

Tottori Prefecture

Making everyday preparations is important!

Nuclear Emergency Preparedness Handbook



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Download the Tottori Prefecture Nuclear Emergency Preparedness App for free!



App Store

Google Play

This app can be downloaded from the App Store or Google Play for free.

Measures to prevent the spread of the COVID-19 virus in the event of a nuclear emergency

Avoiding exposure to radiation is the priority. As a general rule, do not ventilate when evacuating indoors in order to prevent air from outside entering the building.

*However, to prevent the spread of infection, please ventilate for a few minutes once every 30 minutes while being mindful of the release of radioactive substances.

Six points of usual infection prevention measures

1 Be sure to wear a mask, wash your hands, and ventilate



2 Even when outdoors, maintain an appropriate distance from other people



3 If you are feeling unwell, refrain from going to school or work



4 When dining with others, avoid sharing large platters or chopsticks and wear a mask while conversing



5 Even when wearing a mask, do not shout or speak in a loud voice



6 Be especially careful when travelling outside your prefecture of residence when visiting relatives in your hometown etc



Introduction

This handbook was compiled to serve as a guide for residents on how to respond in the unlikely event of a nuclear emergency occurring at the Shimane Nuclear Power Station.

The handbook summarizes a range of important information, such as the characteristics of a nuclear emergency and the measures that need to be implemented at the time of disaster, basic knowledge about radiation, and everyday preparations for a nuclear emergency. Please keep a copy of this handbook in your home and workplace and be sure to read it thoroughly.

Residents of municipalities that are to accept refugees in the case of a nuclear emergency should also check the related measures and procedures to be implemented in an emergency.

*This handbook can also be viewed on the Tottori Prefecture Nuclear Emergency Preparedness App (p. 7).

Tottori Prefecture's nuclear emergency preparedness efforts

Regional Plan for Disaster Prevention (Nuclear Emergency Preparedness Edition) and Wide-Area Residents Evacuation Plan

Based on the lessons learned from the accident that occurred at the Fukushima Daiichi Nuclear Power Station on March 11, 2011, the entire area of Sakaiminato City and part of Yonago City (which are within a radius of around 30 km of the Shimane Nuclear Power Station facilities) were designated Urgent Protection Action Planning Zones (UPZ), and new nuclear emergency preparedness measures were formulated. If necessary, the same indoor evacuation measures as those for UPZ-designated areas are to be implemented even in non-UPZ areas.

The Tottori prefectural government and city administrations have compiled the [Regional Plan for Disaster Prevention \(Nuclear Emergency Preparedness Edition\)](#) and the [Wide-Area Residents Evacuation Plan](#), which summarizes the evacuation guidelines for residents in the event of a nuclear emergency. Based on these two plans, efforts will be made to augment nuclear disaster emergency preparedness and radiation measurements (monitoring). Also, nuclear emergency drills will be conducted to ensure proficiency in disaster mitigation and to improve the effectiveness of these plans.

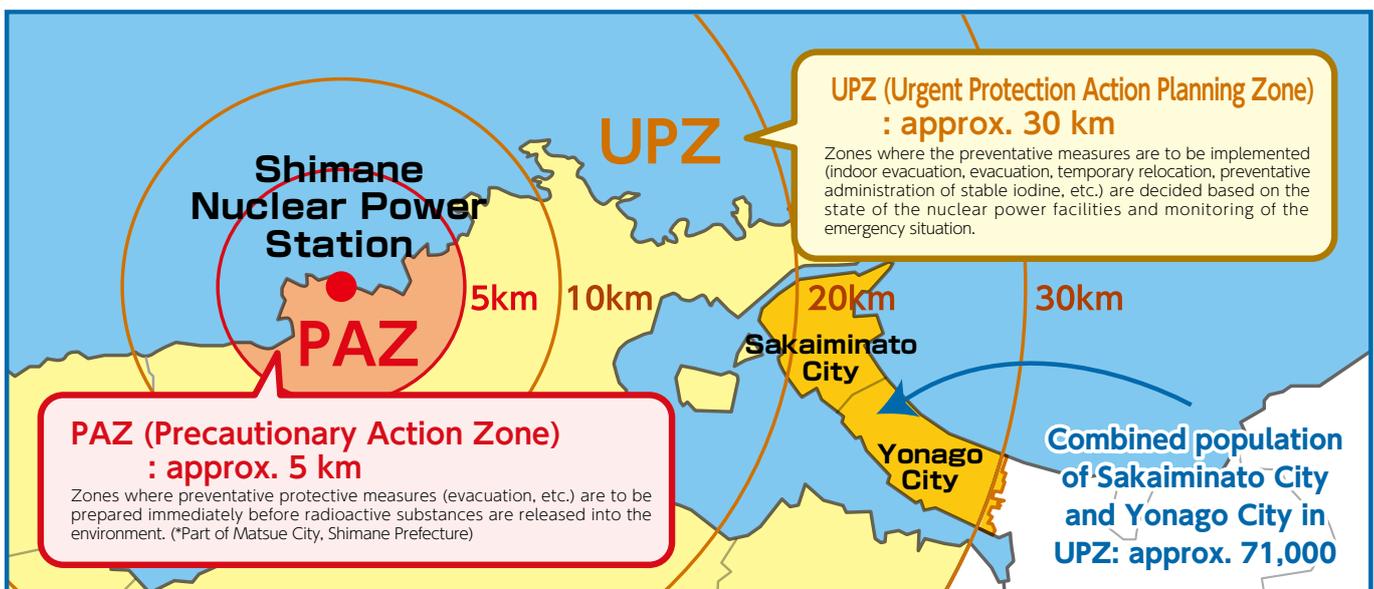


Commentary

Information about evacuation situations is provided on the Fukushima Prefecture website Fukushima Revitalization Station. QR code.



▼ Distance from Shimane Nuclear Power Station



*UPZ for the Shimane Nuclear Power Station Unit 1 Reactor is 5 km (no PAZ)

Preventative measures carried out by Tottori prefectural government and city administrations

- Check that the nuclear emergency preparedness measures and safety measures of Chugoku Electric Power Co., Inc., are being implemented appropriately and, if necessary, demand that Chugoku Electric Power Co., Inc., and/or the national government make revisions.
- To ensure the safety of the areas surrounding the Shimane Nuclear Power Station, if necessary, conduct on-site surveys in accordance with the safety agreement with Chugoku Electric Power Co., Inc.
- To ensure that countermeasures can be implemented swiftly when a nuclear emergency occurs, measure radiation levels regularly under normal conditions, as well as prepare various materials and equipment for use in the event of a nuclear emergency.

1

What is a nuclear emergency?

What is a "nuclear emergency"?

A "nuclear emergency" is a disaster that occurs the unlikely event of an accident at a nuclear power station that causes leakage of radioactive substances that impacts the environment and local residents.

Unlike disasters such as earthquakes and typhoons, the radiation released in a nuclear emergency is invisible to the eye and cannot be felt with the five senses.

However, by implementing appropriate countermeasures, it is possible to contain and reduce radiation exposure and pollution. It is important to know in advance about the characteristics of a nuclear emergency and the possible effects, such as radiation exposure, and to remain calm as you take appropriate action!

Characteristics of a nuclear emergency

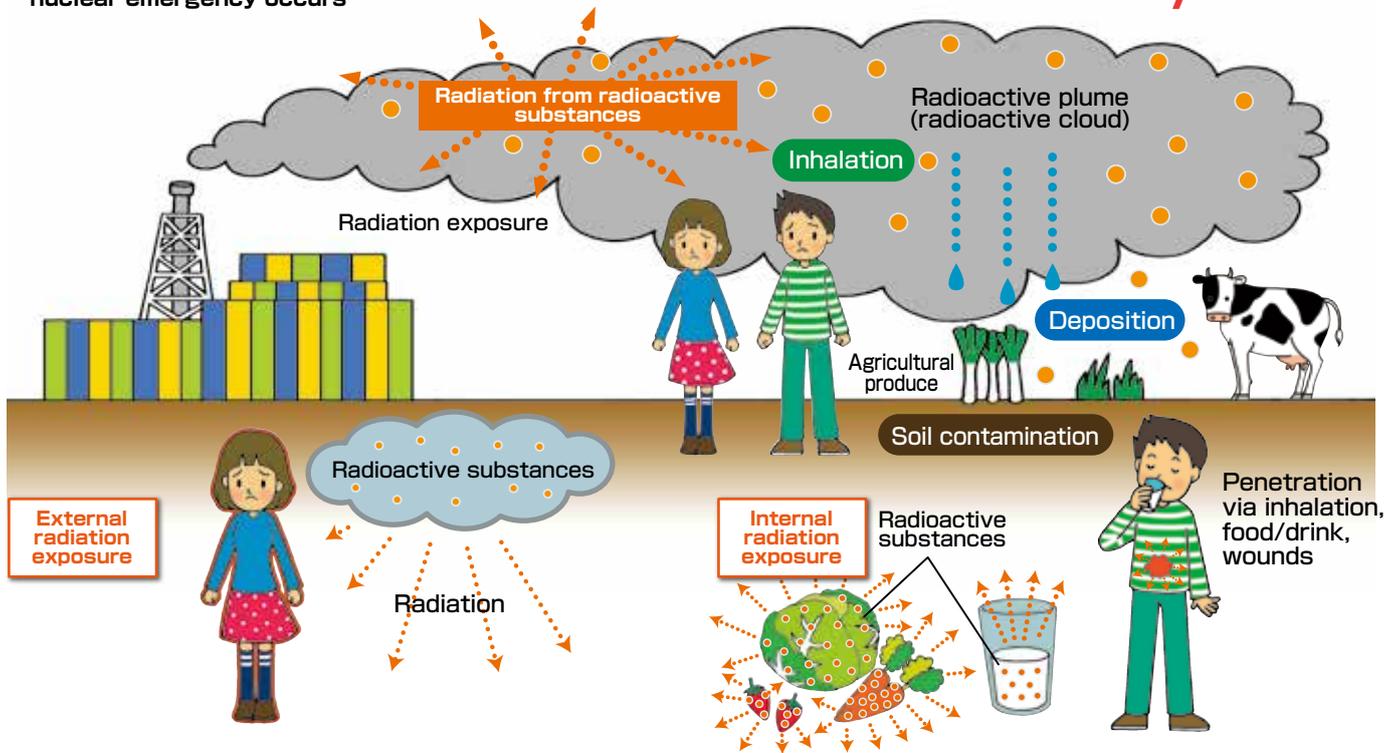
- The existence of radiation can be detected using a radiation detector (Geiger counter), but **because radiation is invisible to the eye and cannot be felt with the five senses, it is impossible to determine for yourself whether or not you have been exposed to radiation.**
- Because **specialized knowledge regarding nuclear energy is required**, the roles, instructions, and advice of specialist organizations are extremely important.
- It is essential that you carry out **indoor evacuations** or **evacuate based on information** provided by prefectures and/or cities via television, radio, and other media.

What happens when a nuclear emergency occurs?

When an accident occurs at a nuclear power station, radioactive substances are released into the surrounding environment, and people may be exposed to radiation.

● **Image of what happens when a nuclear emergency occurs**

***Radiation is invisible to the eye**



Difference between "radiation exposure" and "radiation contamination"

*There are ways to avoid radiation exposure and contamination.

- Radiation exposure: radiation enters a person's body.
- Contamination: radioactive substances stick to the person's skin and/or clothing; these radioactive substances can be washed or wiped off (decontamination).

External radiation exposure and internal radiation exposure

*Care needs to be taken with regard to not only external radiation exposure but also internal radiation exposure.

- External radiation exposure: radiation enters a person's body from the outside.
- Internal radiation exposure: radiation enters a person's internal organs or tissues due to radioactive substances that enter the body via breathing, food/drink, or wounds.

What should I do to protect myself if an

Flow of measures to be taken in a nuclear emergency

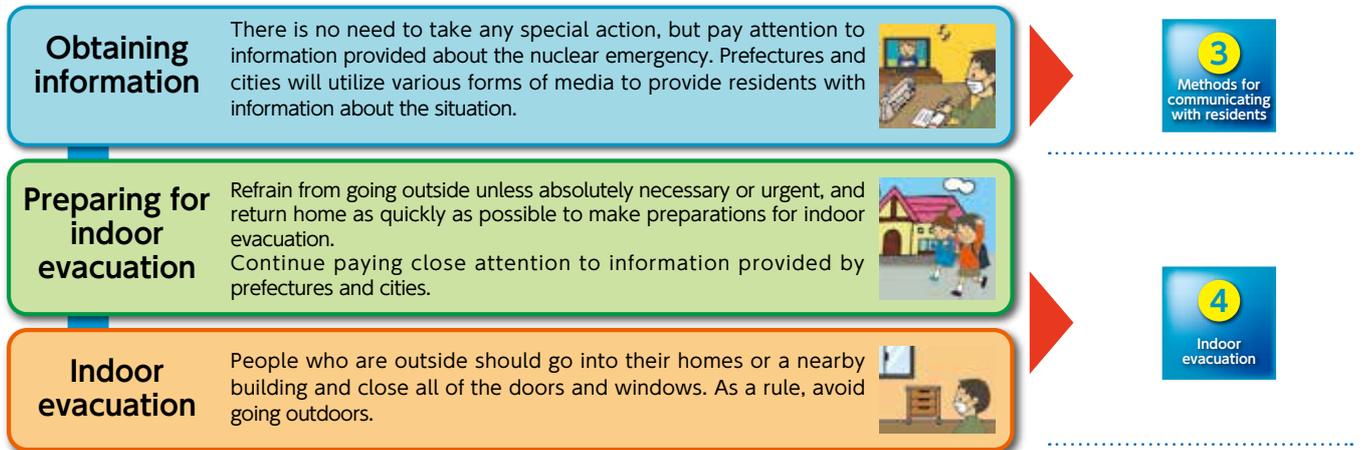
In the unlikely event that a nuclear emergency should occur at the nuclear power station, preventative protection measures (indoor evacuation, evacuation, etc.) are to be implemented immediately in accordance with the predetermined evaluation criteria based on the situation at the nuclear power station and the results of monitoring at the time of the emergency. Decisions regarding the implementation of specific preventative protection measures are expertly made by the Nuclear Regulation Authority, and concrete instructions are issued by prefectures and municipalities. **Pay attention to information provided by the prefecture and/or municipalities and act calmly!**

Accident occurs

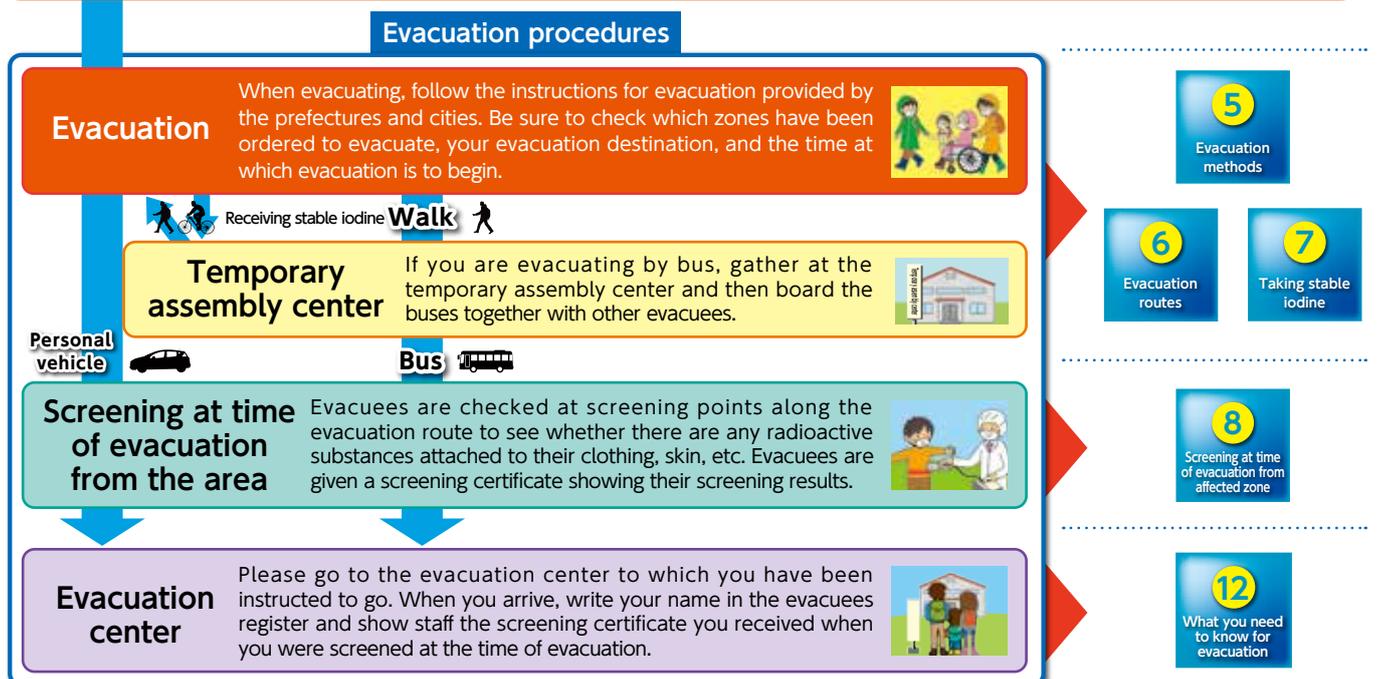
Measures to be implemented by residents

Refer to the following numbers for details

Before release of radioactive substances



After release of radioactive substances



*Even if an accident occurs at the nuclear power station, it may not be necessary to evacuate immediately.
 *Even if radioactive substances have not been released due to the accident, an evacuation may be ordered in accordance with the circumstances, such as when it is anticipated that radioactive leakage may occur in the near future.

accident occurs at the nuclear power station?

Decision criteria for protective measures (indoor evacuation, evacuation, etc.) for UPZ (within an approx. 30 km radius of the nuclear power station)

EAL (Emergency Action Level)

Decision criteria for implementing preventative protective measures, such as evacuation or indoor evacuation in accordance with the status of the nuclear power facility

OIL (Operational Intervention Level)

Criteria for measured values obtained from radiation monitoring used to decide implementation of protective measures (evacuation, indoor evacuation, etc.)

Before release of radioactive substances

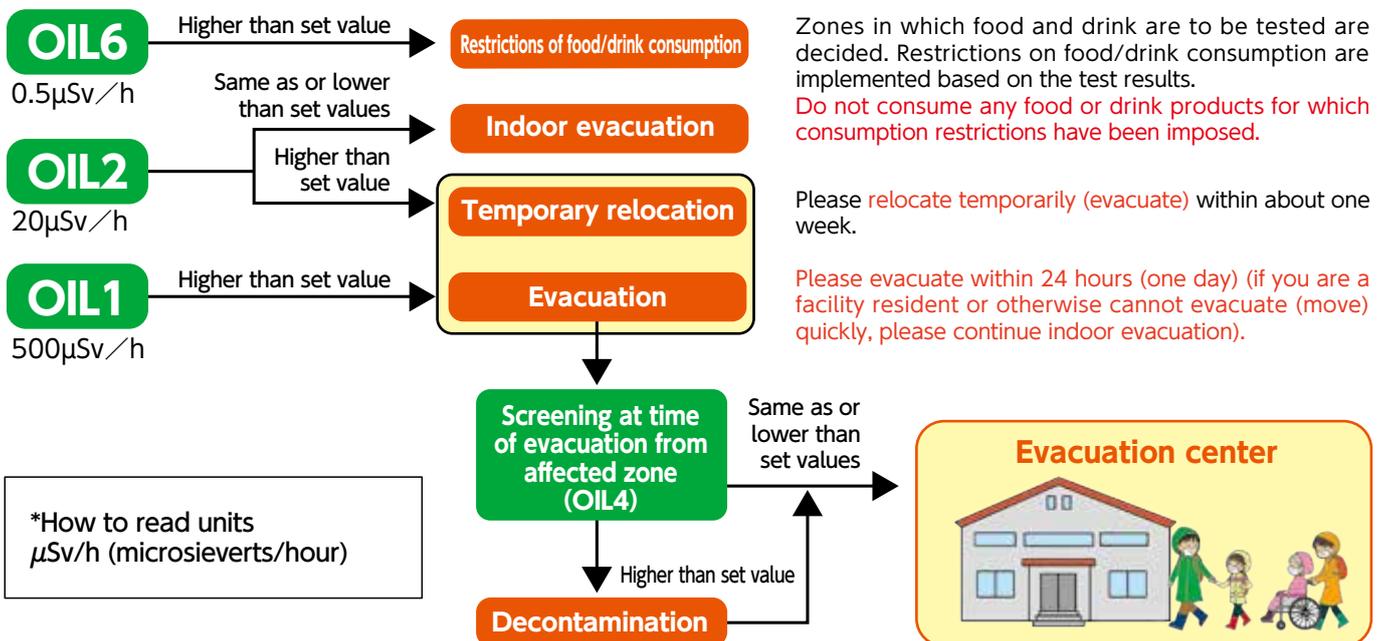
Decided based on the status of the nuclear power station

Progression of state of emergency	Status	Protective Measures
Alert (AL) (EAL1)	When an abnormal event takes place or there is risk that an abnormal event could take place (Example: major earthquake (seismic intensity of lower 6 or higher in Matsue City)) ■AL1: natural disaster only ■AL2: a major malfunction of nuclear power facilities also occurs	No special measures are required, but please pay attention to information from prefectures and cities.
Site Emergency (SE) (EAL2)	When there is the possibility of effects from radiation (Example: complete nuclear power station blackout lasting 30 minutes or longer)	Make indoor evacuation preparations .
General Emergency (GE) (EAL3)	When there is a high possibility of effects from radiation (Example: loss of reactor cooling function)	Implement indoor evacuation .

*AL = Alert SE = Site Emergency GE = General Emergency

After release of radioactive substances

Whether or not to implement additional protective measures is determined from the monitoring results.

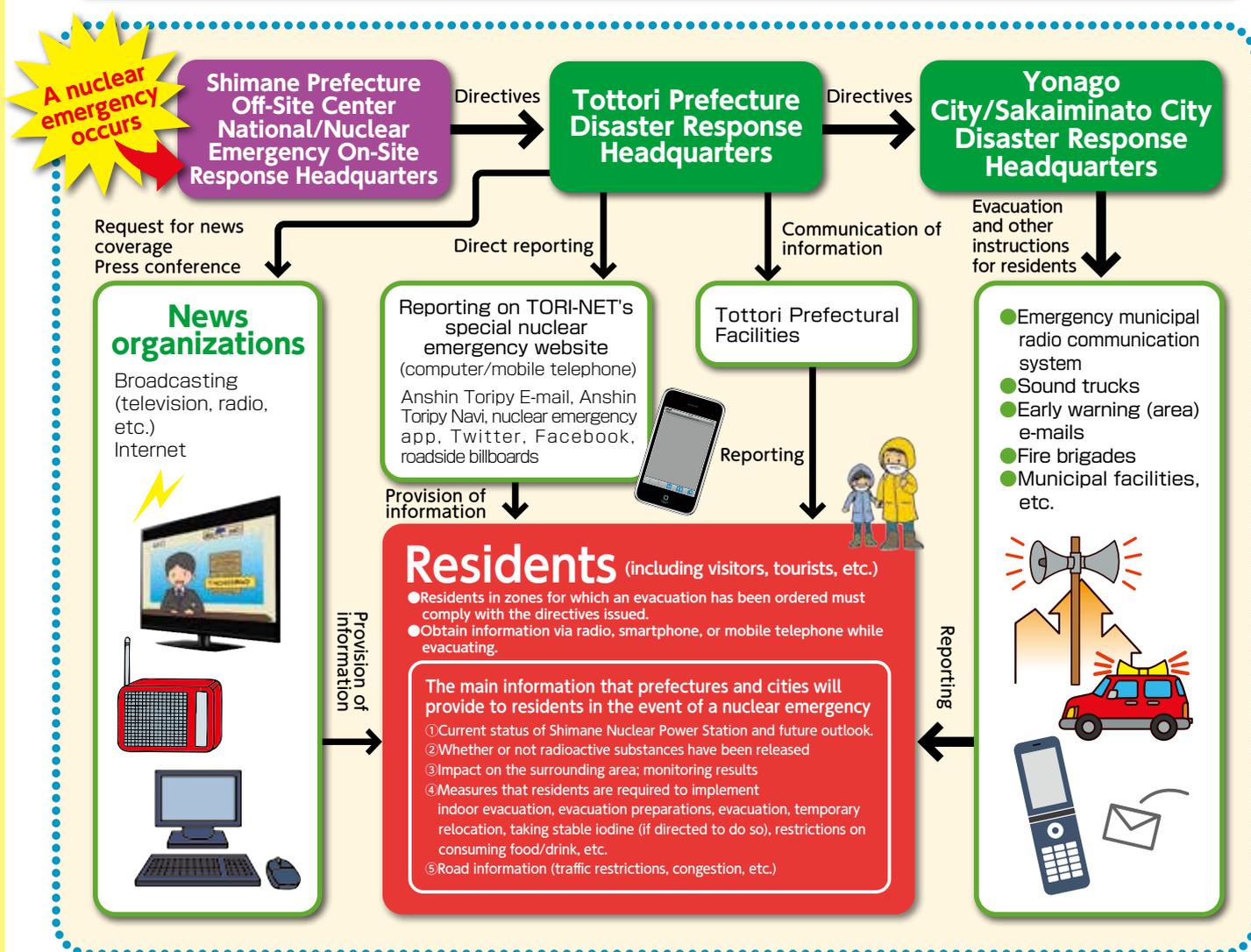


How do I know what to do?

If a nuclear accident occurs, information will be communicated via a wide range of media, including the emergency municipal radio communication system, early warning (area) e-mail service, nuclear emergency app, television, and radio. For details, and the necessary measures that you need to implement in a nuclear emergency, please check the prefectures' website as well as television and radio bulletins.

Pay attention to information provided by the prefectures and/or cities and act calmly!

Information communication flowchart



*Information about accident status and cautions will also be published in newspapers.

Communicating information to tourists and other temporary residents

Information about the nuclear accident will be communicated via television, radio, and the emergency municipal radio communication system, and visitors will be requested to return home as soon as possible.

In addition, information will be provided in multiple languages for the benefit of foreign nationals, and a system is being constructed to provide comprehensive consultation services for foreign nationals both at normal times and in emergencies.

Where to obtain information

Tottori Prefecture Nuclear Emergency Preparedness Website

In addition to information about nuclear emergencies, in emergency situations, such as when trouble arises at the nuclear power station, emergency information (reports on the situation at the nuclear facility, the status of Tottori Prefecture's response measures, messages to residents, etc.) will be posted on the official Tottori Prefecture Website.

● Tottori Prefecture's nuclear disaster prevention initiatives

- Nuclear emergency-related lectures
- Holding of nuclear emergency-related on-site study meetings (nuclear power station tours)
- Tottori Prefecture Regional Plan for Disaster Prevention (Nuclear Emergency Preparedness Edition)
- Wide-Area Residents Evacuation Plan
- Implementation of nuclear emergency drills
- Nuclear safety advisory activities carried out by Tottori Prefecture

● Results of environmental radiation measurements (monitoring)

● Information related to the Shimane Nuclear Power Station

● Information related to the Ningyo Toge Environmental Engineering Center

Tottori Prefecture Nuclear Power

Search

Website address <http://www.genshiryoku.pref.tottori.jp/>

Tottori Prefecture Nuclear Emergency Preparedness App (for smartphones)

This app enables you to check monitoring information, evacuation testing station locations, traffic restrictions and road congestion information, gas station information, and various other useful information via your smartphone. Multilingual support is available.

The app can be downloaded free of charge from the App Store or Google Play.



App Store



Google Play



*Image of start-up screen

Tottori Prefecture Nuclear Power

Search

Anshin Toripy Navi

Tottori Prefecture provides this general emergency-preparedness app free-of-charge in multiple languages. You can use the app to check TORI-NET's Tottori Prefecture Crisis Management Portal Site, evacuation centers/areas, and emergency live camera information.

Click here to download this app.



Anshin Toripy E-mail

This service sends safety and security information, such as weather information, for Tottori Prefecture directly to users in real time. It is expected to become an effective tool for supporting everyone's appropriate actions.

You can register easily using the QR code!



Use of social media (SNS)

Information is also transmitted using social media, such as Twitter and Facebook.



Twitter: [@tottori_bousai](https://twitter.com/@tottori_bousai)

Tottori Prefecture Crisis Management Bureau Official Account.

Facebook: [@tottori.bousai](https://www.facebook.com/@tottori.bousai)

Tottori Prefecture Crisis Management Bureau Official Account.

Early warning (area) e-mail

This notification service sends e-mails simultaneously to all mobile telephone users within the relevant zone regarding disaster and evacuation information, tsunami warnings, and other highly urgent information.

When such messages are transmitted, an early warning (area) e-mail is sent to all mobile telephone and smartphone users within the relevant zone.

[Points to Note]

- When a message is received via this service, the mobile phone/smartphone alerts the user with a special warning notification sound that differs distinctly from the usual e-mail notification sounds, as well as vibrations and a screen message.
- The warning notification sound is audible even when the phone is on silent mode.
- Depending on the mobile telephone's model or settings, it may not be possible to receive this service.
- For details, please check the website of your mobile telephone provider.



Emergency Messaging Service

At times of an emergency, it can be difficult to make phone calls. Use the Emergency Messaging Service "☎171" to check on your family members' safety.

How do I evacuate indoors?

"Indoor evacuation" means staying inside your home in order to reduce the effects of exposure to radiation.

If residents are directed to evacuate indoors, please enter a building as quickly as possible, close the doors and windows, turn off air conditioners and ventilation fans, stay away from the windows, and otherwise avoid exposure to radiation. Wearing a mask over your nose and mouth is an effective method of protecting against radioactive substances.

If an order to evacuation indoors is issued...

Stay calm and follow the instructions



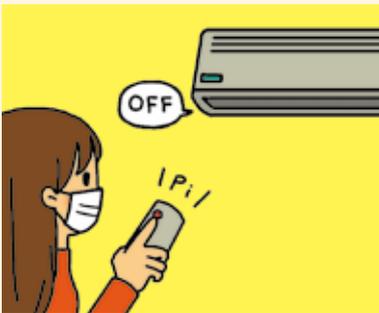
① Go inside your home or another building

In order to avoid internal and external radiation exposure, people who are outside should go inside their homes or a nearby building.



② As a rule, avoid going outdoors

In order to avoid unnecessary exposure to radiation, avoid going outside until you receive notification from the prefectures/cities that it is safe to go outside.



③ Close the doors and windows and turn off air conditioners

To prevent outside air from entering the building, close all the doors and windows, and turn off air conditioners, ventilation fans and any other device that allows external air to enter the building (air conditioners that do not draw in external air may be used).



④ Weatherstripping windows and doors is effective at keeping out radioactive substances

To prevent radioactive substances from entering the room through windows and small openings, weatherstrip air vents and window/window frame cracks. Be sure to wear a mask.



⑤ Stay away from the windows while indoors

In order to reduce external radiation exposure caused by radiation coming from outside, keep away from windows as much as possible and stay in the center of the room.



⑥ Change clothing, wash your hands, and gargle

After radioactive substances have been released, when you return home, remove your clothes and store them in a plastic bag separate from your other clothing and wash your hands, face and body thoroughly with soap and water.



⑦ Cover food with lids or plastic wrap

To prevent contamination from radioactive substances, cover food with lids or plastic wrap. Also, when storing drinking water, pour water into PET bottles or other airtight containers.



⑧ Check accurate information

Pay attention to instructions from administrative agencies issued via television, radio, the nuclear emergency app, the internet, or the emergency municipal radio communication system.

Indoor evacuation is an effective method of preventing radiation exposure.

When a nuclear emergency occurs, it is important to avoid or reduce the effects of radiation. As a priority, indoor evacuation within the UPZ is carried out in accordance with international thinking on radiation protection. Being outdoors will pose the risk of increased radiation exposure. In addition to evacuating indoors as a preventative measure before radioactive substances are released, it is possible to reduce both external and internal radiation exposure by evacuating indoors when radioactive substances (plumes) pass overhead or fall on ground surfaces or buildings in the form of rain etc. When monitoring at the time of an emergency confirms that radioactive substances (plumes) have already passed overhead, indoor evacuation orders will be lifted.

▼ Effects of indoor evacuation

Preventative measures against radiation exposure



External radiation exposure

External radiation exposure occurs when a person is exposed to the radiation (gamma rays, etc.) emitted by radioactive substances in the atmosphere or deposited on ground surfaces.

Block (shield from) radiation!

Internal radiation exposure

Internal radiation exposure occurs when radioactive substances enter the body by way of breathing or consuming food or drink.

Avoid breathing in and consuming radiation!

Buildings have airtight construction and a shielding effect.



Effective with wooden-frame housing.

It is possible for building walls and roofs to reduce the impact of radiation. Weatherstripping on the windows, doors, and other openings increases the building's airtightness, thereby preventing radioactive substances in the air from entering and reducing the amount of radioactive substances inhaled.

Effects of indoor evacuation	Internal radiation exposure due to inhalation	External radiation exposure due to γ -rays entering from outside the building	
		γ -rays from nuclides deposited in the surrounding environment	γ -rays from radioactive plume
Wooden house	Reduced by 75%	Reduced by 60%	Reduced by 10%
Concrete building	Reduced by 95%	Reduced by 80%	Reduced by 40%

Source: "Calculating Radiation Exposure Amount and the Effects of Protective Measures in a Nuclear Emergency" (in Japanese)

*In general, concrete buildings block radiation more effectively than wooden ones. However, with regard to thyroid exposure, there is little difference in effectiveness due to building structure, and buildings with a high level of airtightness are more effective in blocking radiation.
*Exposure to radiation is not reduced inside automobiles. (Radiation passes through vehicle frames and window glass, etc.)

▼ Points to note regarding indoor evacuation

• Indoor evacuation may continue for several days. You should endeavor to stockpile food and drink on an everyday basis. Also, if long-term indoor evacuation is deemed necessary, protective measures may be switched from indoor evacuation to evacuation.

***In Tottori Prefecture, you are requested to stockpile enough food and drink to last for a minimum of three days.**

• In the event that a situation is anticipated that will also affect an area/areas outside the UPZ, the Nuclear Regulation Authority may decide to expand the indoor evacuation area based on the status of the nuclear power station facilities.

• If it is not possible for you to implement indoor evacuation in your own home, it is possible to evacuate to a designated concrete indoor evacuation facility. → Please refer to pp. 22–27 for a list of designated facilities.

▼ What to do when a storm or typhoon also occurs

• In the event of compound emergencies, such as storms and typhoons, priority is given to securing safety, and indoor evacuation is prioritized until safety is assured. Once the weather has improved or safety has otherwise been secured, orders may switch to evacuation.

• In the event that your house has collapsed because of an earthquake, evacuate to a concrete indoor evacuation facility or nearby designated evacuation center set up by the city to secure safety or an evacuation destination.

How should I evacuate?

Please act in accordance with evacuation instructions issued by the prefectural government and city administrations. In addition to evacuating using your own vehicle, you can go to the temporary assembly center and board a bus arranged by the prefectures and cities to evacuate.

Be sure to check which zones have been ordered to evacuate, your evacuation destination, and the time at which evacuation is to begin, and remain calm!

*For evacuation facilities and temporary assembly centers for each district, please refer to pp. 22-27.

If evacuation becomes necessary ...

stay calm and
follow the
instructions!



① Obtain correct information

Prefectures and cities will convey evacuation directives and necessary measures via television, radio, the nuclear emergency app, the internet, the emergency municipal radio communication system, sound trucks, and other methods. Be sure to obtain correct information about how you should evacuate.



② Wear a plastic raincoat and hat

To prevent radioactive substances from adhering to your body, cover your exposed skin by wearing a plastic raincoat with a hood, long-sleeved jacket, hat, and other protective clothing.



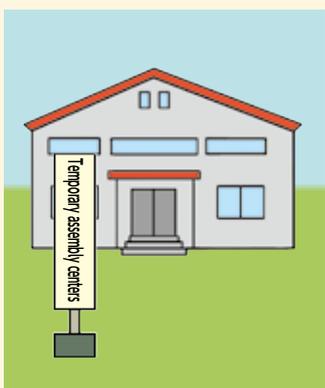
③ Prevent internal radiation exposure by wearing a mask

To avoid breathing in radioactive substances, wear a mask or cover your mouth and nose with a handkerchief or towel that has been dampened and thoroughly wrung out.



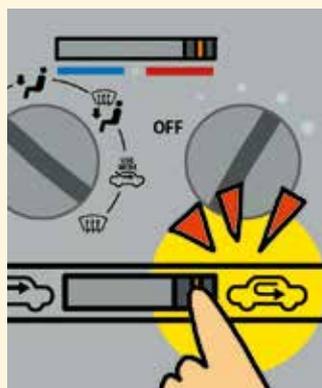
④ Evacuate in your own car or by bus

If an evacuation is ordered, either evacuate in your own car or go to a temporary assembly center and board a bus provided by the prefecture or cities to evacuate. When evacuating, be sure to lock your home, turn off the electricity breakers, and alert your neighbors to the evacuation.



⑤ Evacuate indoors at the temporary assembly center

In order to prevent internal radiation exposure and external radiation exposure, remain indoors as much as possible at the temporary assembly center.



⑥ Set your vehicle's air conditioner to internal circulation

When evacuating, close vehicle windows to prevent radioactive substances from entering the vehicle. Also, either avoid using the air conditioner or switch the setting to internal circulation.

Implementation of phased evacuations

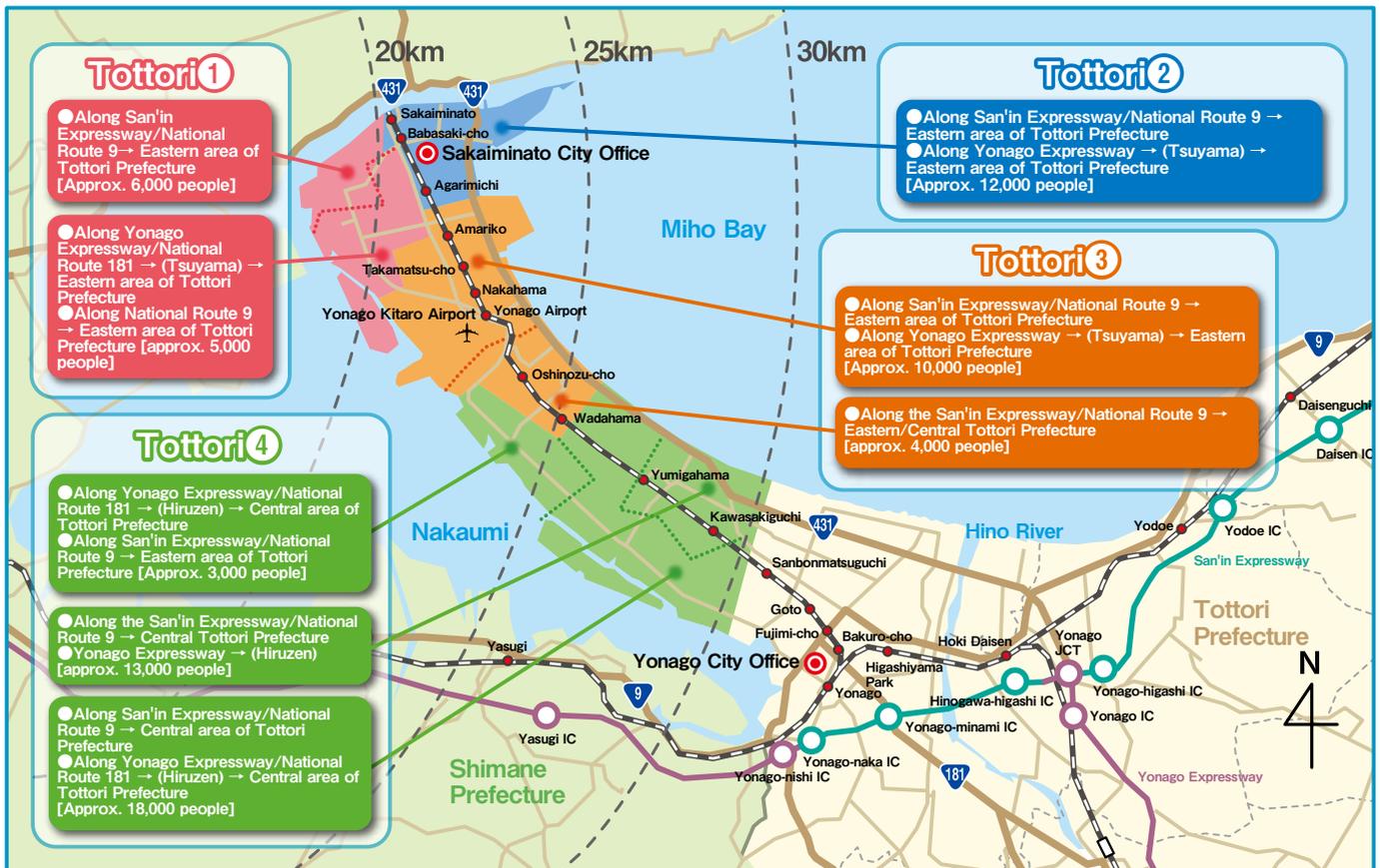
(when evacuation becomes necessary for all areas within a 30 km radius of the nuclear power station)

After radioactive substances have been released from the nuclear power station, evacuation orders and other protective actions for certain areas are decided based on the results of radiation measurements.

Tottori Prefecture formulates evacuation plans envisioning worst-case scenarios whereby evacuation orders are issued for the entire UPZ. Plans are formulated so that phased evacuation is carried out starting from those districts closest to the Shimane Nuclear Power Station in order to avoid traffic congestion on evacuation roads.

Evacuation areas are to be divided into four zones (see the map below) and phased evacuations are to be carried out at five-hour intervals (Tottori (1) → Tottori (2) → Tottori (3) → Tottori (4)), thereby preventing traffic congestion and shortening travel time (time spent in vehicles), which reduces the risk of radiation exposure.

Conducting simultaneous evacuations rather than phased evacuations lengthens the evacuation travel time (time spent in vehicles), increasing the risk of radiation exposure.



Prioritizing evacuation for infants, expectant mothers, and other vulnerable persons

Tips for evacuation

Early communication of evacuation arrangements, evacuation preparations, and protective measures such as priority boarding of evacuation buses will take place on a priority basis with priority given to infants, expectant mothers, and persons with disabilities, injuries, or hospitalized patients. When an evacuation occurs, substantial consideration will be given to the wellbeing and health of these priority evacuees. Please pay attention to the information provided by government authorities.

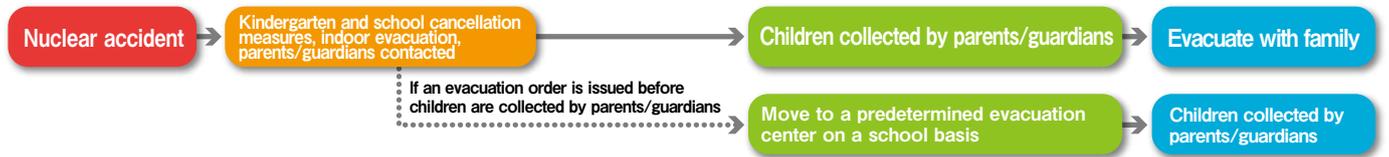


Evacuation of individuals with a hearing impairment or otherwise requiring support

People with hearing impairments or those otherwise requiring support should go to the temporary assembly center together with an evacuation supporter (family member, neighbor, etc.) and follow the instructions provided by sign language interpreters for evacuating with other members of the local community. The Anshin Toripy E-mail system communicates information in an easy-to-understand manner using universal signs (emergency level shown in background color of red, yellow, or blue).

Evacuation procedures for preschool and school students

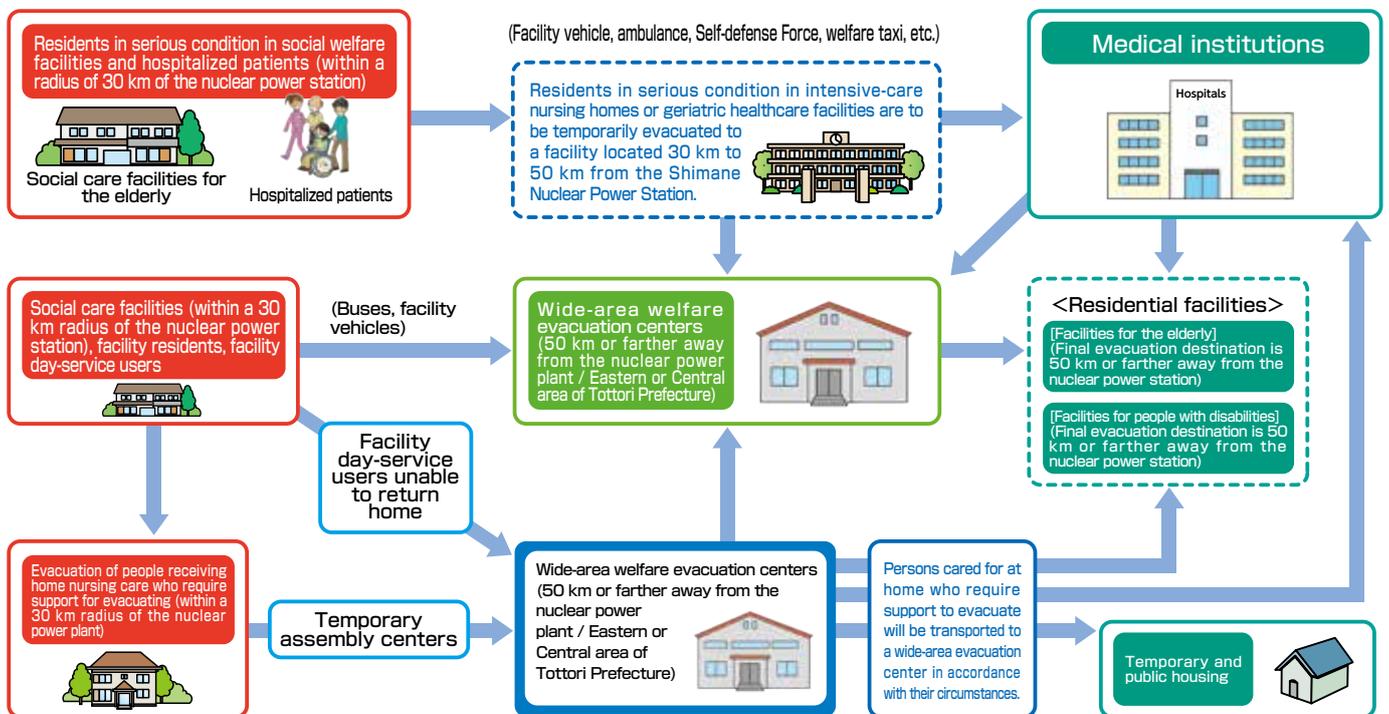
If an accident occurs at the nuclear power station and develops into a **Site Emergency (SE)**, kindergartens and schools will immediately be closed and the safety of preschool and school students will be ensured through indoor evacuation and other measures. If the situation deteriorates further and evacuation orders are issued before it is possible for the children to be collected by their parents/guardians, teachers are to take the children immediately to the evacuation center designated by the school from where the children are to be collected by their parents/guardians. Be sure to discuss and confirm what to do among family members if a nuclear emergency occurs.



Evacuation of social care facility residents

Residents will be evacuated to a wide-area welfare evacuation center predetermined as the facility's evacuation destination, and then later evacuated to their final evacuation destination.

Residents in serious condition or who are hospitalized are to be evacuated after their evacuation method and destination have been confirmed in consideration of the physical burden on the patient.



*Each facility formulates evacuation plans and makes preparations on an everyday basis, including regularly checking emergency communication systems and stockpiling supplies.

*With regard to residents of social care facilities located outside a 30 km radius of the nuclear power station, indoor evacuation is implemented, but evacuation may be necessary in some cases depending on how the emergency situation progresses.

*The working organizations (Police, Fire Department, Coast Guard, and Self-Defense Force) will establish a response system to support evacuation in unforeseen circumstances.

Evacuation of tourists and other temporary residents

Information about the nuclear power station accident will be communicated via emergency municipal radio communication systems and roadside information billboards, and visitors will be urged to return home as soon as possible. If it is not possible for visitors to return home before evacuations begin, they should go to the nearest temporary assembly center and evacuate together with local residents.

Evacuation of foreign nationals

As with local residents, foreign nationals should go to the temporary assembly center and then evacuate to an evacuation center. With regard to nuclear emergency information, multilingual information services will be provided, and information will also be posted on the Tottori Prefecture official website in easy-to-understand simplified Japanese.

Which roads should I take when evacuating?

On the Yumigahama Peninsula, please use the Yonago-Sakaiminato Prefectural Road (Prefectural Route 47) and the Yonago Airport-Sakaiminato Teishajo Line (Prefectural Route 285) to travel out of the UPZ. To travel to the eastern and central areas of Tottori Prefecture, please use one of three routes: **Course 1** (along San'in Expressway/National Route 9), **Course 2** (along Yonago Expressway/National Route 181), or **Course 3** (along Yonago Expressway-Chugoku Expressway).

When evacuating, be sure to comply with traffic controls and instructions from police officers at important road points!

Evacuation routes

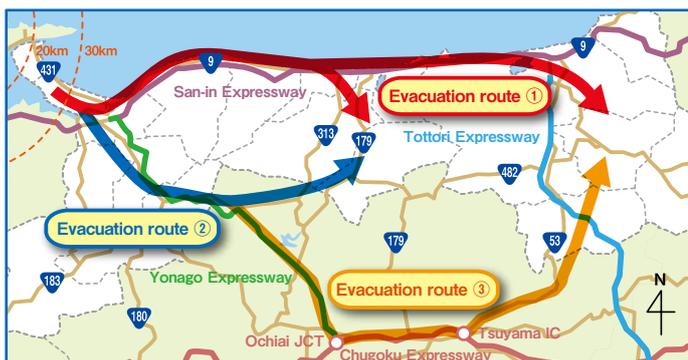
*Depending on road conditions, you may be instructed to use a different route. Be sure to follow the instructions of local police officers and other first responders on the scene.



*Evacuation route multiplexing in the case of a complex disaster

There is a possibility that National Route 431 will be affected by a tsunami. Be sure to check in advance whether or not this route can be used and then select your evacuation route from Prefectural Route 47, Prefectural Route 285, National Route 431, Yonago Municipal Road, or Prefectural Route 317.

Wide-area evacuation routes



Evacuation route ①

Along San'in Expressway/National Route 9

Evacuation route ②

Along Yonago Expressway/National Route 181

Evacuation route ③

Along Chugoku Expressway

Evacuations to evacuation destinations in the Eastern and Central areas of Tottori Prefecture are to be divided among Evacuation Routes 1-3.

Please refer to the List of Evacuation Destinations (pp. 22-27) to check evacuation routes and evacuation destinations.

*Evacuation routes and destinations may change depending on the status of radioactive substance leakages.

What kind of medicine is "stable iodine"?

Taking stable iodine has the effect of reducing the risk of thyroid cancer by preventing the accumulation of radioactive iodine that has entered the body in the thyroid gland.

Stable iodine is administered on the instructions of the national government or prefectures and cities based on the decision of the Nuclear Regulation Authority. Stable iodine is also stockpiled at temporary assembly centers, schools, and residential welfare facilities to enable immediate distribution when necessary.

If receiving your stable iodine dose would be difficult at the time of an emergency, it is possible to receive your dose in advance.

① Purpose and effects

During a nuclear emergency, radioactive substances, such as radioactive iodine and radioactive cesium, are released.

Of these, radioactive iodine that enters the body via breathing and foods/drinks accumulates in the thyroid gland in the throat, can potentially cause thyroid cancer in the future.

Taking stable iodine prevents radioactive iodine that has entered the body from accumulating in the thyroid gland and prevents and ameliorates the effects of internal radiation exposure for a 24-hour period. The effect of this is to reduce the risk of developing thyroid cancer.



▲ Stable iodine (pill and jelly)

However, stable iodine has no effect against external radiation exposure or internal radiation exposure from causes other than radioactive iodine. For this reason, major protective measures, such as early indoor evacuation and evacuation are of the utmost importance.

② Priority recipients

Priority recipients for taking stable iodine are expectant and nursing mothers and minors (including infants). Persons aged 40 years or older (excluding expectant and nursing mothers) are said to have a low need to take stable iodine.

③ Distribution points and timing of administration

- Timing of stable iodine administration is to be decided by the national Nuclear Regulation Authority, and instructions will be issued by the Nuclear Emergency Response Headquarters (Prime Minister), prefecture, or municipality. As a general rule, stable iodine doses are to be taken once and will be distributed at temporary assembly centers when instructions to administer the stable iodine have been issued.
- Temporary assembly centers in Yonago City and Sakaiminato City have stockpiles of stable iodine. There are also stockpiles located at schools (for students as well as local residents) and residential welfare facilities (for facility users).
- If you do not receive a stable iodine dose at a temporary assembly center and take it before evacuating, the medicine is also distributed at evacuation screening points, so it is possible for you to take the stable iodine at one of these points.

▼ Distribution points

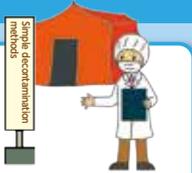
Inside UPZ

Temporary assembly centers 

Schools and residential welfare facilities 

Outside UPZ

Evacuation screening points
*Only distributed to evacuees who did not receive stable iodine inside the UPZ.



▼ Advance distribution

For residents of the UPZ for whom it is difficult (burdensome) to receive their stable iodine dose at a temporary assembly center because there are young children in the household, those who desire to may receive their dose in advance at advance distribution briefings held in Yonago City and Sakaiminato City (around autumn of each year) or from the Yonago Health Center (every second Monday and every fourth Tuesday)(advance application system) so that they can evacuate promptly.

Stable iodine [website address] <https://www.pref.tottori.lg.jp/278822.htm>

④ Dosage and Cautions

Dosage is determined based on age. (Example: in the case of pills, one pill for elementary school students and two pills for junior high school students or older.) As a general rule, infants take the prescribed dosage in liquid or jelly form. It is extremely rare for serious side effects to result from taking stable iodine, but caution is required.

Those who cannot take stable iodine: Those who have a history of hypersensitivity to the ingredients of stable iodine or to iodine.
Those who need to be especially careful when taking stable iodine (if you think any of the following may apply to you, please consult your family doctor): history of hypersensitivity to iodinated contrast agents, hyperthyroidism, hypothyroidism, renal dysfunction, hyperkalemia, congenital myotonia, history of hypocomplementemic urticarial vasculitis, pulmonary tuberculosis, history of Dühring's dermatitis herpetiformis

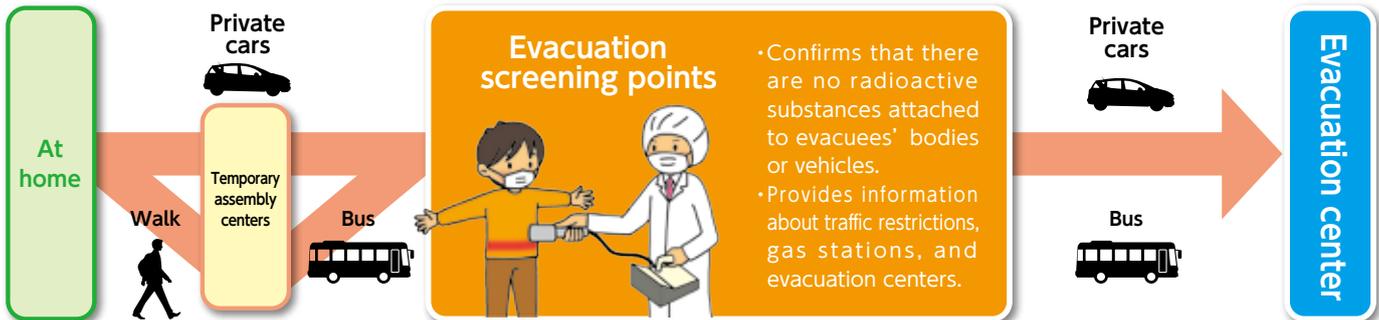
*As a general rule, you may take stable iodine if you are aged under 40 years. (Expectant and nursing mothers may take stable iodine even if they are aged 40 years or older.)

What kind of testing is evacuation screening?

This screening process is carried out to determine whether or not there are any radioactive substances on the surface of a person's body. Screening is carried out in the order of testing the vehicle, testing an evacuee group representative, and testing all evacuees. Testing of representatives and individual evacuees concentrates on areas of the body where there is a high possibility that radioactive substances will stick (head, face, hands, soles of shoes).

Screening points will be set up along evacuation routes, so be sure to undergo screening and obtain a screening certificate!

It is a big relief for evacuees to receive confirmation that no radioactive substances have attached to their bodies during evacuation.

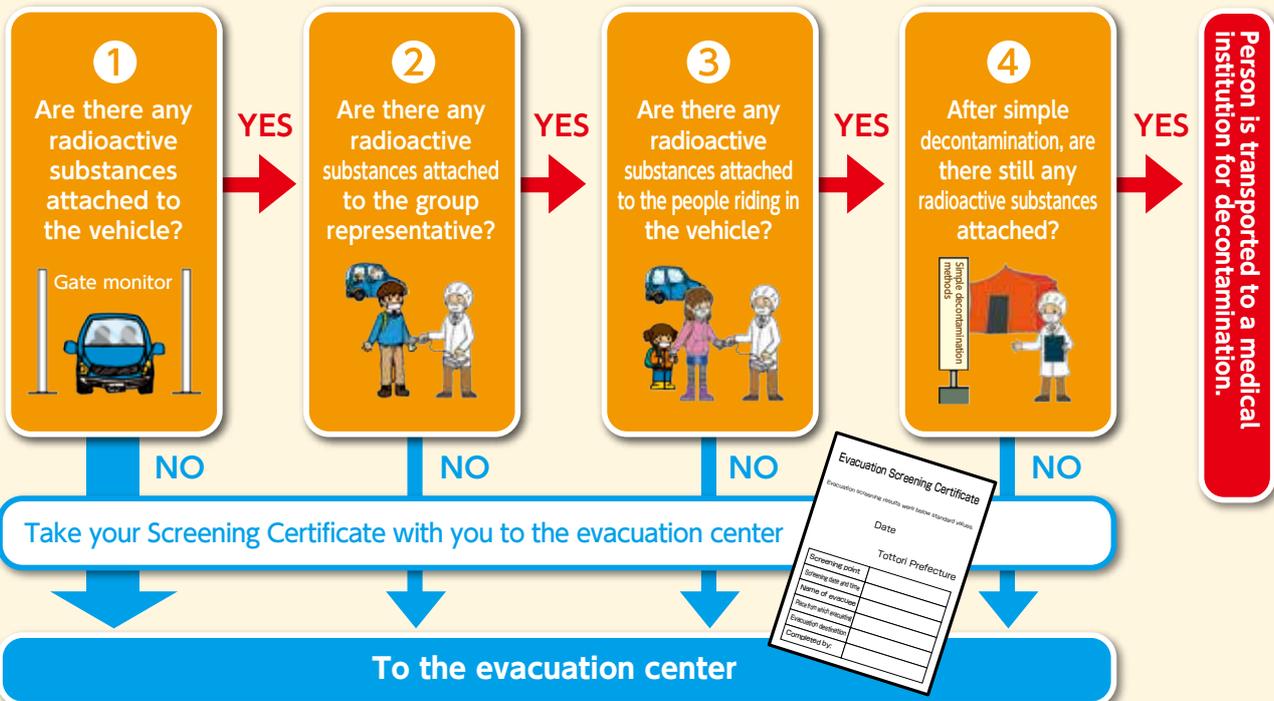


*Evacuation screening points and evacuation routes for each district are already decided and listed on (pp. 22-27).

Evacuation screening procedures

Screening begins.

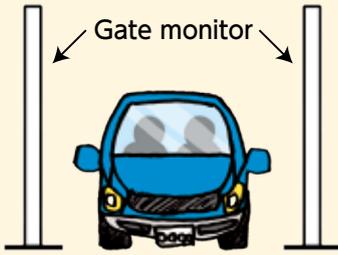
If there are no abnormal results from your in-vehicle test, you may pass through the screening point.



*When you undergo screening, you will receive a screening certificate on which the results of your screening are recorded. **You will need the screening certificate when you arrive at your evacuation center, so be sure to store it carefully.**

*At screening points, there will be multilingual signs and illustrations displayed for people requiring special assistance, such as foreign nationals, elderly people, and people with disabilities.

Implementation of evacuation screening and simple decontamination



① Vehicle screening

Testing is carried out to determine whether or not there are radioactive substances attached to the surface of the vehicle.

*When a vehicle passes through the gate monitor, it will check whether or not there are radioactive substances attached to the vehicle.



② Screening of residents riding in the vehicle (group representative)

A representative of the passengers in the vehicle is tested on prescribed areas of the body (head, face, hands, and the soles of shoes). If there are radioactive substances attached to any of these areas, the entire surface of the representative's body is tested.



③ Screening of all residents riding in the vehicle

If there are found to be radioactive substances attached to the surface of the group representative's body, all of the residents riding in the vehicle are then tested on the prescribed areas of their bodies (head, face, hands, and the soles of shoes). If there are radioactive substances attached to any of these areas, the entire surface of each person's body is tested.



④ Simple decontamination and confirmation testing of each resident

Attached radioactive substances are wiped off using wet wipes or by washing with water.

Decontamination tent



⑤ Vehicle decontamination

If the vehicle inspection finds radioactive substances attached to the surface of the vehicle, the radioactive substances are washed off with water, and the vehicle is wiped dry.

*When radioactive substances are being washed off with water, washing takes place inside a decontamination tent to ensure that the water does not splash or otherwise come in contact with the surrounding environment, and all the water used is collected.



⑥ Traveling to evacuation centers

If it is confirmed through testing and simple decontamination that there are no radioactive substances on either the vehicle or its passengers, the passengers receive their screening certificates and then travel to their evacuation center.

FAQ

Q: Why are vehicles tested?

A: In general, more radioactive substances attach to vehicles, which are left outdoors, than to the bodies of residents who have been evacuating indoors. For this reason, vehicles are tested instead of residents.

Q: Is it OK to test only the representative of a group of residents?

A: In the case of a group of family members who have been evacuating indoors together, evacuating together in the family vehicle, or any group of residents who have been undertaking the same actions together, a group representative is first tested. (If there are found to be radioactive substances attached to the representative, all members of the group are tested.)

What is decontamination?

Decontamination is the process of removing radioactive substances attached to the surface of a person's body (skin, clothing, etc.). It is possible to remove radioactive substances using a wet wipe. If the level of contamination is high and it is difficult for decontamination to be carried out effectively at the screening point, the person will be transported to a medical institution for decontamination.



Evacuation routes and evacuation screening points



- Evacuation screening is carried out at evacuation screening points along evacuation routes.
- Depending on the status of traffic congestion and road damage in the case of a compound emergency, evacuees may be required to use a different evacuation route.
- Evacuation support points will be set up at evacuation screening points to provide evacuees with information (including traffic restriction information, evacuation center information, and gas station information) as well as supplies.

Evacuation screening points

Category	Screening point		Notes
	Name	Address	
With an evacuation support point (on a major route)	① Tohaku Park Gymnasium	〒689-2356 560 Takoe, Kotoura-cho TEL: 0858-52-2047	Evacuees (Evacuation Route 1)
	② Nakayama Farmers' Training Center	〒689-3112 1022-5 Shimogi, Daisen-cho TEL: 0858-58-3967	
	③ Nawa Farmers' Training Center	〒689-3212 1247-1 Nawa, Daisen-cho TEL: 0859-54-2035	
	Evacuees (Evacuation Route 2 or 3)	④ Kofu Municipal Gymnasium	〒689-4413 62 Sugasaki, Kofu-cho TEL: 0859-75-3229
		⑤ Hoki-cho B&G Kaiyo Center	〒689-4102 1006-3 Ohara, Hoki-cho TEL: 0859-68-3775
		⑥ Kurayoshi Municipal Sekigane Facility for Promoting the Health of Farmers, Foresters, and Fishermen	〒682-0411 1560-18 Sekiganeshuku, Sekigane-cho, Kurayoshi City TEL: 0858-45-2597
		⑦ Former Nagi Elementary School	〒689-1451 205 Ose, Chizu-cho TEL: 0858-78-0611
		⑧ Daisen PA	〒689-4105 Kugo, Hoki-cho TEL: 0859-68-4995
With evacuation center (Eastern and Central areas of Tottori Prefecture)	① Fuse Sports Park Prefectural Gymnasium (Yamata Sports Park)	〒680-0944 146-1 Fuse, Tottori Prefecture TEL: 0857-28-7221	Evacuees who were unable to undergo screening
	② Tottori Sand Dunes Conan Airport International Terminal	〒680-0947 110-5 Nishi 4-chome, Koyama-cho, Tottori City TEL: 0857-28-1402	
	③ Kurayoshi Sports and Cultural Hall	〒682-0023 529-2 Yamane, Kurayoshi City TEL: 0858-26-4441	
With health center <small>*The Yonago Health Center will be set up immediately; the Tottori Municipal Health Center and Kurayoshi Health Center will be set up within 20 hours of an evacuation directive being issued.</small>	Tottori Municipal Health Center	〒680-0845 Sazanka Hall 2F, 2-104-2 Tomiyasu, Tottori City TEL: 0857-22-5163	Persons wishing to be screened
	Kurayoshi Health Center	〒682-0802 2 Higashiiwaki-cho, Kurayoshi City TEL: 0858-23-3325	
	Yonago Health Center	〒683-0802 1-1-45 Higashi-Fukubara, Yonago City TEL: 0859-31-9315	

Source: Health Policy Division, Tottori Prefecture

What happens with the healthcare system when a nuclear emergency occurs?

Measures are in place to ensure that healthcare continues to be available even in the event of a nuclear emergency.

Sixteen medical institutions in Tottori Prefecture are designated as medical institutions for nuclear emergencies. In addition, a system is in place to provide appropriate treatment for patients who have or may have been exposed to radiation through collaboration with the Center for Advanced Radiation Emergency Medicine and the Nuclear Emergency Medical Support Center.

Medical institutions for nuclear emergencies

Core hospitals for nuclear emergencies (2)

- In a nuclear emergency, these hospitals accept people who are sick or injured whether or not they have been exposed to radioactive substances and provide appropriate treatment to those who have been exposed.

Tottori University Hospital, Tottori Prefectural Central Hospital



Cooperative medical institutions for nuclear emergencies (14)

- These hospitals measure levels of contamination by radioactive substances at the time of the initial or emergency examination of an injured/sick patient who has been exposed to radiation

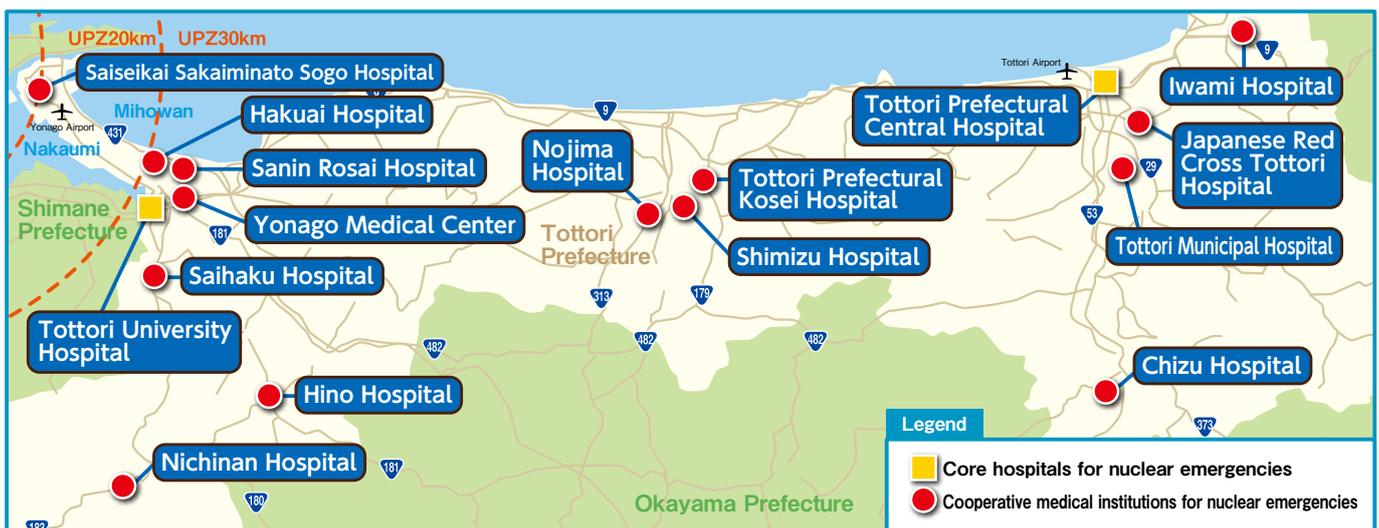
Western area of Tottori Prefecture: Saiseikai Sakaiminato Sogo Hospital, Hakuai Hospital, Sanin Rosai Hospital, Yonago Medical Center, Saihaku Hospital, Hino Hospital, Nichinan Hospital
Central area of Tottori Prefecture: Tottori Prefectural Kosei Hospital, Nojima Hospital, Shimizu Hospital
Eastern area of Tottori Prefecture: Japanese Red Cross Tottori Hospital, Tottori Municipal Hospital, Iwami Hospital, Chizu Hospital

Center for Advanced Radiation Emergency Medicine, Nuclear Emergency Medical Support Center

- Provide advanced specialized treatment that cannot be provided by core hospitals for nuclear emergencies.
- Organize support for core hospitals during nuclear emergencies and organize and dispatch, medical teams for nuclear emergencies.

Hiroshima University

Location of medical institutions



Where is radiation measured?

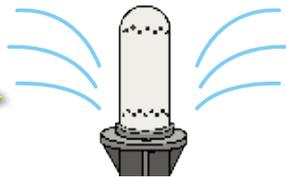
Environmental radiation is measured regularly under normal conditions, but in the event of a nuclear emergency, the scope and frequency are greatly intensified in order to provide data for determining whether or not to order an evacuation, restrict food and drink consumption, or implement other appropriate protective measures.

Measurement data is made available to the general public via Tottori Prefecture's official website and the nuclear emergency app.

Environmental radiation measurement (monitoring) system

Continuous measurement using monitoring posts

Even under normal conditions, air radiation is monitored on a 24-hour basis.



The process of observing and measuring radiation levels regularly or continuously is called "monitoring", and the devices set up in the vicinity of a nuclear power station for the purpose of monitoring radiation levels are called "monitoring posts".

Monitoring of agricultural and marine products

Radiation levels in rice, vegetables (white leeks, daikon radish), tree leaves, fish, and shellfish are measured.



Monitoring of soil

Radiation levels of the soil in parks and other general areas are measured.



Monitoring of the water supply

Radiation levels in the water supply (raw water and tap water) are measured.

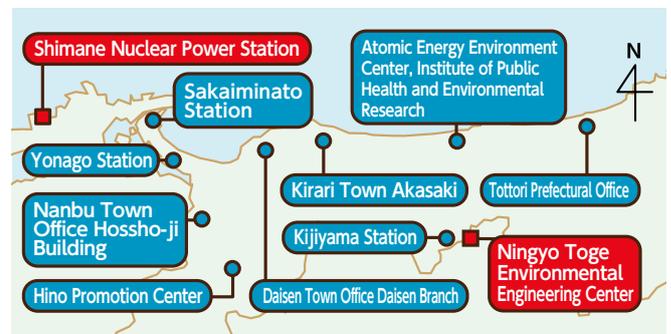


Monitoring of fallout and airborne dust

Radiation levels in rain and airborne dust are measured.



Locations of radiation monitoring posts in Tottori Prefecture. (Fixed monitoring posts)



Portable monitoring posts



For detailed measurement information, please see Tottori Prefecture's official website.

● Tottori Prefecture Environmental Radiation Monitoring System

<http://monitoring.pref.tottori.lg.jp/>

● Nuclear Regulation Authority

(Radiation Monitoring Information Sharing and Publication System)

<https://www.irms.nsr.go.jp/nra-ramis-webg/>

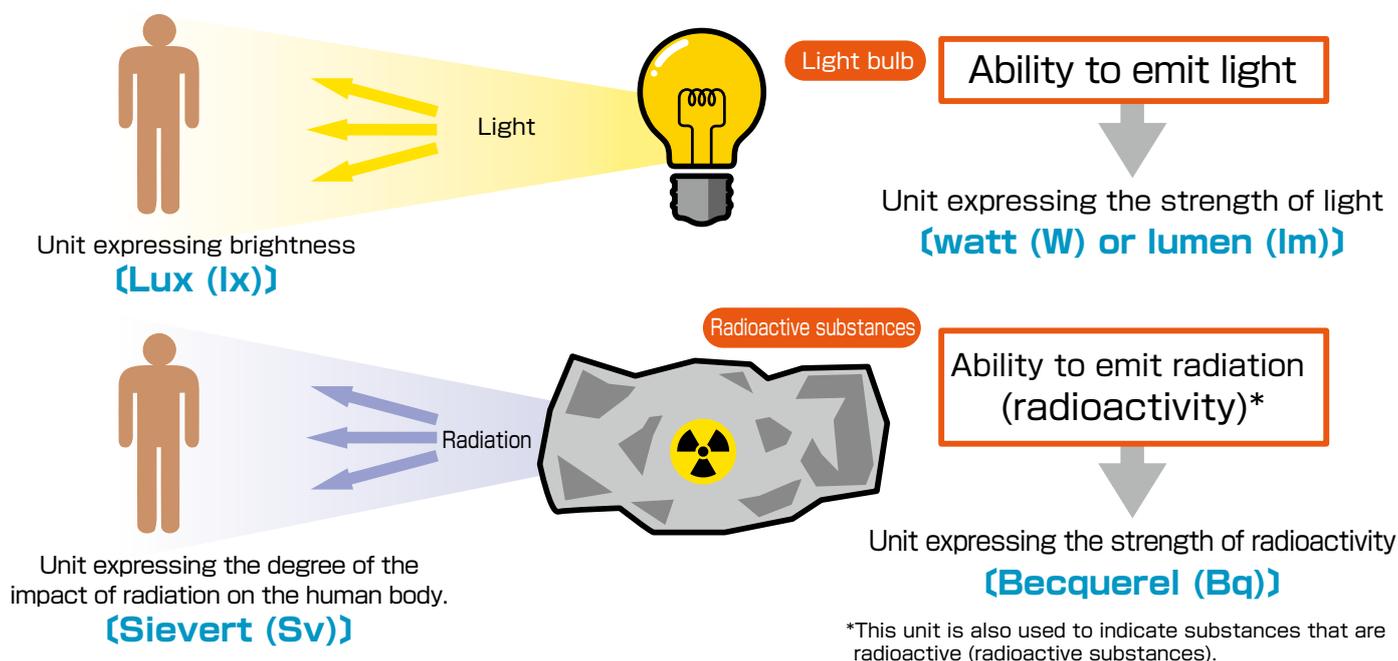


Basic knowledge about radiation

The way to protect yourself from radiation is to stay away from radioactive substances (**distance**), block radiation (**shielding**), and shorten the length of time you are exposed to radiation (**time**).

Radioactivity, radiation, and radioactive substances

Comparing radioactive substances to a light bulb, the strength of radioactivity (becquerel) can be likened to the strength of the light from a light bulb (watt). When the radiation emitted by radioactive substances enters a person's body, the impact on the body (sievert) is equivalent to the brightness of the light bulb (lux).



Units for radioactivity and radiation

▼ **Becquerel (Bq): Unit expressing the strength of radioactivity**
Some atoms have an unstable nature whereby the nucleus is not well balanced and breaks down easily. Such atoms are called "radioactive substances". One becquerel shows the activity of an amount of radioactive material in which one nucleus breaks down per second (thereby releasing radiation).

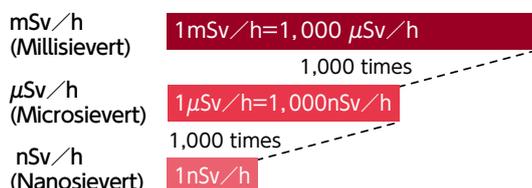
▼ **Sievert (Sv): unit expressing the impact of radiation on the human body**
This unit shows the degree of impact on the human body when exposed to radiation. When identical values are obtained after calculations using this unit, the degree of impact on the human body is the same regardless of whether the source of radiation is natural radiation, artificial radiation or from external radiation exposure or internal radiation exposure.

▼ **Gray (Gy): unit expressing the amount of energy absorbed by the human body and inanimate objects.**
This unit expresses the amount of energy absorbed by the human body and inanimate objects when exposed to radiation.

*In the case of a nuclear emergency, 1 mGy = 1 mSv.

▼ Relationships with prefixed units (milli-, micro-, nano-)

Exponent of 10	Symbol	Pronunciation	Numerals	English
10 ⁰			1	
10 ⁻³	m	Milli	0.001	1/1,000
10 ⁻⁶	μ	Micro	0.000001	1/1,000,000
10 ⁻⁹	n	Nano	0.000000001	1/1,000,000,000

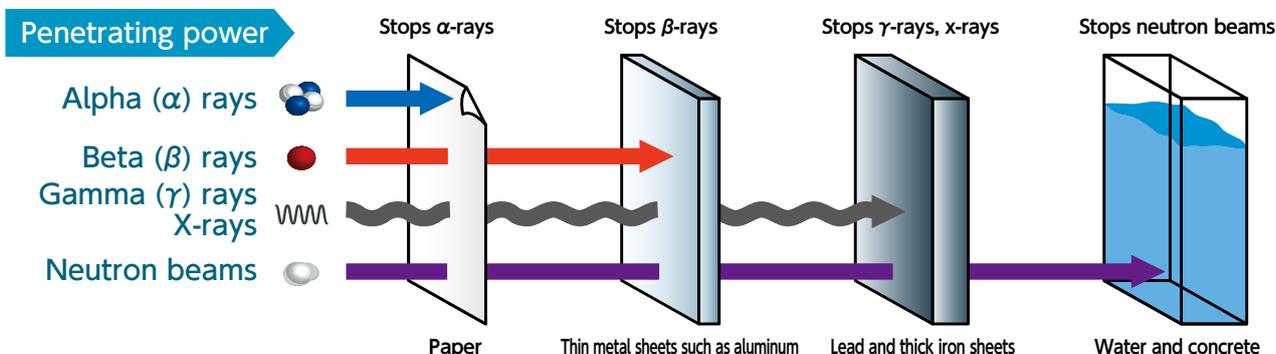


Types and penetrating power of radiation

There are three different types of radiation (radioactive rays): alpha (α), beta (β), and gamma (γ). Radiation has the ability to penetrate and pass through substances, but the degree to which the radiation is able to do this differs according to the type of radiation.

Radiation has the ability to penetrate and pass through various substances.

▼Types and penetrating power of radiation

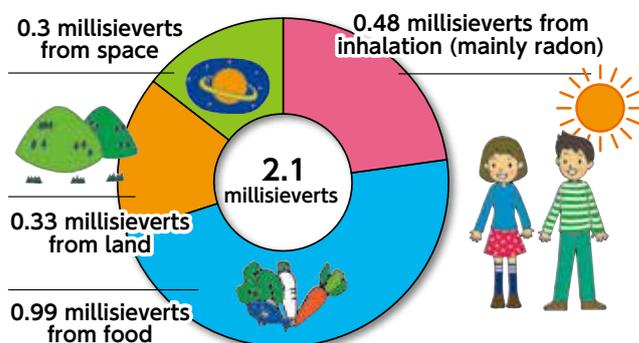


α -rays: helium atomic nucleus β -rays: electrically charged particles γ -rays/x-rays: electromagnetic waves neutron beams: non-electrically charged particles (neutrons)

Radiation in everyday life

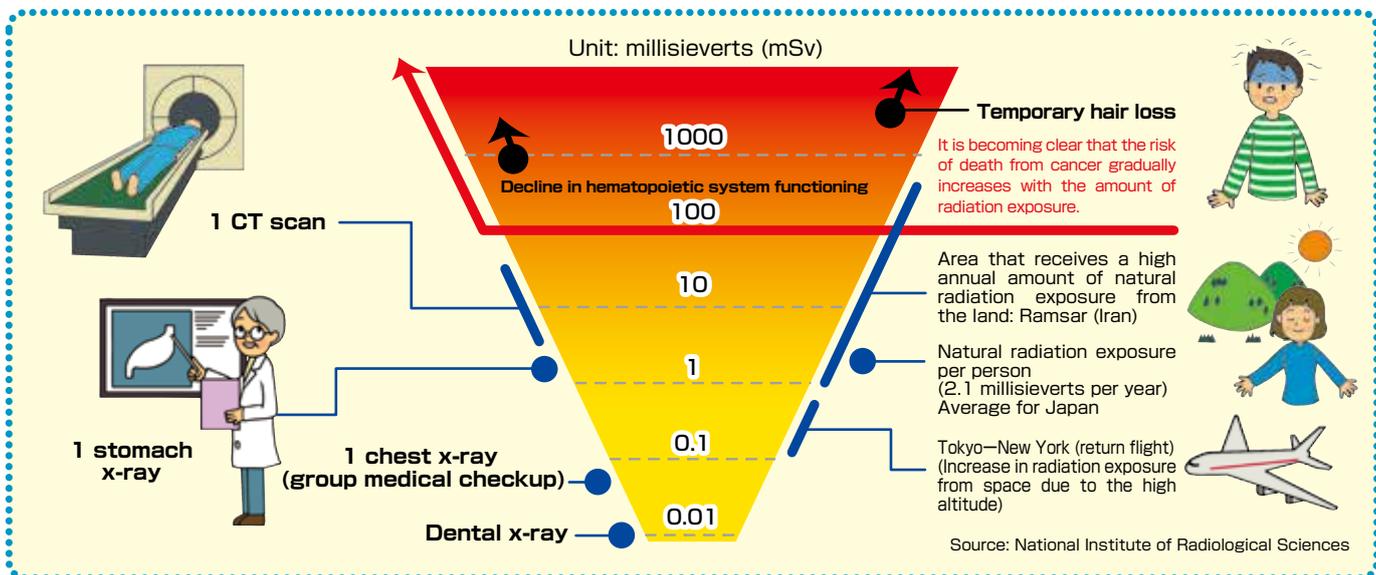
In our everyday lives, we are constantly exposed to radiation from the world of nature. We are exposed to radiation from the land and from space; radiation can also be found in the air and in our food. These types of radiation are called “**natural radiation**”. We are also exposed to radiation when undergoing medical examinations or treatments (x-rays, etc.), and this radiation is called “**artificial radiation**”. Natural radiation and artificial radiation are the same type of radiation and have the same properties.

▼Annual exposure to natural radiation (per person)



Source: National Institute of Radiological Sciences

▼Radiation exposure from the surroundings



List of evacuation destinations

Approaches to Selecting an Evacuation Site in the Event of a Complex Disaster
Evacuation sites are decided in advance to facilitate rapid evacuation (temporary relocation) during a nuclear incident.
In the event that evacuation is not possible due to a complex disaster (e.g. earthquake), the prefectural government will coordinate with the evacuation source city and the destination city/town to decide on another site and notify as soon as possible.

Sakaiminato City

*For Evacuation Routes please refer to p. 13.

*Due to results of radioactive substance measurements and factors, such as the situation at your evacuation destination, the evacuation routes, evacuation destinations, and order of districts being evacuated may change.
*Temporary assembly centers that are shown in red (underlined) are concrete indoor evacuation facilities. If you are unable to evacuate indoors in your own home, it is possible for you to evacuate indoors in these facilities.

Name of elementary school district	Name of neighborhood	Evacuation zone	Temporary assembly centers	Evacuation routes	Evacuation screening points	Evacuation destination		Name of city/town		
						Name of facility	Telephone number			
Tonoe District	Ebisu Nakamachi	Tottori ①	<u>Tonoe Elementary School</u>	①	Nakayama Agricultural Training Center	Nisshin Elementary School	0857-23-3371	Tottori City		
						Nisshin District Community Center	0857-23-3960			
	Tottori City Culture Center					0857-27-5181				
	Shuritsu Elementary School					0857-23-3361				
	Human Rights and Exchange Plaza (Central Human Rights and Welfare Center)					0857-24-8241				
	Meitoku Elementary School					0857-23-5661				
	Meitoku District Community Center					0857-23-0988				
	Fuso District Community Center					0857-27-4585				
	Fuso Elementary School					0857-22-4239				
	Fuso Gymnasium					0857-27-4585				
	Johoku Gymnasium					0857-20-3373				
	Johoku Elementary School					0857-23-0381				
	Nakanogo Gymnasium					0857-21-5393				
	Tonoe District					Tonoe District Minami	Tottori ①		<u>Dai San Junior High School</u>	①
Tonoe-cho Shirao		<u>Tonoe Community Center</u>	Miho Elementary School	0857-22-4939						
			Nakanogo District Community Center	0857-21-5393						
Eastern Tonoe-cho		<u>Tonoe Community Center</u>	Inabayama Elementary School	0857-22-8511						
			Inabayama District Community Center/Inabayama Gymnasium	0857-24-2542						
Shiba-cho		<u>Tonoe Community Center</u>	Miho District Community Center	0857-26-3981						
			Higashi Junior High School	0857-22-3017						
Shimizu-cho		Civic Gymnasium	①	Tohaku Park Gymnasium	Iwakura Gymnasium	0857-22-5621				
					Tottori Industrial Gymnasium	0857-24-2815				
					Johoku District Community Center	0857-26-3997				
	Iwakura District Community Center				0857-22-5621					
	Iwakura Elementary School				0857-27-8101					
	Miho Minami Elementary School				0857-53-4454					
Miho Minami District Community Center	0857-53-4798									
Miho Minami Gymnasium	0857-53-4798									
Watari District	Watari-cho District 1	Tottori ①	<u>Dai San Junior High School</u>	③	Hoki Town B&G Kaiyou Center	Tottori Budokan	0857-26-8038	Tottori City		
	Watari-cho District 2		<u>Watari Elementary School</u>			Kyusho Elementary School	0857-23-3401			
	Watari-cho District 3					Kofu Town General Gymnasium	Tottori City Education Center		0857-36-6060	
							Kyusho Community Hall		0857-23-4148	
	Watari-cho District 4					<u>Watari Elementary School</u>	Junpu District Community Center		0857-26-2568	
	Watari-cho District 5		<u>Watari Community Center</u>				Shuritsu District Community Center		0857-26-5914	
						Watari-cho District 6	<u>Watari Community Center</u>		Tottori City Education Center	0857-36-6060
	Watari-cho District 7		<u>Watari Community Center</u>						Tottori Prefectural Citizen's Culture Hall	0857-21-8700
						Watari-cho District 16	<u>Dai San Junior High School</u>		Hoki Town B&G Kaiyou Center	Tottori Higashi High School
	Watari-cho District 8		<u>Watari Elementary School</u>			Kofu Town General Gymnasium	Nishi Junior High School			0857-23-3341
	Watari-cho District 11						<u>Watari Elementary School</u>		Hoki Town B&G Kaiyou Center	Senkyo Elementary School
	Watari-cho District 14		<u>Watari Elementary School</u>			Kofu Town General Gymnasium				Senkyo District Community Center
	Watari-cho District 15						<u>Watari Elementary School</u>		Hoki Town B&G Kaiyou Center	Junpu Elementary School
	Watari-cho District 18		<u>Dai San Junior High School</u>			Kofu Town General Gymnasium				Kita Junior High School
	Watari-cho District 19		<u>Dai San Junior High School</u>				Hoki Town B&G Kaiyou Center		-	-
	Morioka-cho (Higashi-Morioka)		<u>Watari Elementary School</u>			③			-	-
Morioka-cho (Nishi-Morioka)	<u>Dai San Junior High School</u>	-	-							
Nakaumi reclaimed land	-	-	-	-						

Name of elementary school district	Name of neighborhood	Evacuation zone	Temporary assembly centers	Evacuation routes	Evacuation screening points	Evacuation destination			
						Name of facility	Telephone number	Name of city/town	
Watari District	2-chome, Yuhigaoka	Tottori①	Yuhigaoka Ni-Chome Meeting Hall	①	Tohaku Park Gymnasium	Aoya-cho Gymnasium	0857-85-2359	Tottori City (Aoya-cho)	
						Aoya-cho Training Center for Farmers, Foresters, and Fishermen	0857-85-2359		
						Aoya-cho Community Center (Multipurpose Hall)	0857-85-1141		
						Aoya District Community Center	0857-37-7420		
Sakai District	Yayoi-cho	Tottori①	Civic Gymnasium	①	Nawa Agricultural Training Center	Omokage Elementary School	0857-22-4502	Tottori City	
	Yonegawa-cho					Omokage District Community Center	0857-24-9033		
	Babasaki-cho	Sakai High School	①	Nakayama Agricultural Training Center	Kurata Gymnasium	0857-53-2259			
					Kurata Elementary School	0857-53-1042			
	Taisho-machi	Sakai Elementary School	①	Nawa Agricultural Training Center	Former Kozan Junior High School	—			
					Kozan Academy	0857-53-2355			
					Taisho District Community Center	0857-26-3982			
					Toyomi Gymnasium	0857-24-0604			
					Toyomi District Community Center	0857-24-0604			
					Fuse Sports Park	0857-28-7220			
					Miho District Community Center	0857-53-0173			
					Taisho Elementary School	0857-22-2739			
					Fuse Sports Park	0857-28-7220			
					Taisho Gymnasium	0857-26-3982			
	Hon-machi	Sakai Community Center	①	Nakayama Agricultural Training Center	Yamato District Community Center	0857-53-0404			
					Yamato Gymnasium	0857-53-0404			
	Aioi-cho	Dai Ni Civic Gymnasium	①	Nakayama Agricultural Training Center	Fuse Sports Park	0857-28-7220			
					Togo Gymnasium	0857-53-0456			
	Suehiro-cho	Sakai Elementary School	①	Nakayama Agricultural Training Center	Togo District Community Center	0857-53-0456			
					Togo Elementary School	0857-53-2542			
Moto-machi	Sakai Community Center	①	Nawa Agricultural Training Center	Konan Gakuen Osato Community Hall (Konan District Community Center Annex, Konan Gymnasium)	0857-57-0021				
				Osato Community Hall	0857-54-0226				
Higashi Hon-machi	Dai Ichi Junior High School	③	Hoki Town B&G Kaiyou Center	Nakayama Agricultural Training Center	Matsuho Gymnasium	0857-28-1192			
				Nakayama Agricultural Training Center	Fuse Sports Park	0857-28-7220			
				(Former) Konan Junior High School	—				
				Kando District Community Center	0857-55-0001				
				(Former) Kando Elementary School	—				
				Takakusa Junior High School	0857-22-4455				
				Seiki Elementary School	0857-23-0197				
				Meiji Elementary School	0857-56-0001				
				Meiji District Community Center	0857-56-0005				
				Agarimichi District	Agarimichi-cho District 1	Tottori②	Agarimichi Elementary School	①	Tohaku Park Gymnasium
Agarimichi-cho District 2	Tottori Prefectural School of Commerce	0857-28-0156							
Agarimichi-cho District 7	Sakai High School	Karo Elementary School	0857-28-1005						
		Karo District Community Center	0857-28-1034						
Agarimichi-cho District 3	Agarimichi Elementary School	0857-28-1034							
Agarimichi-cho District 4	Sakai High School	Koyama Elementary School	0857-28-1020						
Agarimichi-cho District 5	Dai Ichi Junior High School	Koyama District Community Center	0857-28-1017						
		Tottori Koryo High School	0857-28-0250						
Agarimichi-cho District 8	Tottori Ryokufu High School	0857-37-3100							
Agarimichi-cho District 6	Agarimichi Community Center	Koto Junior High School	0857-28-1064						
		Koyama Gymnasium	0857-28-1017						
Amariko District	Nakano-cho District 1	Tottori②	Sakai High School	③	Kofu Town General Gymnasium	Suetsune District Community Center	0857-59-1147	Tottori City	
	Nakano-cho District 2					Suetsune Elementary School	0857-59-0321		
	Nakano-cho District 3					Civic Gymnasium	Chiyomi Gymnasium		0857-27-4813
							Hamasaka Elementary School		0857-27-0833
Amariko District	Nakano-cho District 3	Tottori②	Civic Gymnasium	③	Kofu Town General Gymnasium	Tottori Technical High School	0857-51-8011	Tottori City	
						Chiyomi District Community Center	0857-27-4813		
						Hamasaka Gymnasium	0857-27-0711		
						Hamasaka District Community Center	0857-27-0711		
Amariko District	Nakano-cho District 3	Tottori②	Civic Gymnasium	③	Kofu Town General Gymnasium	Yonesato Gymnasium	0857-51-8128	Tottori City	
						Yonesato Gymnasium	0857-51-8128		

Name of elementary school district	Name of neighborhood	Evacuation zone	Temporary assembly centers	Evacuation routes	Evacuation screening points	Evacuation destination		
						Name of facility	Telephone number	Name of city/town
Amariko District	Nakano-cho District 4	Tottori②	Sakai High School	③	Kofu Town General Gymnasium	Tsuno Elementary School	0857-51-8136	Tottori City (Kokufu-cho)
	Nakano-cho District 5		Civic Gymnasium			Tsuno Gymnasium	0857-51-8253	
	Nakano-cho District 6					Yonesato Elementary School	0857-24-2531	
			Yonesato Elementary School			0857-51-8038		
	Fukusada-cho	Tottori②	Sakaiminato Comprehensive Technical School	③	Hoki Town B&G Kaiyou Center	Wakabadai Elementary School	0857-52-7200	
						Yonesato District Community Center	0857-51-8128	
						Tsuno District Community Center	0857-51-8253	
						Wakabadai District Community Center	0857-52-2616	
	Takenouchi-cho Takenouchi District 1	Tottori③	Sakaiminato Comprehensive Technical School	①	Nawa Agricultural Training Center	Wakabadai Gymnasium	0857-52-2616	
						Okaya Gymnasium	0857-58-0809	
						Seiki Gymnasium	0857-58-0806	
						Kokufu-higashi Elementary School	0857-22-4872	
						Nakanogo Elementary School	0857-26-3536	
						Kokufu-cho Community Center	0857-29-4005	
Fukube Mirai Gakuen Junior High School Gymnasium						0857-75-2004		
Miyanoshita Elementary School						0857-22-6827		
Takenouchi-cho Takenouchi District 2	Tottori③	Dai Ni Junior High School	①	Nawa Agricultural Training Center	Fukube Mirai Gakuen Elementary School Gymnasium	0857-75-2004		
					Kawahara Daiichi Elementary School	0858-85-0550		
Takenouchi-cho Takenouchi District 3	Tottori③	Amariko Community Center	①	Nawa Agricultural Training Center	Tani District Community Center (Former Kokufu District Health Center)	0857-24-1636		
					Fukube-cho Community Center (Fukube District Community Center)	0857-75-2030		
Takenouchi-cho Takenouchi District 4	Tottori③	Amariko Community Center	①	Nawa Agricultural Training Center	Nakanogo Elementary School	0857-26-3536		
					Kokufu Junior High School	0857-27-5261		
Miho-cho Takenouchi Housing Complex	Tottori③	Senior Citizens Welfare Center	③	Hoki Town B&G Kaiyou Center	Aoba District Community Center (Kokufu-cho Land Readjustment Museum)	0857-24-0417		
					Kawahara-cho Community Center	0858-76-3123		
					Kawahara District Community Center	0858-85-2959		
					Kunifusa District Community Center	0858-85-0448		
Takamatsu-cho	Tottori③	Former Seido Elementary School	③	Hoki Town B&G Kaiyou Center	Kawahara-cho Sogo Gymnasium	0858-85-0666		
					Yakami District Community Center	0858-85-2951		
					Kawahara Junior High School	0858-85-0604		
Seido District	Seido-cho Seido District 2	Tottori③	Seido Community Center	①	Tohaku Park Gymnasium	Iwami Kita Elementary School Gymnasium	0857-72-0266	Iwami-cho
	Seido-cho Seido District 3					Iwami Junior High School Gymnasium	0857-72-0121	
	Seido-cho Seido District 1					Chuo Community Center	0857-72-0510	
	Seido-cho Seido District 19					Iwami High School (Gymnasium)	0857-72-0474	
	Seido-cho Seido District 6							
Seido-cho Seido District 7	Seido-cho Yugao							
Nakahama District	Sanganya-cho	Tottori③	Sanganya-cho Community Center	①	Nakayama Agricultural Training Center	Iwami Nishi Elementary School Gymnasium	0857-72-8200	Iwami-cho
	1-chome, Yuhigaoka		Yuhigaoka 1-chome Community Center			Ajiro Community Center	0857-72-3564	
						Oiwa Koryu Center	0857-72-0096	
						Issun-Boshi no Yakata	0857-76-0636	
	Mugikaki-cho	Tottori③	Nakahama Elementary School	③	Kofu Town General Gymnasium	Iwami-cho Civic Gymnasium	0857-72-0510	
						Higashi Community Center	0857-72-8063	
						Tajiri Community Center	0857-72-0127	
	Niiya-cho	Tottori③	Nakahama Elementary School	③	Kofu Town General Gymnasium	Chuo Community Center	0857-72-0510	
						Iwami Minami Elementary School	0857-37-5222	
						Iwami-cho Culture Center	0857-72-1931	
Koshinozu-cho	Tottori③	Nakahama Elementary School	③	Kofu Town General Gymnasium	Koge Nishi Elementary School Gymnasium	0858-73-0031		
					Koge Health Center	0858-72-3566		
					Yazu Junior High School Gymnasium	0858-72-0020		
Sainoki-cho Sainokami-cho	Tottori③	Nakahama Community Center	③	Hoki Town B&G Kaiyou Center	Gender Equality Center (Hatto Health Center)	0858-84-2361		
					Former Tanpi Elementary School	—		
Kojin-cho	Tottori③	Kojin Gymnasium	③	Hoki Town B&G Kaiyou Center	Hatto Elementary School (Former Hatto Junior High School)	0858-84-2027		
					Hatto Sports and Culture Center	0858-84-1176		
					Yazu High School	0858-72-0022		
								Yazu-cho
					Funaoka Health Center	0858-73-0672		
					Funaoka Elementary School	0858-72-0151		
					Funaoka Training Center	0858-73-0621		

Source: Sakaiminato City

Yonago City

*For Evacuation Routes please refer to p. 13.

*Due to results of radioactive substance measurements and factors, such as the situation at your evacuation destination, the evacuation routes, evacuation destinations, and order of districts being evacuated may change.

*Temporary assembly centers that are shown in red (underlined) are concrete indoor evacuation facilities. If you are unable to evacuate indoors in your own home, it is possible for you to evacuate indoors in these facilities.

Name of elementary school district	Name of neighborhood	Evacuation zone	Temporary assembly centers	Evacuation routes	Evacuation screening points	Evacuation destination			
						Name of facility	Telephone number	Name of city/town	
Oshinozu Community Center District (Oshinozu-cho)	Misaki and Kamiguchi	Tottori③	<u>Oshinozu Community Center</u>	①	Nakayama Agricultural Training Center	Hogi Elementary School	0857-82-0803	Tottori City (Ketaka-cho)	
	Tatehara					Mizuho Elementary School	0857-82-0361		
	Seiwa, Mihogaoka, and Asahigaoka District 1 and 2		Oshinozu Elementary School			0857-84-2026	Ketaka-cho Community Center (Hamamura District Community Center)		0857-82-1411
			Miho Junior High School			Ketaka-cho Farmer Training Center			0857-82-3434
	Yamaguchi, Nadaguchi, and Nadahama		Miho Junior High School			Tottori City (Shikano-cho)	Hamamura Elementary School		0857-82-0720
							Shikano Gakuen Ryushagawa Gakusha		0857-84-1100
Shikano-cho Farmer Training Center	0857-84-2131								
Sakitsu Community Center District (Yoshizu, Osaki, Oshinozu-cho, Hikona-cho, part of Tomimatsu-cho)	Sakitsu Districts 1, 2	Tottori④	<u>Sakitsu Community Center</u>	①	Nawa Agricultural Training Center	Aoya High School	0857-85-0511	Tottori City (Aoye-cho)	
	Sakitsu Districts 3, 4, 5					Hoki Town B&G Kaiyou Center	Kurayoshi Municipal Sports Center	0858-22-5674	Kurayoshi City
	Sakitsu District 6		Kurayoshi Budokan				0858-22-5674		
	Sakitsu District 7		Kurayoshi Nishi Junior High School				0858-28-2841		
	Sakitsu District 8		Ogamo Community Center				0858-28-0964		
	Sakitsu District 9		Kurayoshi Nishi High School				0858-28-1811		
	Sakitsu District 10		Kamiogamo Elementary School				0858-28-0954		
	Former Sakitsu District 9		Meirin Community Center			0858-22-0642			
Kamiogamo Community Center	0858-28-0953								
Wada Community Center District (Wada-machi)	Wada Districts 1, 2, 3, 4, 5, 6, 7, 8	Tottori⑤	<u>Wada Community Center</u>	①	Tohaku Park Gymnasium	Kurayoshi Mirai Chushin	0858-23-5390	Kurayoshi City	
	Wada District 9		Kurayoshi Koryu Plaza			0858-47-1181			
			Wada District 11			Kurayoshi Cultural Activities Center	0858-23-6095		
			Kurayoshi Higashi Junior High School			0858-22-6295			
			Uwanada Elementary School			0858-22-4772			
Tomimatsu Community Center District (Tomimatsu-cho)	Kawakami	Tottori④	<u>Tomimatsu Community Center</u>	①	Nawa Agricultural Training Center	Hawai Aloha Hall	0858-35-5678	Yurihama-cho	
	Minamiguchi					Health and Welfare Center Tsuwabuki-so	0858-34-6002		
	Kamibu		Hawai Nishi Community Gymnasium			0858-35-5362			
	Nishi Shinden		Yurihama Junior High School			0858-47-5500			
	Kaminaka		Hokumei Gymnasium			0858-35-5362			
	Nakamura		Hawai Elementary School			0858-47-5801			
	Shimonaka		Hawai Training Center			0858-35-5368			
	Nishinaka and Kitaguchi		Tomari Elementary School			0858-34-2692			
	Kamishinden		Tomari Gymnasium			0858-35-5368			
	Shimoshinden		Togo Elementary School			0858-48-6700			
			Togo Gymnasium			0858-35-5362			
			Togoko-Hawai Seaside Park			0858-32-2231			
			Yurihama-cho Cultural Center			0858-32-0963			
	Yurihama Town Office Auditorium	0858-35-3111							
Hikona Community Center District (Hikona-cho)	Hikona District 1	Tottori⑤	<u>Hikona Community Center</u>	①	Kofu Town General Gymnasium	Misasa-cho Sports Center	0858-43-2266	Misasa-cho	
	Hikona District 2					Misasa Elementary School Gymnasium	0858-43-0001	Kurayoshi City	
	Hikona District 3		Hoki Town B&G Kaiyou Center			Kurayoshi Nogyo High School	0858-28-1341		
	Hikona District 4		Hikona Elementary School			Takashiro Community Center	0858-28-0950		
	Hikona District 5					Kofu Town General Gymnasium	Misasa-cho Cultural Hall	0858-43-3512	
	Hikona Districts 6, 7		Hoki Town B&G Kaiyou Center			Misasa Elementary School Gymnasium	0858-43-0001	Misasa-cho	
		Takashiro Elementary School	0858-28-0961	Kurayoshi City					
		Kurayoshi Sogo Sangyo High School	0858-26-2851						
		Agei Community Center	0858-26-1736						

Name of elementary school district	Name of neighborhood	Evacuation zone	Temporary assembly centers	Evacuation routes	Evacuation screening points	Evacuation destination			
						Name of facility	Telephone number	Name of city/town	
Hikona Community Center District (Hikona-cho)	Hikona District 8	Tottori④	Hikona Community Center Hikona Elementary School	②	Hoki Town B&G Kaiyou Center	Kurayoshi City Kume Junior High School	0858-28-1241	Kurayoshi City	
	Hikona District 9					—			
	Hikona District 9-1					Nadate Elementary School	0858-22-5404		
	Hikona District 10					Kurayoshi City Kahoku Junior High School	0858-26-1341		
	Hikona District 11					Kahoku Elementary School	0858-26-1630		
	Hikona District 12					Kitadani Elementary School	0858-28-0962		
	Hikona Districts 13, 14					Kofu Town General Gymnasium	Misasa Junior High School Gymnasium	0858-43-1397	Misasa-cho
	Takeda Civic Gymnasium	0858-44-2535							
	Training Center for Farmers, Foresters, and Fishermen	0858-85-2359							
Yomi Community Center District (Yomi-cho)	Yomi District 1	Tottori④	Yomi Community Center Yumigahama Elementary School	①	Nakayama Agricultural Training Center	Hojo Elementary School Gymnasium	0858-36-2063	Hokuei-cho	
	Yomi District 2					Hojo Junior High School Gymnasium	0858-36-4800		
	Yomi District 3					Kotoura Lifelong Learning Center	0858-52-1111	Kotoura-cho	
						Yabase Elementary School	0858-52-2950		
						Urayasu Elementary School Gymnasium	0858-52-2404		
						Akasaki Elementary School Gymnasium	0858-55-0506		
	Senjo Elementary School Gymnasium					0858-55-0601			
	Former Yasuda Elementary School Gymnasium					—			
	Former Isai Elementary School Gymnasium					—			
	Akasaki Junior High School Gymnasium					0858-55-0002			
Tohaku Culture Center	0858-52-2773								
Kotoura Health Center	0858-52-2111								
Yomi District 4	Former Konosho Elementary School Gymnasium	—							
Yomi District 5	Tohaku Junior High School Gymnasium	0858-52-2326							
Yomi District 6									
Kawasaki Community Center District (Kawasaki)	Hamahashi	Tottori④	Kawasaki Community Center Kawasaki Elementary School	①	Tohaku Park Gymnasium	Hojo Fureai Community Hall	—	Hokuei-cho	
	Otate					Tottori Chuo Ikuei High School	0858-37-3211		
	Yonkenya					Daiei Junior High School Gymnasium	0858-37-2024		
	Obayama					Kofu Town General Gymnasium	Kurayoshi City Kamogawa Junior High School	0858-45-2555	Kurayoshi City
	Shibatani						Tohaku Park Gymnasium	Daiei Elementary School Gymnasium	0858-37-2041
	Former Kawasaki Housing Complex East					Kofu Town General Gymnasium	Former Yamamori Elementary School	0858-22-8165	Kurayoshi City
	Kawasaki Housing Complex West						Sekigane Elementary School	0858-45-2556	
	Kawasaki-Minami					Tohaku Park Gymnasium	Daiei Gymnasium	—	Hokuei-cho
							Daiei Fureai Community Hall	—	
	Kawasaki-Shinden					Kofu Town General Gymnasium	Kamihojo Elementary School	0858-26-6355	Kurayoshi City
Kawasaki Green Heights	Saigo Elementary School	0858-26-3020							
		Hoki Shiawase no Sato	0858-26-5581						
Sumiyoshi Community Center District (all of Abe; part of Hatagasaki, Kamigoto)	Hatagasaki District 3 South	Tottori④	Sumiyoshi Community Center Sumiyoshi Elementary School Gotogaoka Junior High School	①	Nawa Agricultural Training Center	Narumi Community Center	0858-55-2316	Kotoura-cho	
						Yasuda Community Center	0858-55-1848		
						Isai Community Center	0858-55-7550		
						Akasaki Culture Center	0858-55-0741		
						Former Konosho Elementary School Building	—		
						Akasaki Elementary School Building	0858-55-0506		
						Akasaki Junior High School Building	0858-55-0002		
						Kotoura Town Hall Annex	0858-55-0111		
						Hakuho-kan	—		
						Former Yasuda Elementary School Building	—		
	Hatagasaki District 3 North			Kofu Town General Gymnasium	Meirin Elementary School	0858-22-6175	Kurayoshi City		
					Ogamo Elementary School	0858-28-0965			
					Yashiro Elementary School	0858-28-0951			
		Farming Village Environment Improvement Center	0858-28-2090						

Name of elementary school district	Name of neighborhood	Evacuation zone	Temporary assembly centers	Evacuation routes	Evacuation screening points	Evacuation destination		
						Name of facility	Telephone number	Name of city/town
Sumiyoshi Community Center District (all of Abe; part of Hatagasaki, Kamigoto)	Hatagasaki District 3 North	Tottori ④	Sumiyoshi Community Center Sumiyoshi Elementary School Gotogaoka Junior High School	②	Kofu Town General Gymnasium	Kurayoshi Special Needs School Gymnasium	0858-28-3500	Kurayoshi City
						Habataki Human Rights and Culture Center	0858-22-0232	
						Kurayoshi Welfare Center	0858-22-5248	
						Machikado Station	0858-22-8129	
	Kamigoto District 2			①	Tohaku Park Gymnasium	Kasseika Center Hamanasu	0858-35-5384	Yurhamacho
						Central Community Center Tomari Annex	0858-34-3011	
						Youth Home	0858-35-5368	
						Fishing Village Center	0858-34-3111	
						Hagoromo Community Hall	0858-35-5384	
						Sakura Community Facility	0858-35-5362	
Kamigoto District 4	②	Kofu Town General Gymnasium	Yashiro Community Center	0858-28-2155	Kurayoshi City			
			Kitadani Community Center	0858-28-0969				
Abe	①	Tohaku Park Gymnasium	Kurayoshi Higashi High School	0858-22-5205	Kurayoshi City			
			Seitoku Elementary School	0858-22-6173				
			Uwanada Community Center	0858-22-0640				
			Seitoku Community Center	0858-22-1301				
Nakanoumi Districts 1, 2	①	Tohaku Park Gymnasium	Nadate Community Center	0858-22-5401	Kurayoshi City			
			Prefectural Kurayoshi Sports and Culture Center	0858-26-4441				
Kamo Community Center District (part of Ryomitsuyanagi)	Kamo District 5 West	Kamo Community Center Kamo Elementary School Kamo Junior High School	①	Nakayama Agricultural Training Center	Seigo Elementary School	0858-52-3016	Kotoura-cho	
					Former Isai Elementary School Building	—		
	Kamo District 5 Central		②	Kofu Town General Gymnasium	Funanoe Elementary School Building	0858-55-0601	Mitsas-cho	
					Takase Community Center (Gymnasium)	0858-43-1040		
	Kamo Housing		②	Kofu Town General Gymnasium	Misasa Town Community Center	0858-43-5201	Kurayoshi City	
					Kamihojo Community Center	0858-26-1763		
	Mitsuyanagi Housing Complex District 3		①	Tohaku Park Gymnasium	Saigo Community Center	0858-26-2046	Hokuei-cho	
					Tottori Prefectural College of Agriculture	0858-45-2411		
	Mitsuyanagi Housing Complex District 4		①	Tohaku Park Gymnasium	Hojo Gymnasium	—	Hokuei-cho	
					Hojo Farming Village Environment Improvement Center	—		
Mitsuyanagi Kita	①	Nakayama Agricultural Training Center	Taisei Gymnasium	—	Kotoura-cho			
			Farmers' Training Center	0858-55-2707				
			Hiraiwa Memorial Hall	—				
			Akasaki Fureai Exchange Center	—				
Hamakawasaki	①	Nakayama Agricultural Training Center	Shimogo District Community Center	—	Kotoura-cho			
			Kounosho District Community Center	—				

Source: Yonago City



List of facilities providing radiation protection measures

Facilities where people who have difficulty evacuating quickly can temporarily evacuate indoors (Measures to remove radioactive materials from the air are implemented)

Name of facility	Telephone number
Social Welfare Organization Saiseikai Imperial Gift Foundatin, Inc. (44 Yonegawa-cho, Sakaiminato City)	0859-42-3161
Social Welfare Corporation Sirayurikai (2480 Watari-cho, Sakaiminato City)	0859-45-5400
Shinseikai Yumigahama HospiTown (1511-1 Osaki, Yonago City)	0859-48-2331
Shinseikai Nursing Home for the Elderly Yutopia (581-3 Kawasaki, Yonago City)	0859-24-5666

Be prepared
in everyday
life!

Check that your preparations are in order!



When you have prepared an item on the checklist, tick it off!

Food and drink for your family to last a minimum of three days



Radio and flashlight (+ extra batteries)

Mobile telephone and charger



Plastic raincoat with hood

Work gloves and masks



Towel and underwear

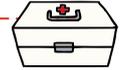


Other necessary items (such as baby formula and diapers)

Long-sleeved shirt/long trousers/hat

First-aid kit/medicines that you normally take/prescriptions

Bank passbook/seal/cash



Health insurance card/driver's license/title certificates



Hygiene goods (toothbrush, toothpaste, etc.)/sanitary napkins, etc.

Tissues/wet wipes, Thermometer, alcohol-based disinfectant

Keep the family car's fuel tank full

*It is easy to stockpile supplies if you regularly purchase food and other necessities that you would normally buy in slightly larger quantities.

If there are any other items that you need to prepare, write them on the list!

My evacuation destination

● Temporary assembly centers:

● Evacuation destination:

My family members' contact information

Name		Date of birth		Name		Date of birth	
Workplace (school, etc.)		Telephone number		Workplace (school, etc.)		Telephone number	
Name		Date of birth		Name		Date of birth	
Workplace (school, etc.)		Telephone number		Workplace (school, etc.)		Telephone number	



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Go to Tottori Prefecture's Nuclear Emergency Preparedness website by scanning the QR code above.