



☆Be Prepared for Disaster☆

From May to November is the season when 『Localized Torrential Rain』 (heavy outbreak of rain in a short period of time) is likely to occur! Keep yourself and your family safe by preparing in advance and taking early evacuation actions.

【Preparation in Advance】

○Preparation for ‘when disaster occurs’ .

When a disaster occurs, lifelines such as electricity, gas, and water are likely to cut off.

Roads may be blocked or submerged, making it impossible for items to reach you.

Especially important things like water, food, and portable toilets should be prepared for at least 3 days, preferably 7 days.

○Check around your house with a Hazard Map.

Knowing where to evacuate, what route to take, how to evacuate, and to discuss it with family.

Also, check to see if there are any dangerous places along the evacuation route, and check the time it takes to go to the evacuation site.

Click here for Hazard Map 



〈Points to check the Hazard Map〉

- Will my house be flooded?
- How deep will it be submerged?
- How long will it be submerged?
- Is my house in a landslide warning area?



【When typhoon or heavy rain approaches・・・】

When there is a risk of a disaster occurring, various disaster prevention information will be sent out. To help you evacuate early, make sure to check information on nearby rivers, water levels upstream, weather information, and flood forecasts.

◇For more: contact the Crisis Management Division (☎0284-20-2247)

☆Get Prepared for Summer Heat☆

It's the season when temperatures rise, and we need to be careful about **Heat Stroke**. In Ashikaga City, elderly people in particular are collapsing indoors due to heat stroke.

How to avoid heatstroke・・・

○Cooling Use air conditioner inside the room to cool down, and move outside to well-ventilated, shaded area.

○Hydration Drink regularly before getting thirsty.

When exercising, use Oral Rehydration Solutions (drinks to keep hydrated when at high risk of heatstroke).

○Taking Breaks Lack of sleep can easily lead to heatstroke.

Get a good night's sleep and eat breakfast.

◇For more: contact the Health Promotion Division (☎0284-20-2372)

