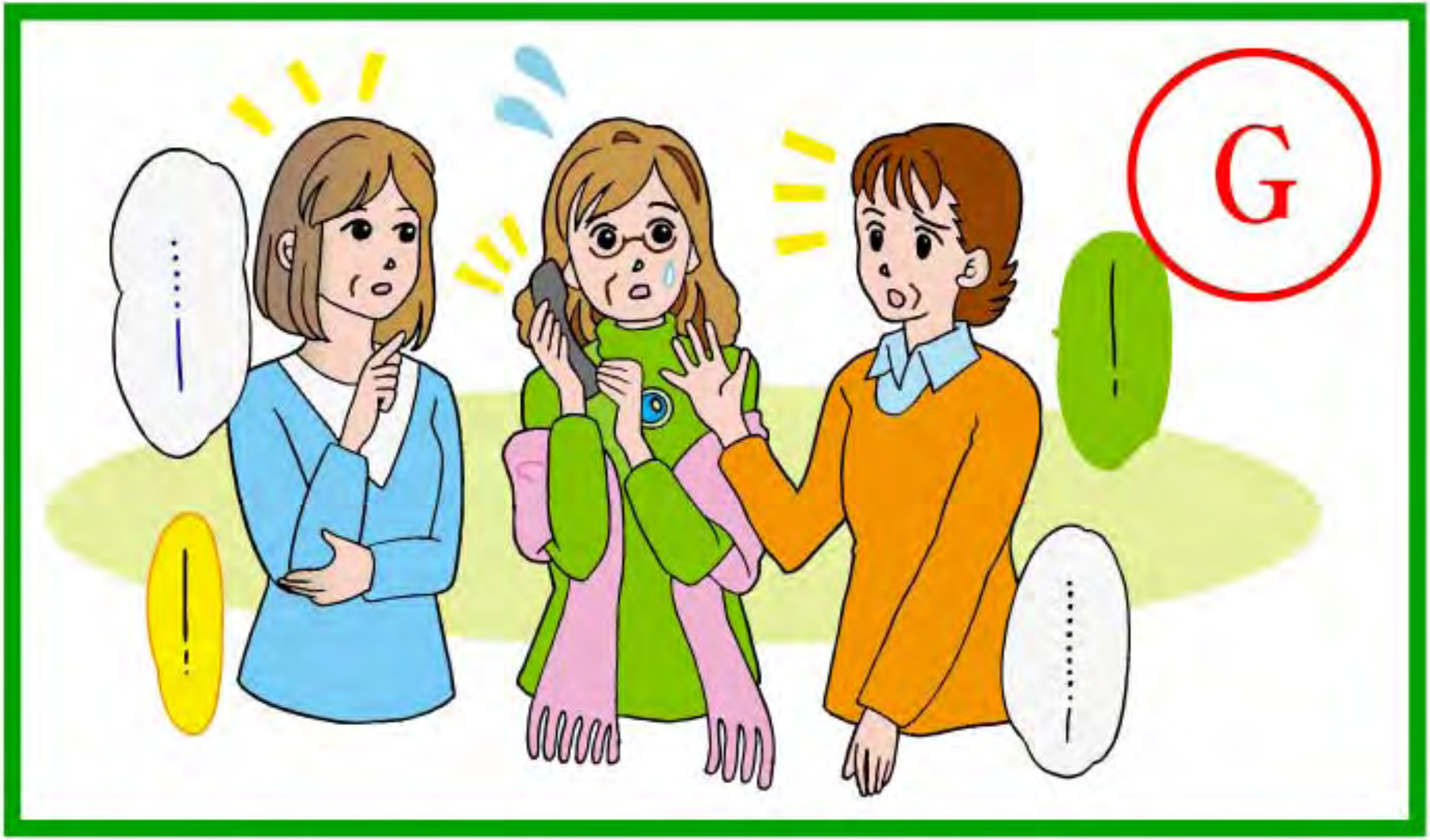
During heavy downpour or flooding, check whether it is safe to go to the evacuation center Can roads in between be used and are bridges safe to cross? If there is a fire, early fire fighting efforts and quick evacuation can save lives

F

F

Fire prevention. Confirm fire safety

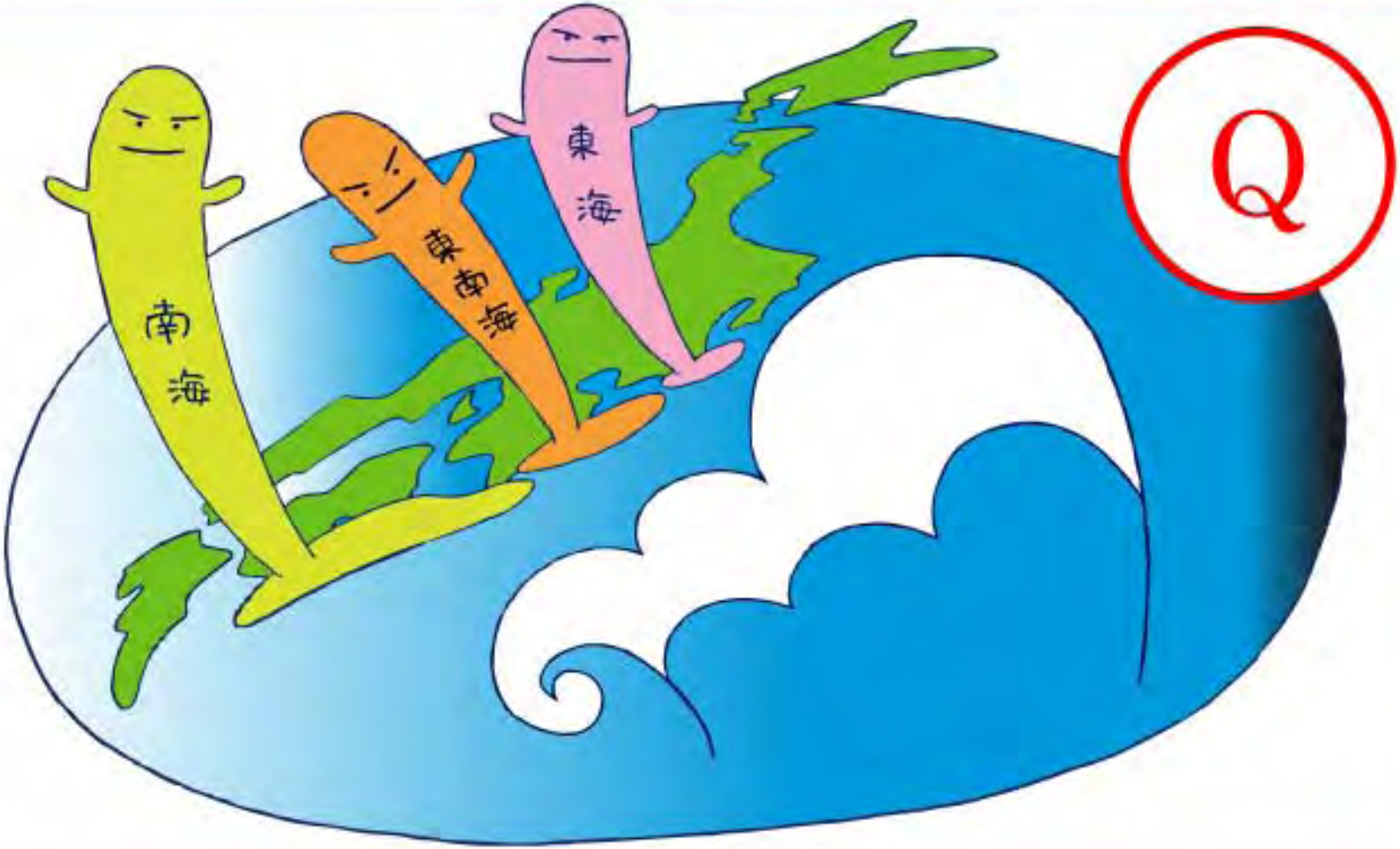
Shut all sources of fire without panicking.
Unplug electrical appliances and confirm fire safety


G

G

Gossip & hearsay to curtail

Due to fear and uncertainty, misinformation tends to propagate during disasters. Try to ascertain the truth and provide correct information to others after confirming reliability


南海
東南海
東海
Q

Q

Quake three brothers - they are coming!

Have you heard of「Quake three bothers」
・・・Not quite meatball three brothers as in the song
「Tokai」「Tonankai」「Nankai」Earthquakes are expected to strike almost simultaneously in the near future
During Nankai earthquake the shaking can be intensity of 6 and tsunami is expected. Evacuate to higher floors of a well built strong building without panicking

C

C

Catch smoke. Fire Alarm

To extinguish fires early and for quick evacuation placing of fire alarms in bedrooms and stairwells are required by law. It is also recommended that smoke detectors be placed in kitchens

H

H

Heavy rains bring Flooding/landslides

After continuous heavy rains of 30mm in an hour,
danger of flooding and landslides is high
Evacuate to safe place early
Avoid passing by rivers or low lying roads while
evacuating

A disaster message dial

災害用伝言ダイヤル

171

Make a Poone Call

伝言録音は→171→1→市外局番からの電話番号

Record dial 171-1

伝言再生は→171→2→市外局番からの電話番号

Play a Tape 171-2

a telephone numbers

A

A

Ascertain safety using disaster message dial

Telephones get clogged up in times of large disasters
NTT sets up disaster message dials which can be
be used by dialling「171」and reporting personal safety

D

D

Do not panic when earthquake strikes !

Earthquake right above its epicenter will shake
for a few seconds. Nankai Earthquake may shake for 2 minutes
Shut off all sources of fire and evacuate without panicking

U

U

Useful disaster goods

Take essential things when evacuating
Flashlight, radio, whistle and drinking water
can help you survive for a few days
If possible keep ready emergency food also
Hat, helmet of zabuton to protect your head
and easy to move shoes should be taken

N

N

Narrow confined toilet is safe

From old times, during earthquakes
toilets which are narrow and confined spaces with only walls
were considered the most safe places in the house

M

M

Make assumptions to save lives

Consider the worst case scenarios and how to prevent/reduce calamities to save lives
Tsunami can be twice as large as predicted and scale of disaster can be huge. Assume that predictions may not be accurate

T

T

Tornadoes are carried by huge cloud columns

Notice rapidly developing huge cloud columns (cumulonimbus) Listen to information about tornadoes and try to reduce the damage from high winds Listen to forecasts for thunder and heavy rains

U

U

Underground water changes can predict disasters

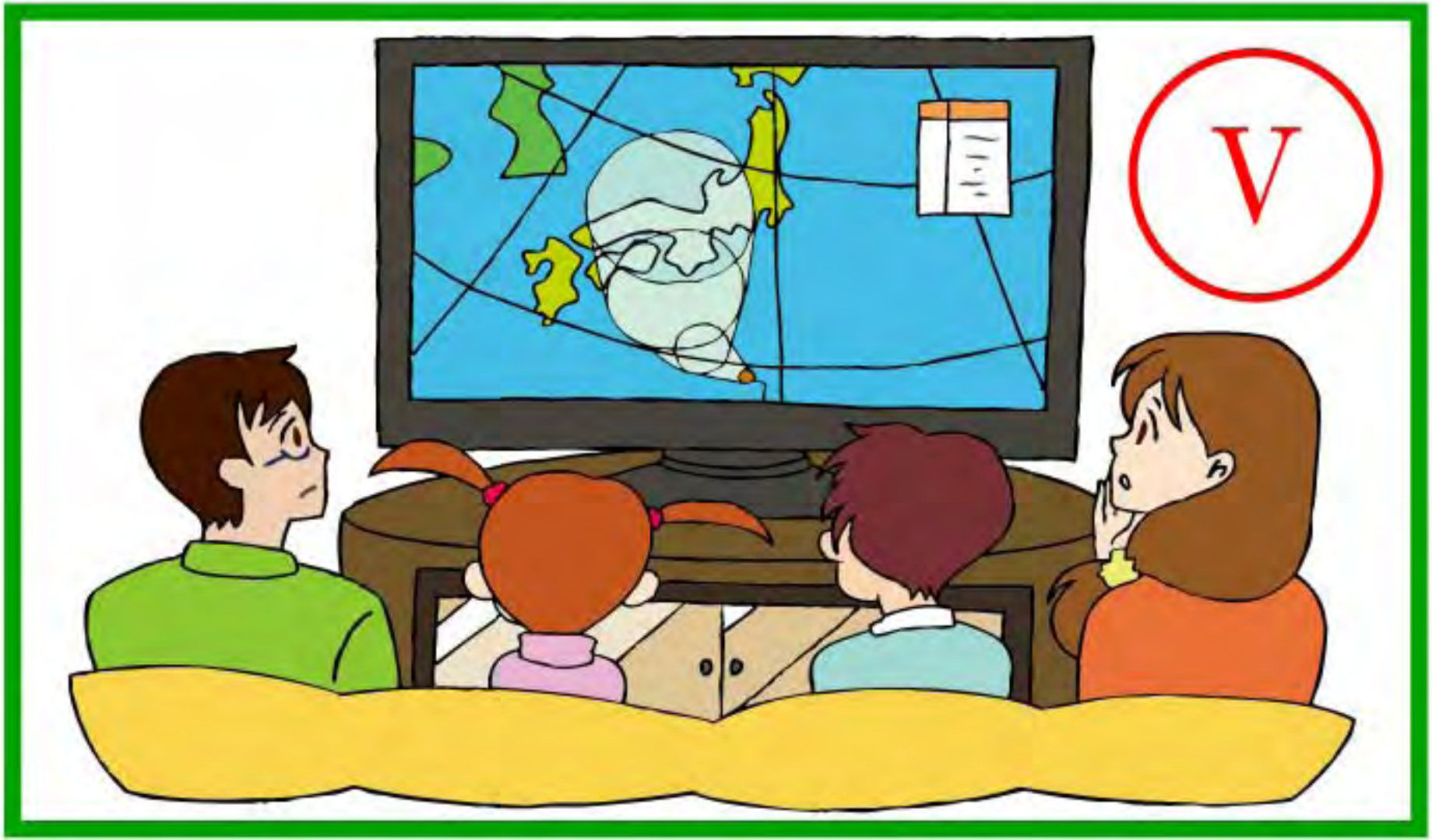
Changes in the water gushing out on mountain slopes
or the muddiness of the water can signal
the danger of an avalanche or landslide
Also rumbling inside a well can signal the
arrival of a tsunami

T

T

Tsunami - Run to high ground

Once you see a tsunami it is too late to evacuate
The fastest olympian runner runs at
・how fast？・・・（Answer） 36km/hour
Tsunami travels near the land at 50 km/hour
As soon as tsunami warning is heard,
run for the high gorunds


V

V

View on television Typhoon information

Typhoon information provides size and strength of typhoon as well as its predicted path
Check typhoon information on television and consider damage control strategy

D

D

Disaster drills together with neighbors

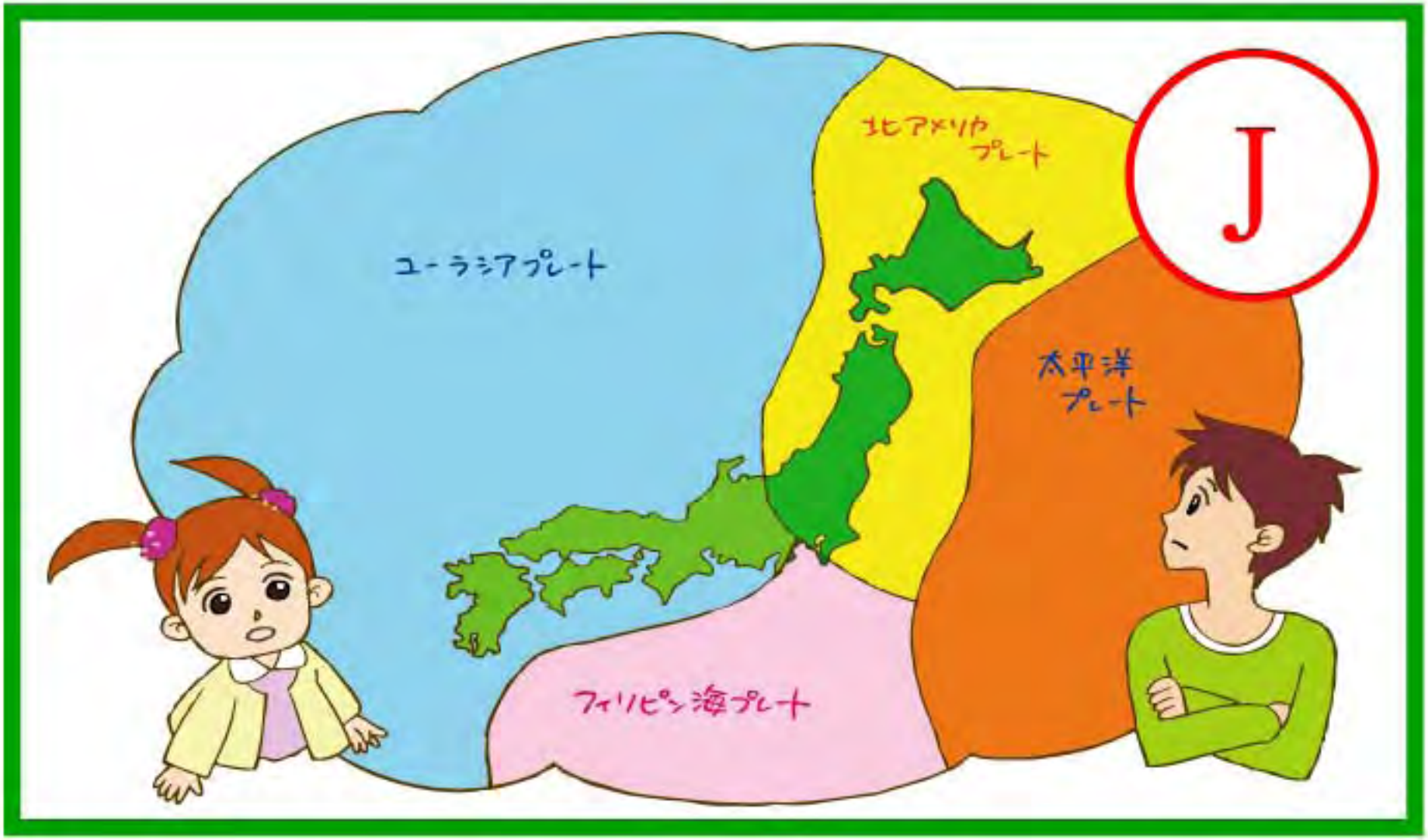
Many communities and townships have disaster prevention associations. Participate in drills organized and be prepared to help the community in times of disasters

A
通行禁止

A

Avalanches occur instantanously, flash floods and lightening too

Snow fallen on slopes gets heavy with inclusion of water and instantaneously collapse. When a lot of water sinks into a slope flashfloods Bolts of lightening also strike instantaneously or landslides ocur. Be aware of such situations and move away from below the slopes


J
ユーラシアプレート
北アメリカプレート
太平洋プレート
フィリピン海プレート

J

Japan - active faults everywhere

Earthquake occurs when active faults move.
Japan is above 4 plates and when deep below the rock layer collapses and moves, earthquakes occur
In Japan there isnt a place where earthquakes do not occur