

Reference Edition
(2020)

Please keep a copy in your home and at your workplace

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Tottori
Prefecture

Making everyday
preparations is
important!

Nuclear Emergency Preparedness Handbook

What
should I do
in the event
of a nuclear
emergency?

What
should I do
when
evacuating?

What is a
nuclear
emergency?

What
everyday
preparations
should I
make?

What
measures
are
necessary?



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Introduction

This handbook was created to serve as a guide for residents in how to respond in the event of a nuclear emergency 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

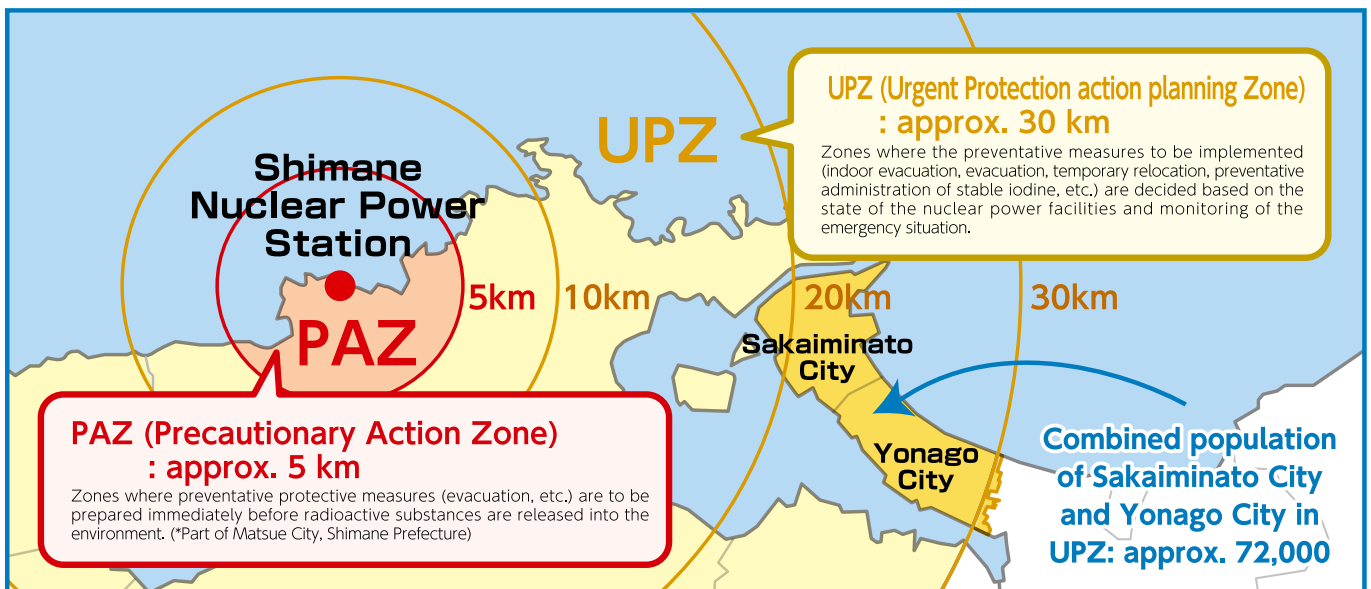
Regional Plan for Disaster Prevention (Nuclear Emergency Preparedness Edition) and Wide-Area Residents Evacuation Plan

In preparation for the unlikely event of an accident at the Shimane Nuclear Power Station, the Tottori prefectural government is preparing and implementing various nuclear emergency preparedness measures.

Based on the lessons learned from the accident that occurred at the Fukushima Daiichi Nuclear Power Station, in October 2012, 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 as UPZ (Urgent Protection action planning Zones), 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 [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.

▼ 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, we conduct on-site surveys in accordance with our safety agreement with Chugoku Electric Power Co., Inc.
- To ensure that countermeasures can be implemented swiftly when a nuclear emergency occurs, we 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 because of 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

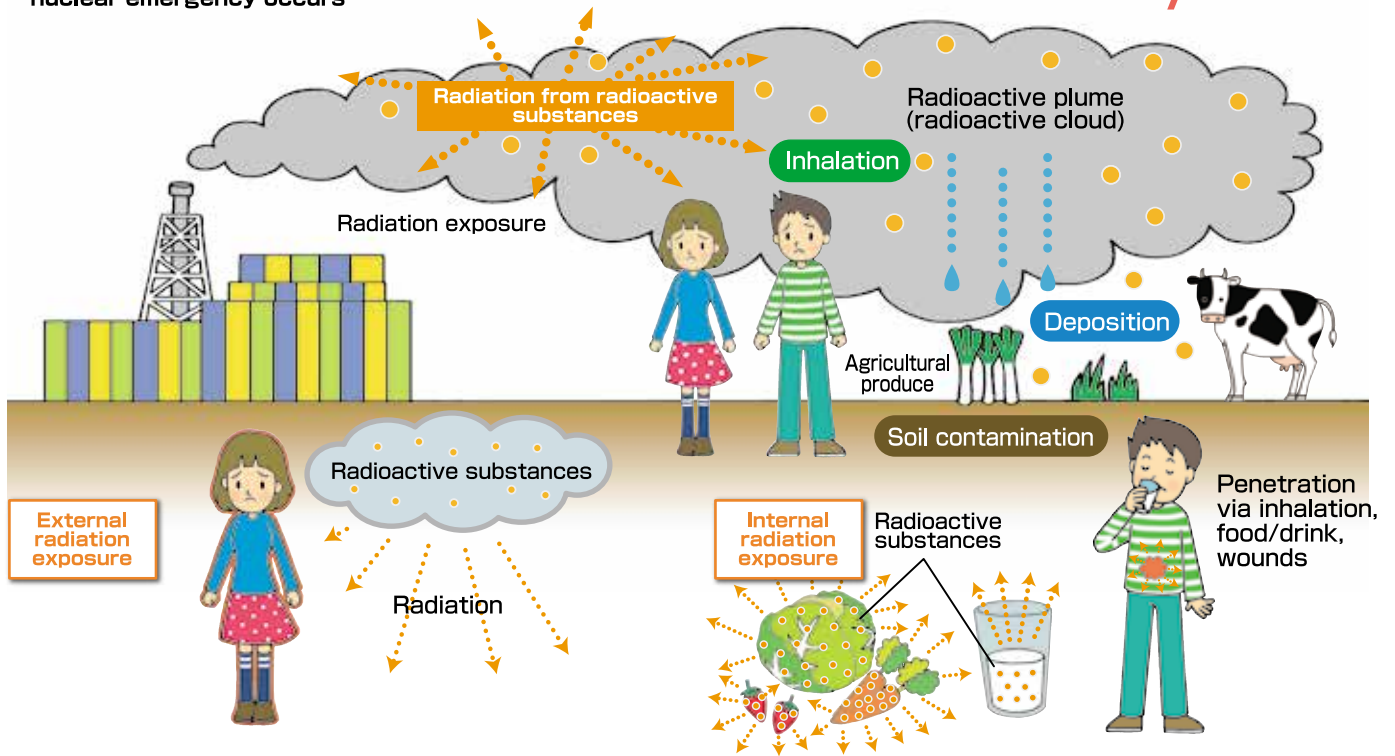
- The existence of radiation can be detected using a radiation detector (Geiger counter), but **because radiation is invisible to the eye and cannot be felt with the five senses, it is impossible to determine for yourself whether or not you have been exposed to radiation.**
- Because **specialized knowledge 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 adhere 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 if an accident occurs at a nuclear power station?

In the unlikely event that an accident should occur at the nuclear power station, preventative protection measures (indoor evacuation, evacuation, etc.) are to be implemented in accordance with how the emergency situation develops. The necessary protection measures differ depending on factors, such as the scale and impact of the accident.
Pay attention to information provided by the prefectures and/or cities and act calmly!

Flow of measures to be taken in a nuclear emergency

Accident occurs

Measures to be implemented by residents

Refer to the following numbers for details

Obtaining information

There is no need to take any special action, but pay attention to information provided about the nuclear emergency. Prefectures and cities will utilize various communication media to provide residents with information about the accident situation.



3

Methods for communicating with residents

Preparing for indoor evacuation

Refrain from going outside unless doing so is absolutely necessary or urgent, or return home as quickly as possible and make preparations for indoor evacuation. Continue paying close attention to information provided by prefectures and cities.



4

Indoor evacuation

Indoor evacuation

People who are outside should go into their homes or a nearby building and close all of the doors and windows. As a rule, avoid going outdoors.



Evacuation procedures

Evacuation

When evacuating, follow the instructions for evacuation provided by the prefectures and cities. Be sure to check which zones have been ordered to evacuate, your evacuation destination, and the time at which evacuation is to begin.



5

Evacuation methods

Walk

Temporary assembly center

If you are evacuating by bus, gather at the temporary assembly center and then board the buses together with other evacuees.



6

Evacuation routes

7

Taking stable iodine

Personal vehicle

Bus

Screening at time of evacuation from the area

Evacuees are checked at screening points along the evacuation route to see whether there are any radioactive substances attached to their clothing, skin, etc. Evacuees are given a screening certificate showing their screening results.



8

Screening at time of evacuation from affected zone

Evacuation center

Please go to the evacuation center to which you have been instructed to go. When you arrive, write your name in the evacuees register and show staff the screening certificate you received when you were screened at the time of evacuation.



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What you need to know for evacuation

*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.

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

In the unlikely event that a nuclear emergency occurs, preventative protective measures can be implemented swiftly because decision criteria have been established in advance.

Decisions regarding the implementation of specific protective measures are made by the Nuclear Regulation Authority, and specific instructions are issued by prefectures and cities.

EAL (Emergency Action Level)	OIL (Operational Intervention Level)
Decision criteria for implementing preventative protective measures, such as evacuation or indoor evacuation in accordance with the status of the nuclear power facility	Criteria for measured values obtained from radiation monitoring used to decide implementation of protective measures (evacuation, indoor evacuation, etc.)

Before release of radioactive substances

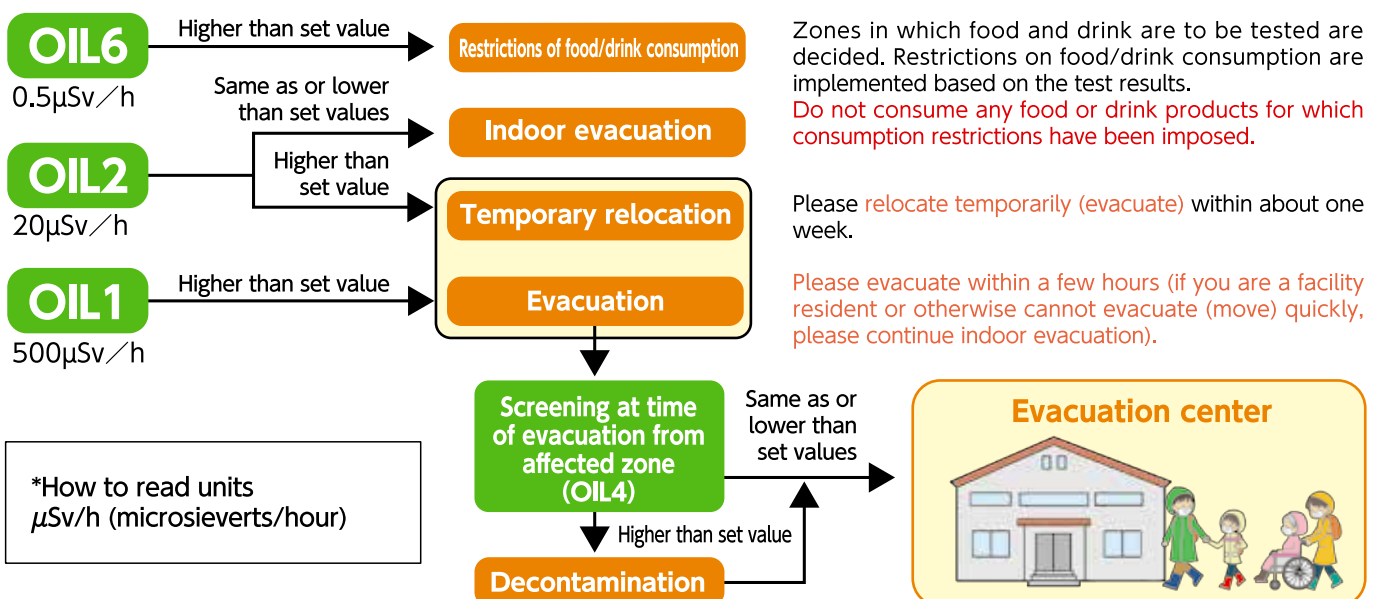
- Decide based on the status of the nuclear power station

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)	Please make indoor evacuation preparations .
General Emergency (GE) (EAL3)	When there is a high possibility of effects from radiation (Example: loss of reactor cooling function)	Please 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.

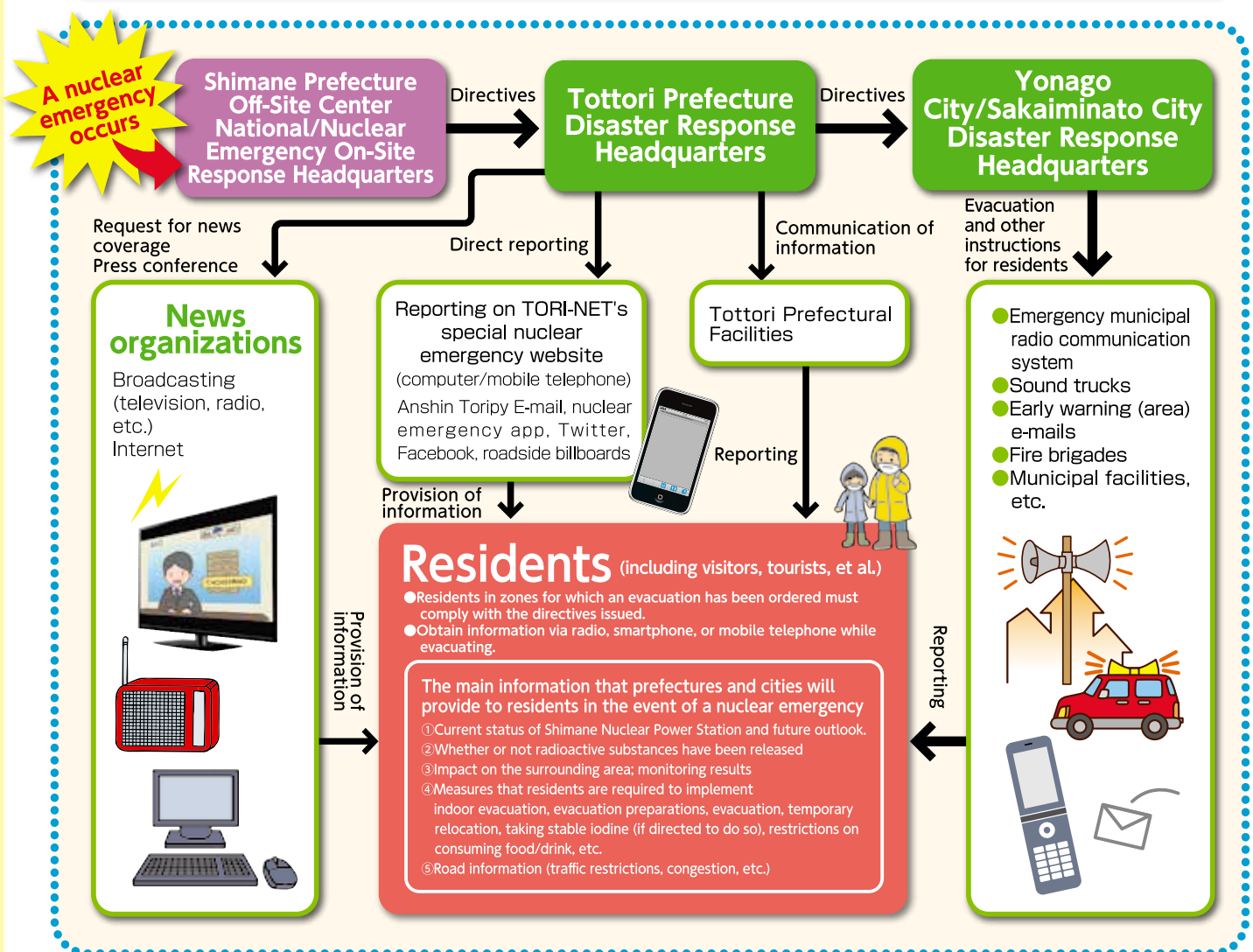


How do I know what to do?

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 are also to 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

Websites

When trouble arises and during times of other emergency situations, emergency information, such as reports on the status of the nuclear facilities and the status of Tottori Prefecture's response measures, as well as messages to residents, will be posted on the Tottori Prefecture official website.

● Tottori Prefecture's nuclear emergency preparedness website provides emergency preparedness information and information related to the nuclear emergency.

● Tottori Prefecture's nuclear disaster prevention initiatives

- Nuclear safety advisory activities carried out by Tottori Prefecture
- Holding of 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

● Results of air 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.

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 E-mail

This is a service whereby disaster preparedness information for Tottori Prefecture is sent via e-mail to registered subscribers' mobile telephones and other internet-connected devices. Send an e-mail from your mobile telephone to the address shown below, then open the reply e-mail and carry out the registration procedures.

e-tottori-safe@xpressmail.jp

Easy registration using QR code!

If your mobile telephone has a barcode-reading function, you can send an e-mail using the QR code shown at right.



Use of social media (SNS)

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



Twitter: **@tottori_bousai**

Tottori Prefecture Crisis Management Bureau Official Account.

Facebook: **@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.



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 evacuate indoors is issued...

Stay calm and follow the instructions



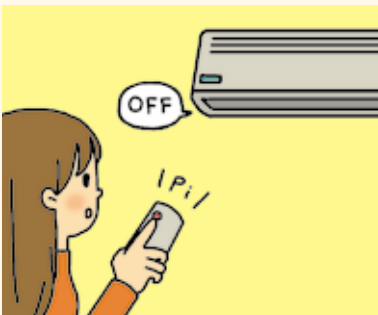
① Go inside your home or another building

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

Weatherstripping air vents, windows, and window frame cracks is an effective way to prevent radioactive substances from entering the room through small openings and cracks.



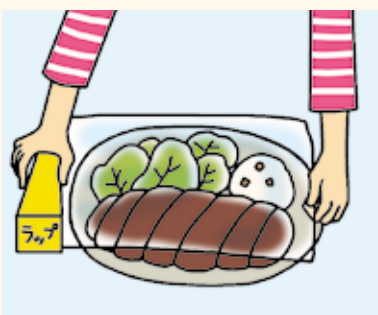
⑤ Stay away from the windows while indoors

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 rooms.



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 container and seal.



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, and indoor evacuation is carried out as a protective measure.

Being outdoors will pose the risk of increased radiation exposure because of the radioactive substances being released from the nuclear power station and radioactive plumes (radioactive clouds). In addition to evacuating indoors as a preventative measure before radioactive substances are released, by evacuating indoors before the radiation decays when radioactive substances pass through or fall on ground surfaces or buildings, it is possible to reduce external and internal radiation exposure.

▼ 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 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.



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.**

→ Indoor evacuation will be lifted based on the results of radiation measurements.

• In the event that the effects of a serious situation are assumed to impact an area outside the UPZ (zone within a radius of approx. 30 km from the nuclear power station), the Nuclear Regulation Authority may decide to expand the indoor evacuation area based on the status of 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.

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.



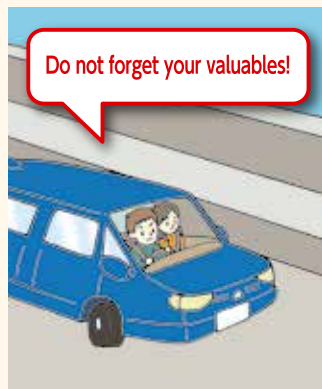
② Wear a plastic raincoat and hat

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



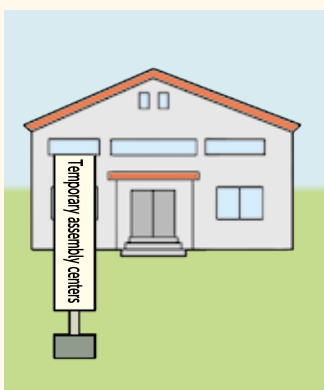
③ Prevent internal radiation exposure by wearing a mask

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 alert your neighbors to the evacuation as well.



⑤ Evacuate indoors at the temporary assembly center

In order to prevent internal radiation exposure and external radiation exposure, be sure to 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.

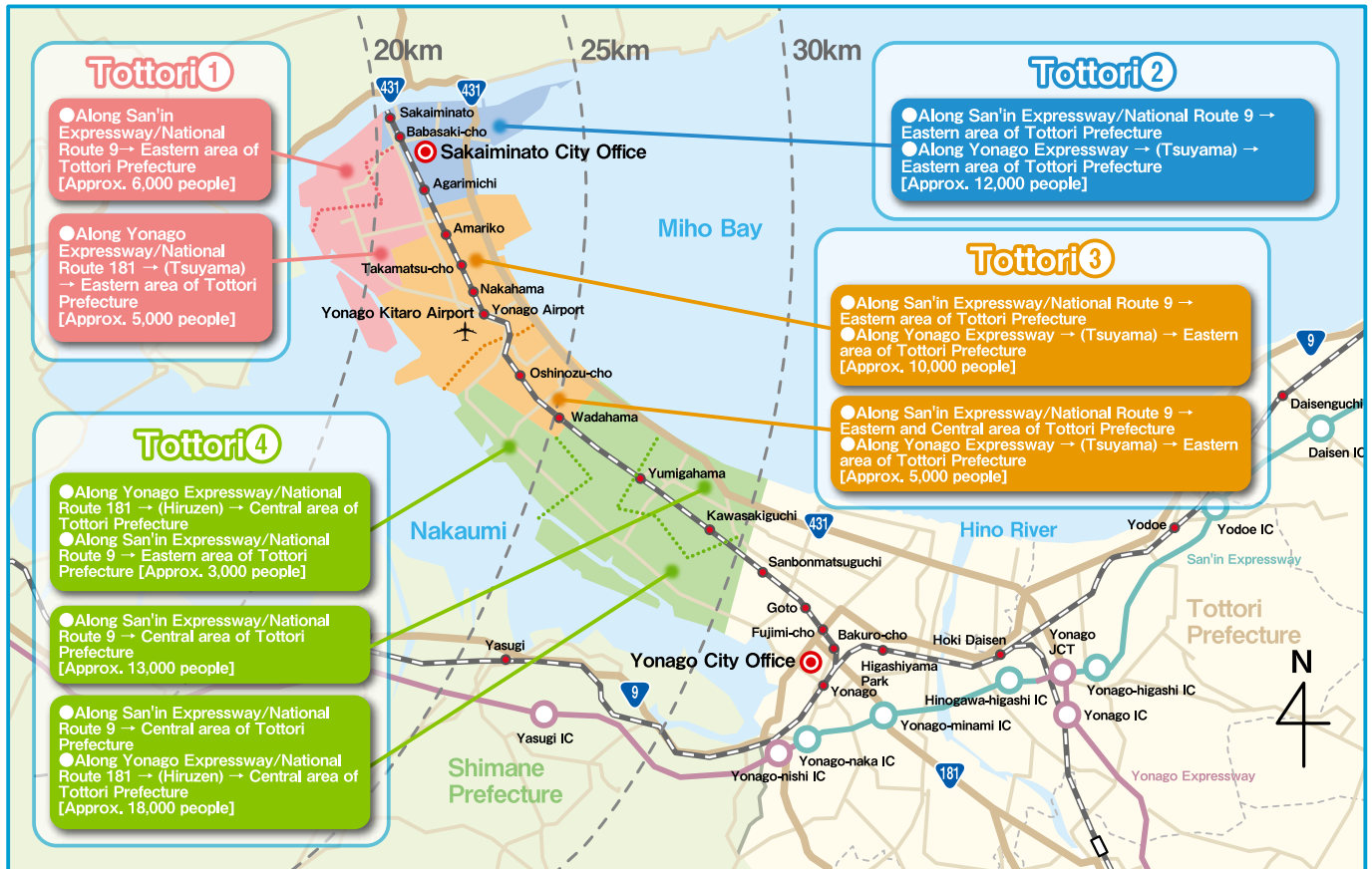
Implementation of phased evacuations

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

When evacuation becomes necessary for all areas within a 30 km radius of the nuclear power station, **phased evacuation is to be carried out starting from those districts closest** to the Shimane Nuclear Power Station in order to avoid traffic congestion.

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, thereby preventing traffic congestion, shortening the travel time (time spent in vehicles), and reducing the risk of radiation exposure.

Conducting simultaneous evacuations rather than phased evacuations lengthens the evacuation travel time (time spent in vehicles)



*Based on the results of radiation measurements, evacuation directives may be issued for some districts and not others, so be sure to pay attention to the information provided by the prefectures and cities.

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. 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.

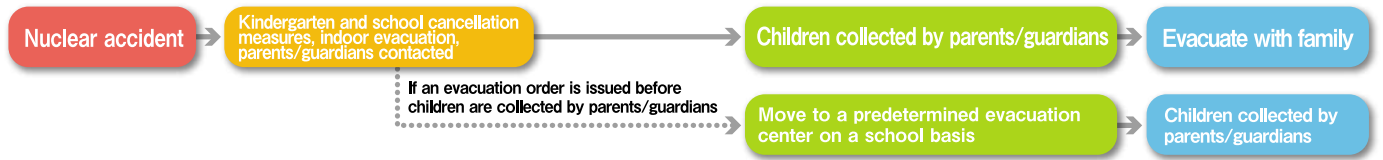


Evacuation of individuals with a hearing impairment or otherwise requiring support

People with hearing impairments or otherwise requiring support should go to the temporary assembly center together with a supporter (family member, neighbor, et al.) and follow the instructions provided by sign language interpreters for evacuating with other members of the local community. Also, 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

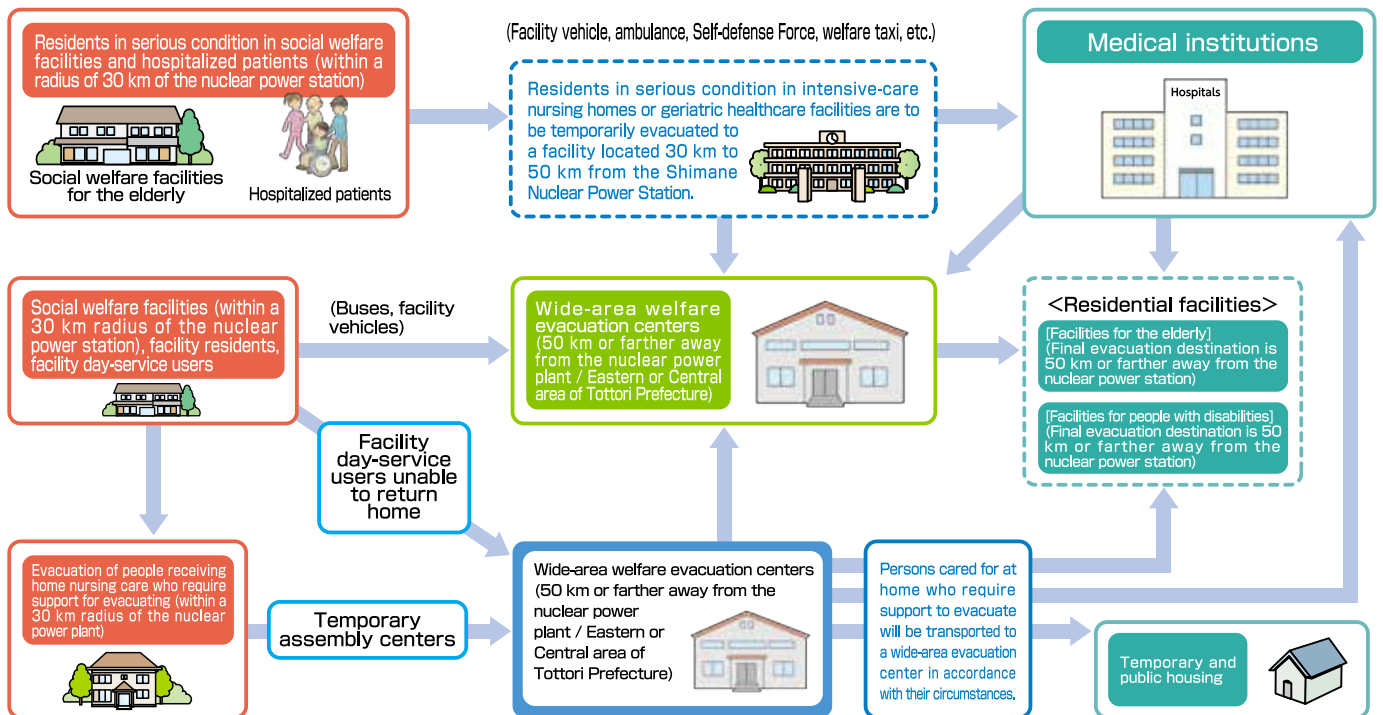
If an accident occurs at the nuclear power station and develops into a **Site Emergency (SE)**, kindergarten and school will immediately be cancelled and the safety of preschool and school students will be ensured through indoor evacuation and other measures. If the situation should deteriorate further 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 welfare 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.



*All facilities make preparations on an everyday basis, such as regularly checking emergency communication systems and stockpiling supplies.

*With regard to residents of social welfare facilities located outside a 30 km radius of the nuclear power station, as a general rule, indoor evacuation is implemented, but evacuation may be necessary in some cases.

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.

6

Evacuation routes

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. Also, to travel to the Eastern and Central areas of Tottori Prefecture, please use one of three routes: Route 1 (along San'in Expressway/National Route 9), Route 2 (along Yonago Expressway/National Route 181), or Route 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

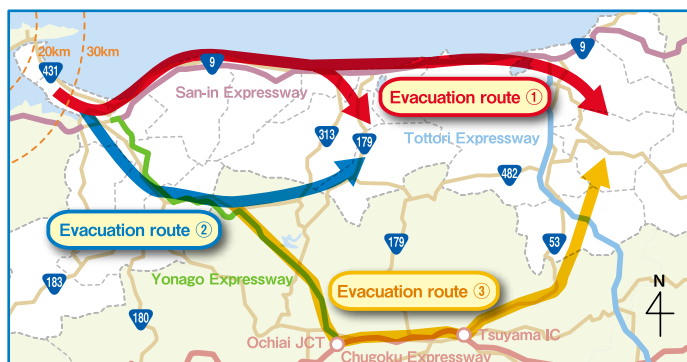
*Depending on road conditions, you may be instructed to make a detour. Be sure to following the instructions of local police officers and other first responders on the scene.



*Evacuation route multiplexing in the case of a complex disaster

There is a possibility that National Route 431 will be impacted by the occurrence of 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, and 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 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. Also, stable iodine is stockpiled at temporary assembly centers, schools, and residential welfare facilities to enable immediate distribution when necessary.

① Purpose and effects

In the event of 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, potentially causing 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 When and where should I take stable iodine?

- Stable iodine is administered on the instructions of the Nuclear Emergency Response Headquarters (Prime Minister) or prefectures and cities based on the decision of the Nuclear Regulation Authority. As a general rule, stable iodine is taken only once and is distributed at temporary assembly centers when a directive to administer the stable iodine is issued.
- Stable iodine is stockpiled at temporary assembly centers in Yonago City and Sakaiminato City, as well as at schools (enough for preschoolers and students in addition to local residents) and residential welfare facilities (enough for users).
- If you do not receive or take stable iodine at the temporary assembly center, it is also distributed at evacuation screening points so you can also take it at that time.

▼ Stable iodine 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.

For those living within the UPZ for whom it would be difficult to quickly go and get stable iodine from a temporary assembly center, you may receive it in advance by taking a medical interview and listening to a brief explanation at an annual information session. The dates for these sessions will be announced in city newsletters and through other forms of public information services.

③ 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.

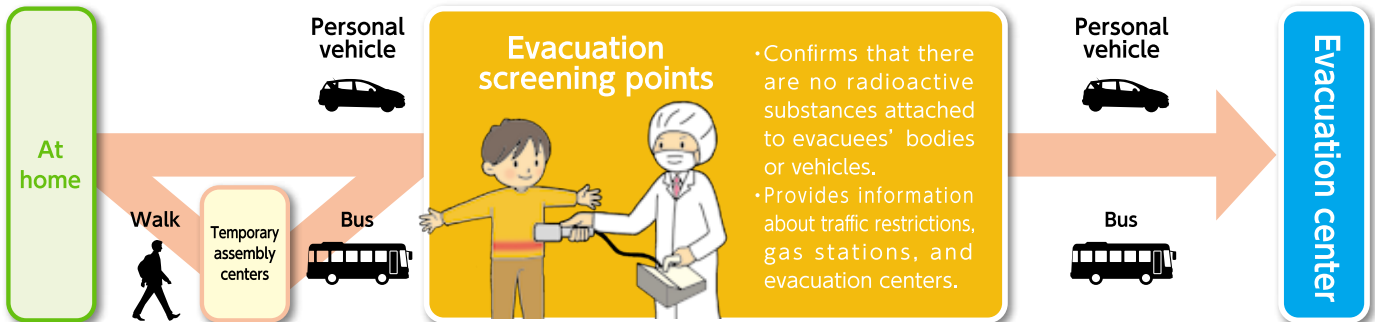
Those who cannot take stable iodine: Those who have a history of hypersensitivity to the ingredients of stable iodine or to iodine.
Those who need to be especially careful when taking stable iodine (if you think any of the following may apply to you, please consult your family doctor): history of hypersensitivity 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 adhere (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!**

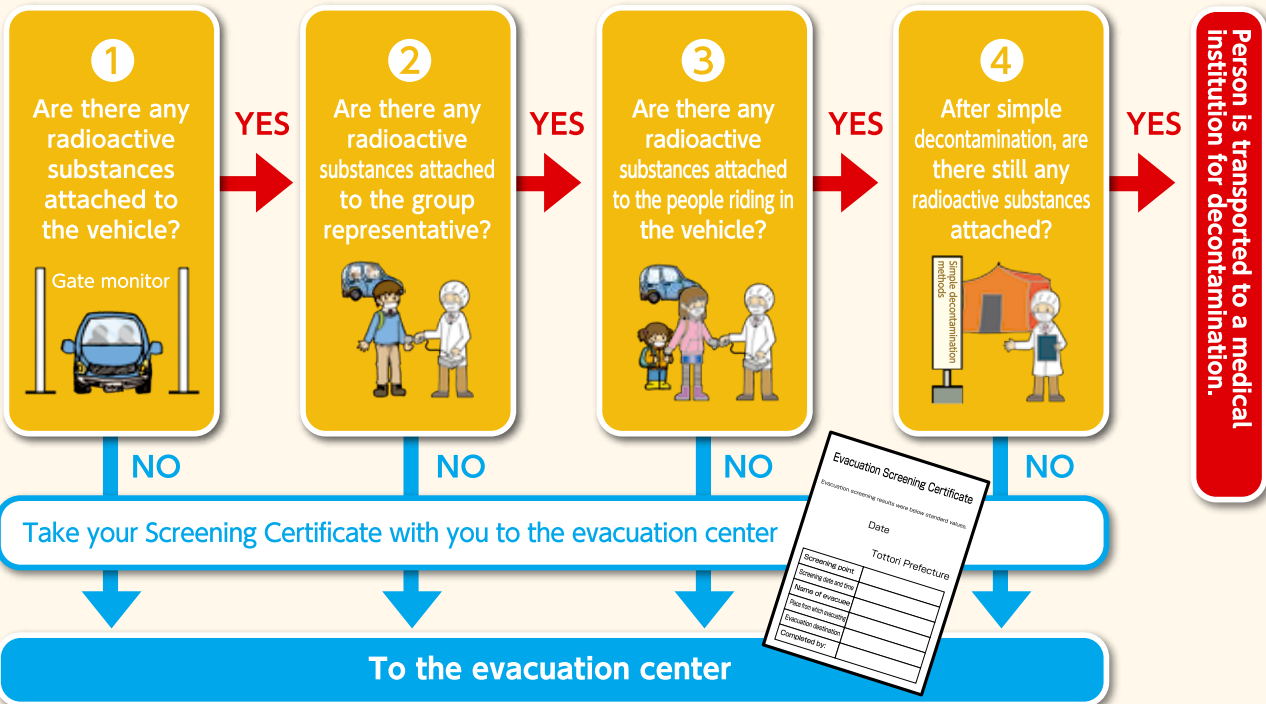
It is a big relief for evacuees to receive confirmation that no radioactive substances have attached to their bodies during evacuation.



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

Evacuation screening procedures

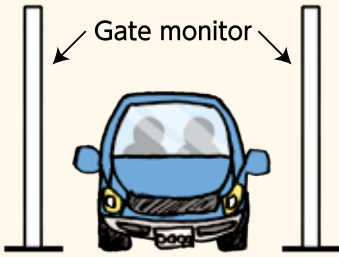
Screening begins.



*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 the purpose of ameliorating the anxiety of people requiring special assistance such as foreign nationals, elderly people, and people with disabilities.

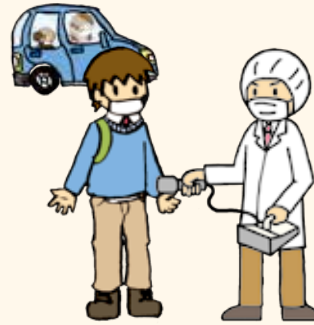
Implementation of evacuation screening and simple decontamination



① Vehicle screening

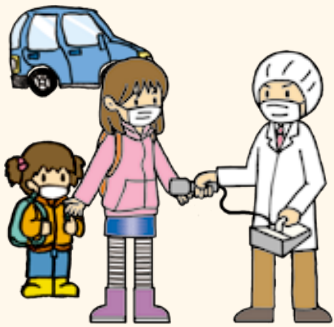
Testing is carried out to determine whether or not there are radioactive substances attached to the surface of the vehicle.

*When a vehicle passes through the gate monitor, it is possible to 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 residents riding 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 are provided with screening certificates and then travel to their evacuation center, etc.

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 complex emergency, evacuees may be required to make a detour or 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	Evacuees (Evacuation Route 1)
	② Nakayama Farmers' Training Center	〒689-3112 1022-5 Shimogi, Daisen-cho	
	③ Nawa Farmers' Training Center	〒689-3212 1247-1 Nawa, Daisen-cho	
	Evacuees (Evacuation Route 2 or 3)	④ Kofu Municipal Gymnasium	〒689-4413 62 Sugasaki, Kofu-cho
		⑤ Hoki-cho B&G Kaiyo Center	〒689-4102 1006-3 Ohara, Hoki-cho
		⑥ Kurayoshi Municipal Sekigane Facility for Promoting the Health of Farmers, Foresters, and Fishermen	〒682-0411 1560-18 Sekiganeshuku, Sekigane-cho, Kurayoshi City
		⑦ Former Nagi Elementary School	〒689-1451 205 Ose, Chizu-cho
		⑧ Daisen PA	〒689-4105 Kugo, Hoki-cho
With evacuation center (Eastern and Central areas of Tottori Prefecture)	① Fuse Sports Park Prefectural Gymnasium (Coca-Cola Bottlers Japan Sports Park)	〒680-0944 146-1 Fuse, Tottori Prefecture	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	
	③ Kurayoshi Sports and Cultural Hall	〒682-0023 529-2 Yamane, Kurayoshi City	
With health center	Tottori Municipal Health Center	〒680-0845 Sazanka Hall 2F, 2-104-2 Tomiyasu, Tottori City	Persons wishing to be screened
	Kurayoshi Health Center	〒682-0802 2 Higashiiwaki-cho, Kurayoshi City	
	Yonago Health Center	〒683-0802 1-1-45 Higashi-Fukubara, Yonago City	

*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.

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

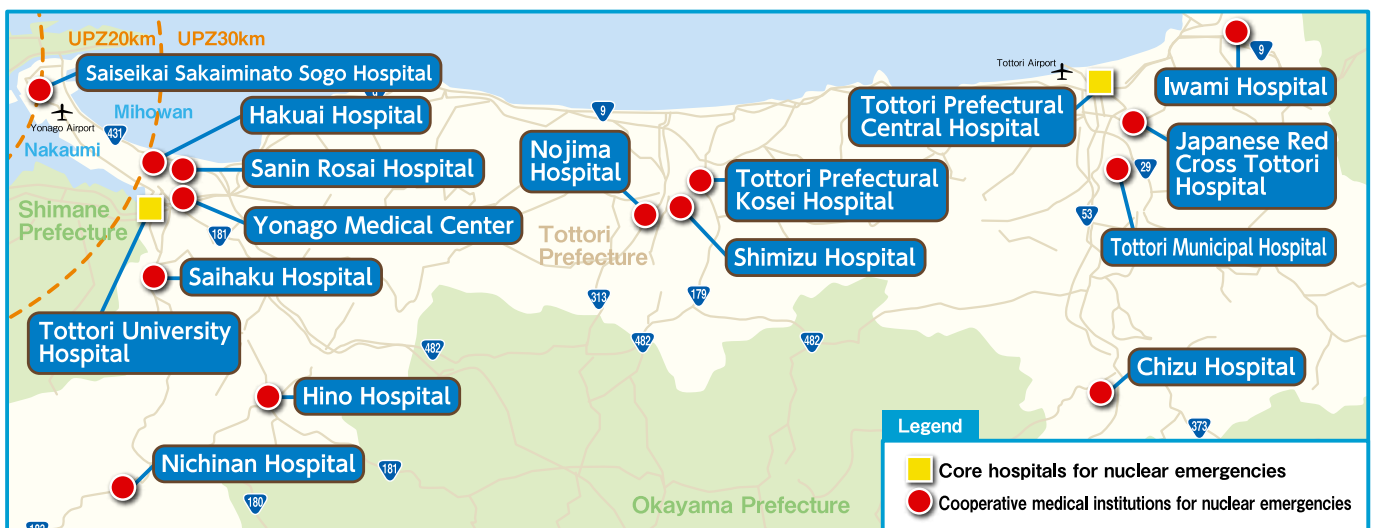
Western area of Tottori Prefecture: Saiseikai Sakaiminato Sogo Hospital, Hakuai Hospital, Sanin Rosai Hospital, Yonago Medical Center, Saihaku Hospital, Hino Hospital, Nichinan Hospital
Central area of Tottori Prefecture: Tottori Prefectural Kosei Hospital, Nojima Hospital, Shimizu Hospital
Eastern area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

- Provides advanced specialized treatment that cannot be provided by core hospitals for nuclear emergencies.
- Organizes support for core hospitals during nuclear emergencies, as well as organizes and dispatches medical teams for nuclear emergencies.

Hiroshima University

Map of locations of medical institutions



Where is radiation measured?

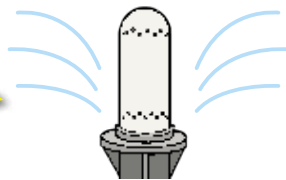
Environmental radiation is measured regularly under normal conditions, but in the event of a nuclear emergency, the scope and frequency are greatly intensified in order to provide data for determining whether or not to order an evacuation, restrict food and drink consumption, or implement other appropriate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

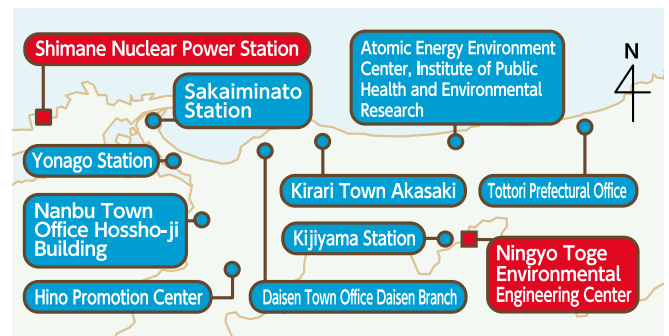


Monitoring of fallout and airborne dust.

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)

<https://radioactivity.nsr.go.jp/map/ja/>

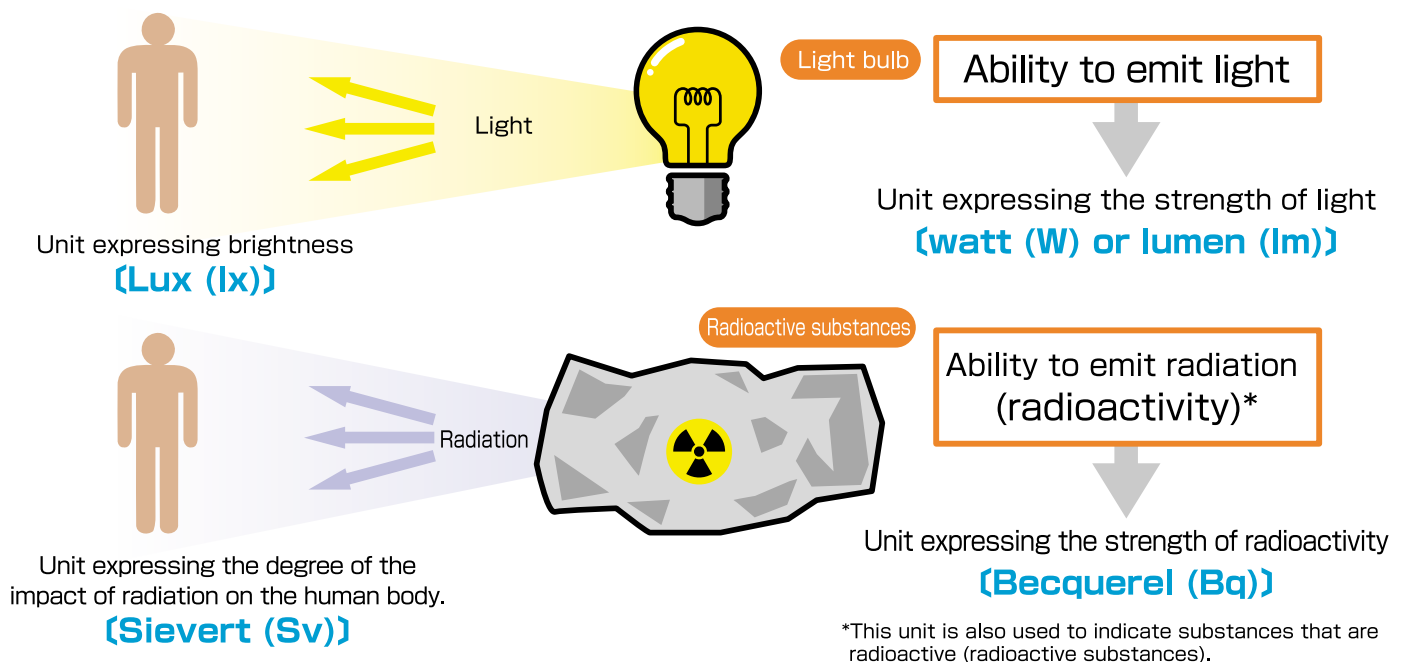


Basic knowledge about radiation

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 radiation (vector) 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).

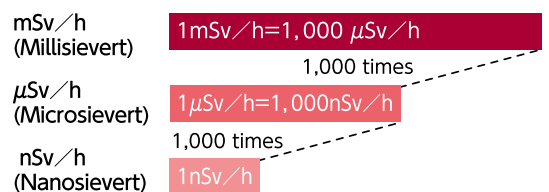
▼ **Sievert (Sv): unit expressing the impact of radiation on the human body**
This unit shows the degree of impact on the human body when exposed to radiation. When identical values are obtained after calculations using this unit, the degree of impact on the human body is the same regardless of whether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

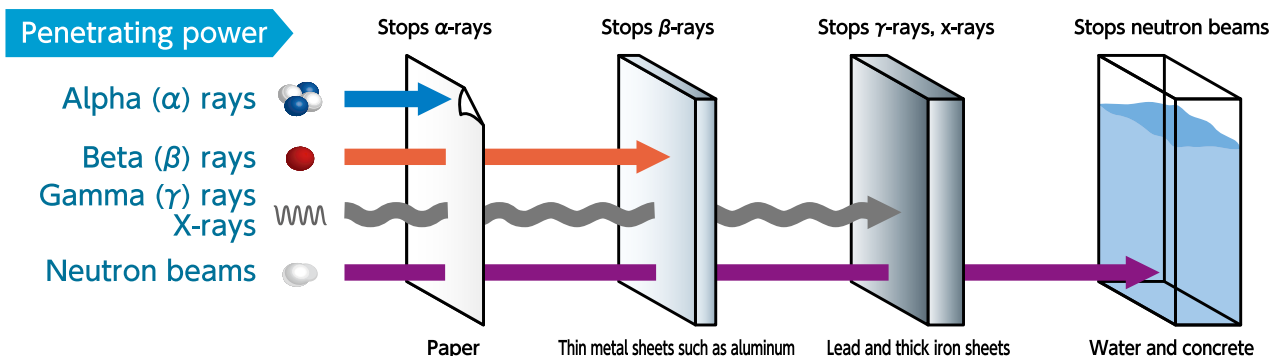


Types and penetrating power of radiation

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

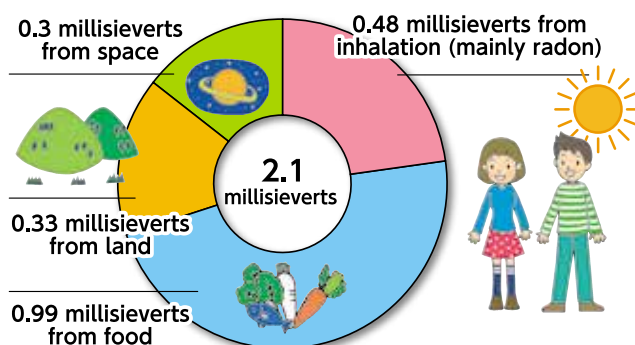


α -rays: helium atomic nucleus β -rays: electrically charged particles γ -rays/x-rays: electromagnetic waves neutron beams: non-electrically charged particles (neutrons)

Radiation in everyday life

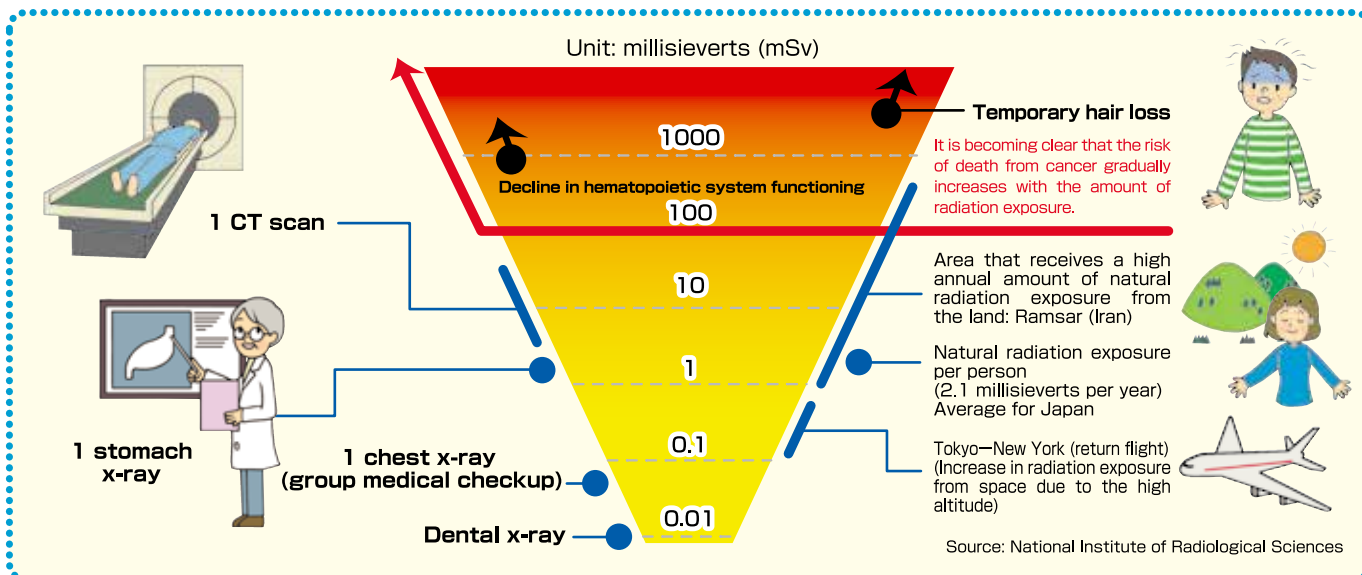
In our everyday lives, we are constantly exposed to radiation from the world of nature. We are exposed to radiation from the land and from space; radiation can also be found in the air and in our food. These types of radiation are called "**natural radiation**". We are also exposed to radiation when 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

Sakaminato City

*For Evacuation Routes please refer to p. 13.

*Because of the results of radioactive substance measurements and factors, such as the situation at your evacuation destination, the evacuations 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	Tonoe District 4 Tonoe District 5	Tottori ①	<u>Tonoe Elementary School</u>	①	Nakayama Farmers' Training Center	Nisshin Elementary School	0857-23-3371	Tottori City
	Tonoe District 6 Tonoe District 7					Nisshin District Community Center	0857-23-3960	
						Tottori City Culture Center	0857-27-5181	
						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	
	Tonoe District 8 Tonoe District 9 West Industrial Park					Fuso Gymnasium	0857-27-4585	
						Johoku Gymnasium	0857-20-3373	
						Johoku Elementary School	0857-23-0381	
						Nakanogo Gymnasium	0857-21-5393	
	Tonoe District 10					<u>Dai San Junior High School</u>	①	
Tonoe District 12	Minami Junior High School	0857-22-3617						
Tonoe District 3	<u>Tonoe Community Center</u>	①	Nawa Farmers' Training Center	Miho Elementary School	0857-22-4939			
				Nakanogo District Community Center	0857-21-5393			
				Inabayama Elementary School	0857-22-8511			
Tonoe District 11	Civic Gymnasium	①	Tohaku Park Gymnasium	Inabayama District Community Center/Inabayama Gymnasium	0857-24-2542			
				Miho District Community Center	0857-26-3981			
Shiba-cho	Civic Gymnasium	①	Tohaku Park Gymnasium	Higashi Junior High School	0857-22-3017			
Shimizu-cho				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 District 1	Tottori ②	<u>Dai San Junior High School</u>	③	Hoki-cho B&G Kaiyo Center	Tottori Budokan	0857-26-8038	Tottori City
	Watari District 2				Kyusho Elementary School	0857-23-3401		
	Watari District 3 Watari District 4		<u>Watari Elementary School</u>	③	Kofu Municipal Gymnasium	Tottori City Education Center	0857-36-6060	
						Kyusho District Community Hall	0857-23-4148	
	Watari District 5 Watari District 6 Watari District 7		<u>Watari Community Center</u>	③	Kofu Municipal Gymnasium	Junpu District Community Center	0857-26-2568	
						Shuritsu District Community Center	0857-26-5914	
	Watari District 16 Watari District 8		<u>Dai San Junior High School</u>	③	Hoki-cho B&G Kaiyo Center	Tottori City Education Center	0857-36-6060	
	Watari District 11					<u>Watari Elementary School</u>	Kofu Municipal Gymnasium	
			Watari District 14 Watari District 15	<u>Dai San Junior High School</u>	③			
	Watari District 18 Watari District 19					<u>Watari Elementary School</u>	③	
			Morioka-cho (Higashi-Morioka)	<u>Dai San Junior High School</u>	③			
	Morioka-cho (Nishi-Morioka)					<u>Watari Elementary School</u>	③	
			Nakaumi reclaimed land	<u>Dai San Junior High School</u>	③			
	-					-	-	
				-	-	-	-	

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	Tottori ①	Yuhigaoka Ni-Chome Meeting Hall	①	Tohaku Park Gymnasium	Aoya-cho Gymnasium	—	Tottori City											
						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	Tottori ①	Civic Gymnasium	①	Nawa Farmers' Training Center	Omokage Elementary School	0857-22-4502	Tottori City											
	Yonegawa-cho					Sakuragaoka Junior High School	0857-22-8301												
	Babasaki-cho	Sakai High School	①	Nakayama Farmers' Training Center	Omokage District Community Center	0857-24-9033													
	Taisho-machi				Kurata Gymnasium	0857-53-2259													
	Meiji-machi	Sakai Elementary School	①	Nawa Farmers' Training Center	Kurata Elementary School	0857-53-1042													
	Kyo-machi				Kozan Junior High School	0857-53-0600													
	Ei-machi				Miwa Elementary School	0857-53-2355													
	Minato-machi				Taisho District Community Center	0857-53-0600													
	Hinode-machi				Toyomi Gymnasium	0857-24-0604													
	Hon-machi				Toyomi District Community Center	0857-24-0604													
	Aioi-cho				Fuse Sports Park	0857-28-7220													
	Suehiro-cho				Miho District Community Center	0857-53-0173													
	Moto-machi				Taisho Elementary School	0857-22-2739													
	Hamano-cho				Fuse Sports Park	0857-28-7220													
	Hasuike-cho	Sakai Community Center	①	Nakayama Farmers' Training Center	Taisho Gymnasium	—													
	Matsugae-cho				Yamato District Community Center	0857-53-0404													
	Naka-machi				Yamato Gymnasium	0857-53-0404													
	Higashi Hon-machi				Fuse Sports Park	0857-28-7220													
	Agarimichi District	Asahi-machi	Tottori ②	Dai Ni Civic Gymnasium	①	Nakayama Farmers' Training Center	Togo Gymnasium		0857-53-0456	Tottori City									
		Nyusen-cho					Togo District Community Center		0857-53-0456										
Shinonome-cho		Togo Elementary School					0857-53-2542												
Hana-machi		Konan Gakuen Osato Community Hall (Konan District Community Center Annex, Konan Gymnasium)					0857-57-0021												
Misaki-cho		Nawa Farmers' Training Center					0857-54-0226												
Showa-machi		Sakai Elementary School					Matsuho Gymnasium	0857-28-1192											
Amariko District		Nakano District 1					Sakai High School Civic Gymnasium	③	Kofu Municipal Gymnasium		③	Fuse Sports Park	0857-28-7220	Tottori City					
												Nakano District 2	Nakayama Farmers' Training Center		0857-28-7220				
		Nakano District 3										Dai Ichi Junior High School	③		Hoki-cho B&G Kaiyo Center	③	Hoki-cho B&G Kaiyo Center	(Former) Konan Junior High School	0857-57-0014
																		Kando District Community Center	0857-55-0001
	Agarimichi District	Agarimichi District 7	Sakai High School	①	Tohaku Park Gymnasium	①				Kando Elementary School		0857-55-0007	Tottori City						
										Agarimichi District 3		Takakusa Junior High School			0857-22-4455				
		Agarimichi District 4										Seiki Elementary School			0857-23-0197				
										Agarimichi District 5		Meiji Elementary School			0857-56-0001				
		Agarimichi District 8										Meiji District Community Center			0857-56-0005				
										Agarimichi District 6		Agarimichi Elementary School			①	Tohaku Park Gymnasium	①	Koyamanishi Gymnasium	0857-31-3581
Agarimichi District 2	Tottori Prefectural School of Commerce	0857-28-0156																	
	Agarimichi District 1	Sakai High School	①	Tohaku Park Gymnasium	①	Tohaku Park Gymnasium	Karo Elementary School	0857-28-1005											
Agarimichi District 7							Karo District Community Center	0857-28-1034											
	Agarimichi District 3	Agarimichi Elementary School	①	Tohaku Park Gymnasium	①	Tohaku Park Gymnasium	Kaiyo-no-Ie Gymnasium	—											
Agarimichi District 4							Koyama Elementary School	0857-28-1020											
	Agarimichi District 5	Sakai High School	①	Tohaku Park Gymnasium	①	Tohaku Park Gymnasium	Koyama District Community Center	0857-28-1017											
Agarimichi District 8							Tottori Koryo High School	0857-28-0250											
	Agarimichi District 6	Dai Ichi Junior High School	③	Kofu Municipal Gymnasium	③	Kofu Municipal Gymnasium	Tottori Ryokufu High School	0857-37-3100											
Agarimichi District 7							Koto Junior High School	0857-28-1064											
	Agarimichi District 8	Agarimichi Community Center	①	Tohaku Park Gymnasium	①	Tohaku Park Gymnasium	Koyama Gymnasium	0857-28-1017											
Agarimichi District 9							Suetsune District Community Center	0857-59-1147											
	Agarimichi District 10	Sakai High School	①	Tohaku Park Gymnasium	①	Tohaku Park Gymnasium	Suetsune Elementary School	0857-59-0321											
Agarimichi District 11							Chiyomi Gymnasium	0857-27-4813											
	Agarimichi District 12	Sakai High School	①	Tohaku Park Gymnasium	①	Tohaku Park Gymnasium	Hamasaka Elementary School	0857-27-0833											
Agarimichi District 13							Tottori Technical High School	0857-51-8011											
	Agarimichi District 14	Sakai High School	①	Tohaku Park Gymnasium	①	Tohaku Park Gymnasium	Chiyomi District Community Center	0857-27-4813											
Agarimichi District 15							Hamasaka Gymnasium	0857-27-0711											
	Agarimichi District 16	Sakai High School	①	Tohaku Park Gymnasium	①	Tohaku Park Gymnasium	Hamasaka District Community Center	0857-27-0711											
Agarimichi District 17							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 District 4	Tottori ②	Sakai High School	③	Kofu Municipal Gymnasium	Tsuno Elementary School	0857-51-8136	Tottori City		
	Nakano District 5					Civic Gymnasium	Tsuno Gymnasium		0857-51-8253	
	Nakano District 6		Sakaiminato Comprehensive Technical School				Yonesato Elementary School		0857-24-2531	
	Fukusada-cho					③	Hoki-cho B&G Kaiyo Center		Yonesato District Community Center	0857-51-8038
	Takenouchi District 1	①	Nawa Farmers' Training Center	Wakabadai Elementary School	0857-52-7200					
				Amariko Elementary School	Tsuno District Community Center		0857-51-8128			
					Sakaiminato Comprehensive Technical School		Wakabadai District Community Center		0857-51-8253	
				Dai Ni Junior High School			③		Hoki-cho B&G Kaiyo Center	Wakabadai Gymnasium
					Miho-cho Takenouchi Housing Complex					③
				Takamatsu-cho		③	Hoki-cho B&G Kaiyo Center		Seiki Gymnasium	
	Seido District 2	①	Tohaku Park Gymnasium		Kokufu-higashi Elementary School				0857-58-0806	
				Seido District 3	①	Tohaku Park Gymnasium	Tani District Community Center		0857-22-4872	
	Seido District 19	①	Tohaku Park Gymnasium				Tani District Community Center		0857-24-1636	
				Seido District 6	①	Tohaku Park Gymnasium	Kokufu-cho Community Center		0857-24-1636	
	Seido District 7	①	Tohaku Park Gymnasium				Fukube Mirai Gakuen Junior High School Gymnasium		0857-29-4005	
				Seido (Yugao)	①	Tohaku Park Gymnasium	Fukube Mirai Gakuen Elementary School Gymnasium		0857-75-2004	
Sangenya-cho	①	Nakayama Farmers' Training Center	Miyanosita Elementary School				0857-75-2004			
			1-chome, Yuhigaoka	③	Kofu Municipal Gymnasium	Fukube Mirai Gakuen Elementary School Gymnasium	0857-75-2004			
Mugikaki-cho	③	Kofu Municipal Gymnasium				Kawahara Daiichi Elementary School	0858-85-0550			
			Niiya-cho	③	Kofu Municipal Gymnasium	Kokufu District Health Center	0857-39-0556			
Koshinozu-cho	③	Kofu Municipal Gymnasium				Fukube-cho Community Center (Fukube District Community Center)	0857-75-2030			
			Sainoki-cho	③	Kofu Municipal Gymnasium	Fukube-cho Gymnasium	0857-75-2030			
Sainokami-cho	③	Kofu Municipal Gymnasium				Kokufu Junior High School	0857-27-5261			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Aoba District Community Center (Kokufu-cho Land Readjustment Museum)	0857-24-0417			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Kawahara-cho Community Center	0858-76-3123			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Kawahara District Community Center	0858-85-2959			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Kunifusa District Community Center	0858-85-0448			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Kawahara-cho Sogo Gymnasium	0858-85-0666			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Yakami District Community Center	0858-85-2951			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Kawahara Junior High School	0858-85-0604			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Iwami Kita Elementary School Gymnasium	0857-72-0266			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Iwami Junior High School Gymnasium	0857-72-0121			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Chuo Community Center	0857-72-0510			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Iwami High School (gymnasium)	0857-72-0474			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Iwami Nishi Elementary School Gymnasium	0857-72-8200			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Ajiro Community Center	0857-72-3564			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Oiwa Koryu Center	0857-72-0096			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Issun-Boshi no Yakata	0857-76-0636			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Iwami-cho Civic Gymnasium	0857-72-0510			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Higashi Community Center	0857-72-8063			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Tajiri Community Center	0857-72-0127			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Chuo Community Center	0857-72-0510			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Iwami Minami Elementary School	0857-37-5222			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Iwami-cho Culture Center	0857-72-1931			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Koge Nishi Elementary School Gymnasium	0858-73-0031			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Koge Health Center	0858-72-3566			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Yazu Junior High School Gymnasium	0858-72-0020			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Hatto Health Center	0858-84-2361			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Former Tanpi Elementary School	-			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Hatto Elementary School (Former Hatto Junior High School)	0858-71-0108			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Hatto Sports and Culture Center	0858-84-1232			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Yazu High School	0858-72-0022			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Funaoka Health Center	0858-73-0672			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Funaoka Elementary School	0858-72-0151			
Kojin-cho	③	Hoki-cho B&G Kaiyo Center				Funaoka Training Center	0858-73-0621			
			Kojin-cho	③	Hoki-cho B&G Kaiyo Center	Funaoka Training Center	0858-73-0621			

Source: Sakaiminato City

Yonago City

*For Evacuation Routes please refer to p. 13.

*Because of the results of radioactive substance measurements and factors, such as the situation at your evacuation destination, the evacuations 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	Tottori ③	<u>Oshinozu Community Center</u> Oshinozu Elementary School Miho Junior High School	①	Nakayama Farmers' 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					Osaka Elementary School	0857-84-2026			
	Yamaguchi, Nadaguchi, and Nadahama					Ketaka-cho Community Center (Hamamura District Community Center)	0857-82-1411			
						Ketaka-cho Farmer Training Center	0857-82-3434			
						Hamamura Elementary School	0857-82-0720			
						Shikano Gakuen Ryushagawa Gakusha	0857-84-1100	Tottori City (Shikanocho)		
	Shikano-cho Farmer Training Center	0857-84-2131								
Sakitsu Community Center District (Yoshizu, Osaki, Oshinozu-cho, Hikona-cho, part of Tomimasu-cho)	Sakitsu Districts 1, 2	Tottori ④	<u>Sakitsu Community Center</u> Sakitsu Elementary School Miho Junior High School	①	Nawa Farmers' Training Center	Aoya High School	0857-85-0511	Tottori City (Aoye-cho)		
	Sakitsu Districts 3, 4, 5					Hoki-cho B&G Kaiyo Center	②	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	
								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	Tottori ③	
Wada District 9		Kurayoshi Koryu Plaza	0858-47-1183							
		Kurayoshi Cultural Activities Center	0858-23-6095							
		Kurayoshi Higashi Junior High School	0858-22-6295							
		Wada District 11	Uwanada Elementary School	0858-22-4772						
Tomimasu Community Center District (Tomimasu-cho)	Kawakami	Tottori ④	<u>Tomimasu Community Center</u> Yumigahama Junior High School Yumigahama Elementary School	①	Nawa Farmers' Training Center	Hawai Aloha Hall	0858-35-5678	Yurihama-cho		
	Minamiguchi					Health and Welfare Center Tsuwabuki-so	0858-34-6002			
						Kamibu	Hawai Nishi Community Facility		—	
	Nishi Shinden					Hawai Gymnasium	—			
						Kaminaka	Former Hokumei Junior High School		0858-35-5362	
	Nakamura					Hawai Elementary School	0858-47-5801			
						Shimonaka	Hawai Training Center		—	
	Nishinaka and Kitaguchi					Tomari Elementary School	0858-34-2692			
						Kamishinden	Tomari Gymnasium		—	
	Shimoshinden					Togo Elementary School	0858-48-6700			
							Former Togo Junior High School		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	②	Hikona Community Center Hikona Elementary School	②	Kofu Municipal Gymnasium	Misasa-cho Sports Center	0858-43-2266	Misasa-cho		
	Hikona District 2				Hoki-cho B&G Kaiyo Center	Kurayoshi Nogyo High School	0858-28-1341	Kurayoshi City		
	Hikona District 3					Takashiro Community Center	0858-28-0950			
	Hikona District 4				Kofu Municipal Gymnasium	Misasa-cho Cultural Hall	0858-43-3512	Misasa-cho		
	Hikona District 5				Hoki-cho B&G Kaiyo Center	Takashiro Elementary School	0858-28-0961	Kurayoshi City		
	Hikona Districts 6, 7						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	Tottori ④	Hikona Community Center Hikona Elementary School	②	Hoki-cho B&G Kaiyo Center	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					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					Blancart Misasa Takeda Civic Gymnasium Training Center for Farmers, Foresters, and Fishermen Misasa Junior High School Dormitory	0858-43-2211	Misasa-cho
	0858-44-2535							
	—							
			0858-43-0003					
Yomi Community Center District (Yomi-cho)	Yomi District 1	Tottori ④	Yomi Community Center Yumigahama Elementary School	①	Nakayama Farmers' 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					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							
Former Konosho Elementary School	—							
Yomi District 4	Tohaku Junior High School Gymnasium	0858-52-2326						
Yomi District 5								
Yomi District 6								
Kawasaki Community Center District (Kawasaki)	Hamahashi	Tottori ④	Kawasaki Community Center Kawasaki Elementary School	①	Tohaku Park Gymnasium	Hojo Fureai Community Hall	—	Hokuei-cho
	Otate Yonkenya					Tottori Chuo Ikuei High School	0858-37-3211	
	Obayama					Daiei Junior High School Gymnasium	0858-37-2024	
	Shibatani			②	Kofu Municipal Gymnasium	Kamogawa Junior High School	0858-45-2555	Kurayoshi City
	Kawasaki Housing Complex East			①	Tohaku Park Gymnasium	Daiei Elementary School Gymnasium	0858-37-2041	Hokuei-cho
	Kawasaki Housing Complex West			②	Kofu Municipal Gymnasium	Former Yamamori Elementary School Sekigane Elementary School	— 0858-45-2556	Kurayoshi City
	Kawasaki-Minami			①	Tohaku Park Gymnasium	Daiei Gymnasium Daiei Fureai Community Hall	0858-37-2137 0858-37-4620	Hokuei-cho
	Kawasaki-Shinden			②	Kofu Municipal Gymnasium	Kamihojo Elementary School	0858-26-6355	Kurayoshi City
						Saigo Elementary School	0858-85-0807	
	Kawasaki Green Heights					Hoki Shiawase no Sato	0858-26-5581	
Sumiyoshi Community Center District (all of Abe; part of Hatagasaki, Kamigoto)	Hatagasaki District 3 South	Tottori ④	Sumiyoshi Community Center Sumiyoshi Elementary School Gotogaoka Junior High School	①	Nawa Farmers' Training Center	Narumi Community Center	0858-55-2316	Kotoura-cho
						Yasuda Community Center	0858-55-1848	
						Isai Community Center	0858-55-7550	
						Akasaki Workers' Sports Center	—	
	Akasaki Culture Center			0858-55-0741				
	Hatagasaki District 3 North			②	Kofu Municipal 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 Municipal 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	0858-23-4300	
	Kamigoto District 2			①	Tohaku Park Gymnasium	Kasseika Center Hamanasu	0858-34-3555	Yurihama-cho
						Central Community Center Tomari Annex	0858-34-3011	
						Youth Home	—	
						Fishing Village Center	0858-34-3111	
						Hagoromo Community Hall	0858-35-5384	
						Sakura Community Facility	—	
						Central Community Center	0858-32-1116	
	Kamigoto District 4			②	Kofu Municipal 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						
Nadate Community Center		0858-22-5401						
Prefectural Kurayoshi Sports and Cultural Hall		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 Farmers' Training Center	Seigo Elementary School	0858-52-3016	Kotoura-cho	
					Kamo District 5 Central	Tohaku Workers' Sports Center		0858-52-2797
	Kamo Housing		②	Kofu Municipal Gymnasium	Former Nishi Elementary School Dormitory	—	Misasa-cho	
					Takase Community Center (Gymnasium)	0858-43-1040		
	Mitsuyanagi Housing Complex District 3		①	Tohaku Park Gymnasium	Kamihojo Community Center	0858-26-1763	Kurayoshi City	
					Saigo Community Center	0858-26-2046		
	Mitsuyanagi Housing Complex District 4		①	Tohaku Park Gymnasium	Tottori Prefectural College of Agriculture	0858-45-2411	Hokuei-cho	
					Hojo Gymnasium	—		
	Mitsuyanagi Kita		①	Tohaku Park Gymnasium	Hojo Farming Village Environment Improvement Center	—	Hokuei-cho	
					Taisei Gymnasium	—		
Hamakawasaki	①	Nakayama Farmers' Training Center	Farmers' Training Center	0858-55-2707	Kotoura-cho			

Source: Yonago City



List of facilities providing radiation protection measures

Facilities where people for whom evacuating quickly is difficult and who require special assistance can temporarily evacuate indoors (The facilities are equipped with filters to remove radioactive substances from the air and other measures).

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



Long-sleeved shirt/long trousers/hat

Radio and flashlight (+ extra batteries)

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

Mobile telephone and charger



Bank passbook/seal/cash



Plastic raincoat with hood

Health insurance card/driver's license/title certificates



Work gloves and masks



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

Towel and underwear



Tissues/wet wipes

Other necessary items (such as baby formula and diapers)

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' evacuation destination

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.