



Emergency Management: A Guide for Personal & Family Preparedness

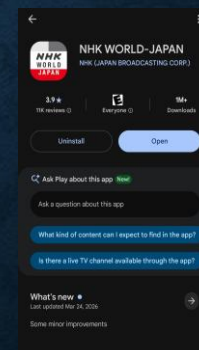
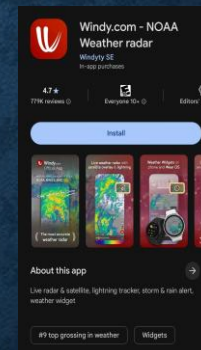


**COMFLEACT Sasebo
Emergency Management Office**



FREE HELPFUL APPS

- NERV App - Get a wide range of disaster prevention information, including: Weather, Typhoons, Rain Radar, Earthquakes, Tsunamis, Volcanic eruption alerts
- Windy App – Information on Typhoons and Weather, RED ICON NOT BLUE
- NHK World App – Information on weather, earthquakes, tsunamis; Set up Push notifications for disasters in SETTINGS Tab





MASS WARNING NOTIF(S)

GET NOTIFIED!!!

- Fleet Activities Sasebo has two mass warning notification systems that provides real-time alerts to the Navy community throughout the lifecycle of the incident/crisis through:
 - **Giant Voice (GV)** – A voice announcing system using exterior speakers. Alerts are transmitted with specific tones followed by an announcement.
 - **AtHoc notification system** – Rapidly and effectively alert registered personnel of critical information such as command messages, emergency situations, and/or incidents that impact the installation; ONLY ABLE TO CREATE AN ACCOUNT IF YOU HAVE ONE NET ACCESS

AtHoc Digital
Form



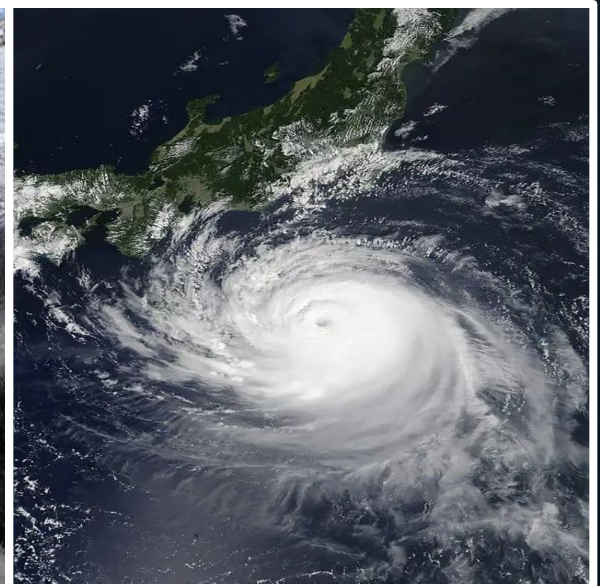
Email
information to
the CFAS-EM
Distro listed at
the bottom



NATURAL HAZARDS FOR SASEBO

Top Natural Hazards for Sasebo

- Flooding/Landslides/Mudslides
- Tropical Cyclones (Typhoons)
- Other Hazards: Earthquakes/Tsunamis

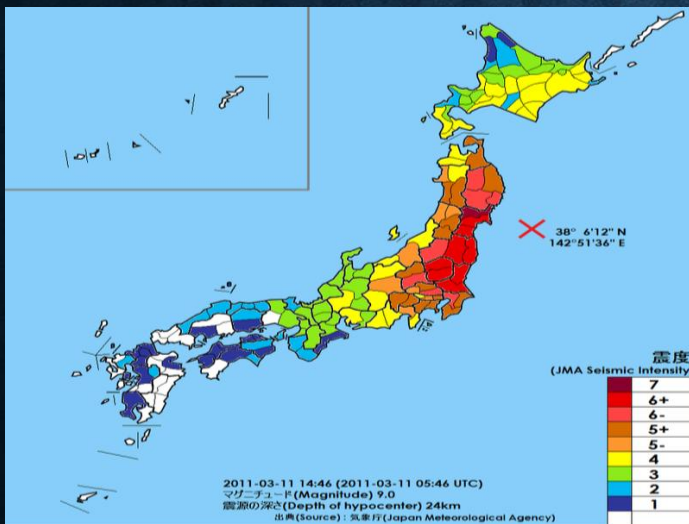




EARTHQUAKES

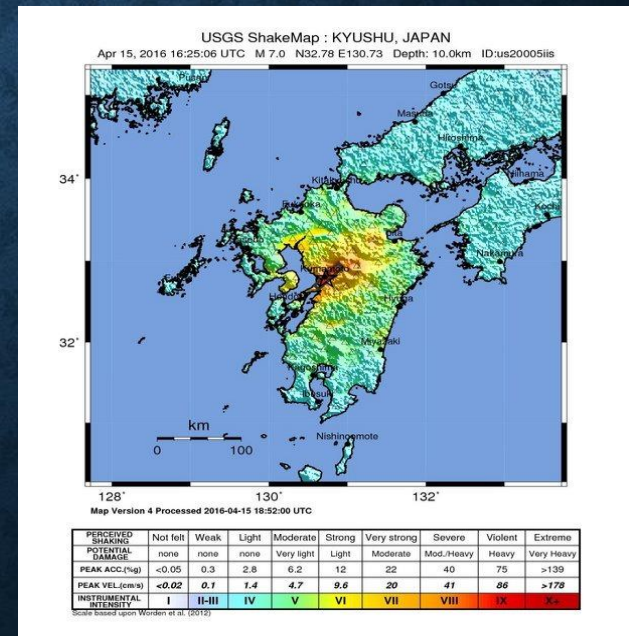
Great East Japan Earthquake of 2011

- Richter Scale – 9.0
- Shaking lasted for nearly 3 minutes (some reports of up to 6 minutes)
- 15,894 deaths
- 6,152 injured
- 2,562 missing
- Hundreds of thousands displaced
- Shifted the Honshu-island by 8-feet E-SE



Kumamoto Earthquake of 2016 (Kyushu)

- Richter Scale – 7.0
- Shaking lasted for nearly 4 minutes
- 227 dead
- 2,809 injured
- 44,000 evacuated



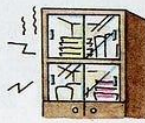


EARTHQUAKE SEISMIC INTENSITY SCALE

Japan utilizes the JMA Seismic Intensity Scale for measuring the intensity of an earthquake in addition to the Richter Scale

Seismic Intensity Scale and Estimated Physical Damage

(according to the Seismic Intensity Scale List created by the Meteorological Agency)

Scale 0	People feel no quake. 	Scale 5 lower	Furniture moves, and dinnerwares and books fall off the shelves. The windows may shatter. 
Scale 1	Some people indoors feel slight quake. 	Scale 5 upper	The falling of heavy furniture such as chests of drawers may be observed, and vending machines in the street may fall. Drivers have trouble steering. 
Scale 2	Many people indoors feel quake, and suspended objects such as luminaire slightly sway. 	Scale 6 lower	People have difficulty standing still. The shattering of wall tiles and windows is observed with many buildings, and doors could be damaged that they may not open. 
Scale 3	Most people indoors feel quake, and dinnerwares in the cupboard make a slight chatter. 	Scale 6 upper	People are unable to stand up and forced to crawl to move around. The falling of most heavy furniture is observed, and doors will be thrown into the air. 
Scale 4	Sleeping people are awakened, and potential falling of unstable objects in the room may be concerned. Some people feel quake while walking. 	Scale 7	People lose total control of their physical actions. Massive cracks appear in the ground, and landslides occur. 



OUTDOOR EARTHQUAKE RESPONSE

Stay outside and move away from buildings, power lines, sinkholes, and gas lines

Once in an open area get down low to the ground

If in a car, slow down and safely pull over to a clear area, and stay in the car





INDOOR EARTHQUAKE RESPONSE



Move away from windows, DROP to the ground, take COVER under a shelter, and HOLD ON!

If no shelter is available, get down next to an interior wall

DO NOT STAND IN THE DOORWAY!!!



VOLCANOES

- **Mount Unzen Volcano located within the Kyshu Province near the city of Shimabara, Nagasaki**
- **This is an ACTIVE Volcano which is located approximately 109 km (67.7 miles) from Sasebo**
- **Erupting volcanoes can potentially cause earthquakes which can be felt throughout the region**





TSUNAMI NATURAL WARNING SIGNS

- An earthquake can generate a tsunami of sufficient force, if there is violent movement of the earth causing a sudden displacement of massive amounts of water
 - Generally, a large earthquake that lasts more than 20 seconds may result in a tsunami
- Seawater receding from the shoreline, exposing the sea floor. Also called “drawback”
- A tsunami is not a single wave but a series of waves, also known as a wave train

This is drawback. If seen IMMEDIATELY retreat inland and to higher ground.





TSUNAMI DO'S

- Wherever you are, evacuate to higher ground. (i.e.. Dragonvale housing, parking garages, high rise buildings)
- Stay away from windows
- Discuss an evacuation plan with family members
- Stay alert of tsunami watches and warnings
- Wait for an official announcement that the danger has passed before returning home or to the beach



Tsunami Hazard
Zone Sign, Japan



Tsunami Evacuation
Area Sign, Japan



Tsunami Evacuation
Building Sign, Japan



Tsunami Evacuation
Route Sign



Tsunami Evacuation
Site Sign



TROPICAL CYCLONE CONDITION OF READINESS (TCCOR)

CFAS will remain in TCCOR 5
from June 1st until November 1st

Storm Watch	Sustained winds are possible. (35-49 knots)
TCCOR 5	Destructive winds are possible within 96 hours. (50+ knots)
TCCOR 4	Destructive winds are possible within 72 hours. (50+ knots)
TCCOR 3	Destructive winds are possible within 48 hours. (50+ knots)
TCCOR 2	Destructive winds are anticipated within 24 hours. (50+ knots)
TCCOR 1	Destructive winds are anticipated within 12 hours. (50+ knots)
TCCOR 1 Emergency	Destructive winds are occurring. (50+ knots)
TCCOR Recovery	Destructive winds have subsided and are no longer forecasted to occur.
All Clear	Destructive winds have passed and are no longer forecasted to occur.



SHELTER LOCATIONS

- For a List of shelters, see this link located on the CFAS Emergency Management Website

- <https://cnrj.cnic.navy.mil/LinkClick.aspx?fileticket=opBMXbuAJ9A%3d&portalid=80>



- Pet Friendly Shelter Locations

- Sechibaru District Community Center - #238
- Mikawachi District Community Center - #171
- Shimizu District Community Center (located in Comprehensive Education Center) - #9
- Yamazumi District Community Center - #7

- Emergency Public Information Pathways: AtHoc/CFAS Facebook Page; AFN Radio/TV/Facebook Page

- <https://www.facebook.com/CFASasebo/>
- AFN Sasebo Radio FM 93.1

- Sasebo City Shelter Locations Website

- <https://sasebo-bousai.my.site.com/>
- Top right – Go to the Google Icon - click the drop-down and go to the second option for English
- Go to Evacuation Center Info – Search from your location



SHELTER-IN-PLACE

- Shelter-In-Place (SIP) is a temporary protective action taken to limit personnel exposure to potential hazards by keeping them indoors. SIP orders can be given when the danger outside is more dangerous than the facility you are in. (i.e. extreme weather events)
- If a SIP is announced, you must stay in your residence or indoor workplace and await further instructions.
- The following events could lead to the decision to SIP:
 - Destructive Weather
 - Civil Disturbance
 - Active Threat/Active Shooter
 - Bomb Threat/Suspicious Package
 - Chemical, biological, radiological, or nuclear (CBRN)/Hazardous Material (HAZMAT) Event
- Keep in mind that sheltering-in-place due to severe weather is very different from sheltering-in-place because of a threat of a hazardous material (HAZMAT) event. In a HAZMAT event, the goal is to prevent outside air from entering the facility.





LOCKDOWN

- Lockdown is a temporary sheltering technique, (e.g. 30 minutes to several hours, utilized to limit personnel exposure to an “Active Shooter” or similar incident).
- When alerted to initiate lockdown, occupants of the building will lock all doors and windows not allowing entry or exit to ANYONE until “All-Clear” is announced. This procedure converts any building into a large “Safe Room”.
- If outside when the lockdown order is received, seek immediate cover and concealment while waiting for instructions via public address. If challenged by Naval Security Forces, keep hands in plain sight and avoid pointing.



SAFE HAVEN

- Safe haven is a pre-designated facility, which is not publicly announced until warranted, for use immediately prior to or during and actual incident and used as temporary protection. The following incidents could lead to the decision to move personnel to indoor assembly areas for safe haven:
 - Destructive Weather (Typhoon, tropical and non-tropical storm, tornado, etc.)
 - Flood
 - Hazardous materials (HAZMAT) spill/release outside
 - Public health emergency (endemic/epidemic)
 - Intentional release – chemical, biological, radiological/nuclear, explosive or incendiary, electromagnetic/cyber
 - Civil disturbance, riot or mass panic/hysteria
 - Seismic incidents
- Pre-designated safe haven areas that could be activated:
 - Main Base Gym
 - Hario Gym
 - EJ King High School Gym



CFAS EM HOMEPAGE

https://cnrj.cnmc.navy.mil/Installations/CFA-Sasebo/Departments/Emergency-Management/

An official website of the United States government Here's how you know



About Operations and Management Resources News Installations Map

Installations CFA Sasebo Departments Emergency Management

CFA SASEBO MENU

[CFA Sasebo Home](#)

[About](#)

[Departments](#)

[Emergency Management](#)

[Emergency Evacuation Program \(EEP\)](#)

[Self-registration for Sasebo Mass Notification System](#)

[Tropical Cyclone Conditions of Readiness](#)

[Legal](#)

[Port Operations](#)

[Post Office](#)

[Public Affairs Office](#)

[Public Works](#)



CFAS EMERGENCY MANAGEMENT



[Learn About TCCOR](#) | [Register for AtHoc Notification System](#) | [Emergency Evacuation Program](#)

Emergency Management is the organization and management of the resources and responsibilities for dealing with all humanitarian aspects of emergencies to include prevention, preparedness, response, mitigation, and recovery. Emergency Management is responsible for the CFAS Emergency Operations Center and is the point-of-contact for Command EEP Wardens.

Be Prepared Before an Emergency.

[CFAS Emergency Management Build A Kit Presentation](#)

[Sasebo Japan Weather Forecast](#)



EMERGENCY EVACUATION PROGRAM (EEP)

- Effective 7 AUGUST 2024 PER CNFJ/CNRJISNT 3025.1B, 5, b.
- MUST COMPLETE PACKET WITHIN 60 DAYS OF ARRIVAL IN JAPAN AOR
- Must bring the completed packet to EEP Warden to verify completion; Warden will collect the 178-R Form from the packet and give map from residence to Rally Point – E.J. King HS (I.E. - Google Maps/Waze/Maps)



EMERGENCY EVACUATION PROGRAM (EEP) Checklist

SPONSOR'S NAME:	RANK:	SPONSOR'S UNIT:	UNIT PHONE NUMBER:	CURRENT ADDRESS:		
Documents for EEP Packet						
SECTION 1: Administration and Reference			YES	NO	N/A	
1	Emergency Bag/Kit Checklist					
2	USFJ Command Policy Memo					
3	Unit, Wardens, and Community Contact Information					
4	* Map from Residence to Rally Point/Evacuation Control Center					
SECTION 2: Identification			YES	NO	N/A	
1	* USFJ Form 178-R: EEP/NEO Data Card (Complete and turn in a copy to Warden)					
2	** DoD ID (No copy, have on person)					
3	** US Passport w/SOFA Stamp (copy and have on person)					
SECTION 3: Evacuation and Finance Orders/Forms			YES	NO	N/A	
1	** Orders or Letters of Employment/Assigning SOFA members to Japan					
2	DD Form 1610: Evacuation Orders					
3	DD Form 2585: Repatriation Processing Form					
4	DD Form 2461: (Civilian) Authorization for Emergency Evac Advance &					
5	DD Form 1337: (Military) Authorization for Emergency Pay & Allowances					
6	Change of Address form (local post office form)					
7	DS-3072 Repatriation Emergency Medical & Dietary Assistance Loan Application					
8	DS-5528 Evacuee Manifest and Promissory Note					
SECTION 4: Vehicle, Residence and Household Goods Forms			YES	NO	N/A	
1	Inventory of Household Goods (DD Form 1701 or other like inventory)					
2	DD Form 1299: Application for Shipment/Storage (2 copies)					
3	Residence Key Envelope					
4	Vehicle Key Envelope					
5	Military Vehicle Registration/Certificate of Title (2 copies)					
6	DD form 788: Vehicle Inspection Document					
7	DD 2506: Vehicle Impound Document (2 copies)					
SECTION 5: Family and Pets			YES	NO	N/A	
1	Family Care Plan / Certification (Forms for each branch)					
2	DD Form 2208 Rabies Vaccination Certificate					
3	DD Form 2209 Pet Health Certificate					
4	Pet NEO Card (2 copies, attached 1 copy to pet carrier)					
SECTION 6: (Not required) Other Important Personal Documents			YES	NO	N/A	
1-12	** Various others, such as Power of Attorneys (you may want to give a person who would remain in Japan a POA to sell your vehicle, care for pets that are not eligible for evacuation, etc.)					
DATE OF INSPECTION:		INSPECTOR'S NAME (PRINTED):		INSPECTOR'S SIGNATURE:		SPONSORS SIGNATURE:



EMERGENCY EVACUATION PROGRAM (EEP)

The USFJ EEP Checklist, fillable PDF forms, and instructions on completing the forms are available on the CFA Sasebo Site:

cnrj.cnmc.navy.mil/Installations/CFA-Sasebo/



- Select [Operations and Management](#)
- Select [Emergency Management](#)
- Select [Emergency Evacuation Program \(EEP\) package](#)
- To download the file, right-click the EEP button and select "Save link as" from the drop down menu.
- Your unit EEP Coordinator or Warden will be your point of contact for EEP preparedness!

Newly assigned personnel have 60 days to prepare their USFJ-compliant EEP packet from first day of AOB/ICR!



INDIVIDUAL AND FAMILY PREPAREDNESS

- Make an individual/family plan
- Build and maintain an emergency kit
- Be capable of administering basic first aid for yourself and your family
- Know where your neighborhood evacuation site is and how to walk there

For more information visit:

- CFAS Fleet and Family Support Center – Community Resource Center building
- Ready Navy (<https://www.ready.navy.mil>)
- Dept. of Homeland Security (<https://www.ready.gov>)
- CFAS EAP for YOUR Home (<https://cnrj.cnmc.navy.mil/Installations/CFA-Sasebo/Departments/Emergency-Management/>)



EMERGENCY KIT

Recommended items:

THE BIG 3 (minimum 7 days, recommend 14 days)

- Water, one gallon of water per person per day for drinking and sanitation
- Food, non-perishable food types
- Medicine

OTHER USEFUL ITEMS

- First aid kit
- Pet supplies
- Battery-powered or hand crank radio to listen to updates from AFN 810 kHz AM
- Flashlight and extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Local maps
- Cell phone with chargers, inverter or solar charger



BE PREPARED!