HAZARI

for Disaster Prevention

- >> Checklist to Prepare for Disasters
- >> How To Be Prepared for Wind and Water Disasters
- >>> How To Be Prepared for Sediment Disasters
- >> How To Be Prepared for Earthquakes
- >> Disaster Alert and Your Action
- >> Disaster Plan for Your Family







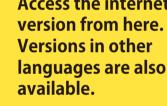


Earthquake



Wind and Water Disaster





Other languages are available here

Checklist to Prepare for Disasters

mergency Supplie What to keep at home!



Buy foods with longe as you eat. \square Daily necessition



er (for at least 3 days, up to 1 week if possible) amily members.	
er shelf life, and make it a habit to rotate them by restocking	
25	
paper, plastic wrap, garbage bags, water canister, portable toilet	, etc.

i aciai tissaes, tollet paper, plastie v	vrap, garbage bags, water canister, portable toilet, etc.						
Grab-and-Go Bag Items to take with you when you evacuate!							
 Water Foods ((Instant) rice, ready-to-eat retort food, cookies, chocolate, hardtack, etc.) for at least 3 days Safety helmet, padded hood Clothing, underwear rainwear Sneakers without laces Flashlight (※A hand-crank type is recommended.) Portable radio (※A hand-crank type is recommended.) Extra batteries, cell phone batteries Matches, candles First aid kit (Band-aids, bandages, sanitizer, prescriptions, etc.) Disposable heat packs 	 □ Work gloves □ Portable toilet (for at least 3 days!) □ Toiletries □ Toothbrush, toothpaste □ Towels □ Pens, notebooks □ Useful to prevent infections! □ Facial masks □ Hand sanitizer 						

For the Families with Children (Examples)

i oi tile i	annines with Children	(Litallipies)
☐ Baby formula	☐ Portable cutlery	\square Neck light
(cube type)	\square Paper diapers for babies	☐ Baby carrier
\square Disposable milk bottles	\square Baby wipes	\square Shoes for children
\square Baby food	\square Baby rinse bottle	

ı	For Women	(Examples)

☐ Self-defence alarm/whistle ☐ Period underwear ☐ Non-transparent garbage bags

For the Families with the Elderly

\square Adult diapers	\square Adult care food
☐ Cane	\square Dentures, clear

☐ Private parts cleaner □ Prescriptions

Actions to take

\square Hearing aid ☐ Incontinence pads ☐ Copy of prescription records

How To Be Prepared for Earthquakes

Safety measures in the house

Your house will be a dangerous place if an earthquake causes the furniture to fall down or the glass to break and scatter all over. Please take safety measures before an earthquake occurs, such as securing your furniture and installing a quake-sensitive circuit breaker.

Install a quake-sensitive circuit breaker to prevent fire

When electricity is restored after an earthquake, fallen electric heaters or damaged electric wiring can cause a fire. When you evacuate from home, please shut off the circuit breakers. Installing a quake-sensitive circuit breaker is

also helpful.



Do not block the doorway or hallway with furniture or boxes.

To ensure safe evacuation, do not place items that may fall over near the front door, any other doorways, or in the paths leading to them.



It is dangerous if an earthquake

Do not place furniture that may fall over in the

bedrooms or rooms for children or the elderly.

occurs when you are sleeping. Do not place any tall furniture in the bedrooms, or make sure to secure



Prevent furniture from falling

Secure tall furniture and heavy nousehold appliances to the walls or pillar. Do not place heavy objects in high places.



When an earthquake alert is issued, consider your safety first!

An earthquake alert is a warning issued just before a strong earthquake occurs, detecting the movement of the ground near the epicenter. It is aired on TV and radio, or sent to the cell phone when a strong earthquake is expected. There are only a few seconds between the time you receive it and the actual earthquake hits. Please act with "safety first" in mind.



Probability of an earthquake in the next 30 years

·			<u> </u>					
	Inadani Fault		-Shizuoka nic Line	Kiso Sanmyaku- Seien Fault	Sakai Toge- Kamiya Fault	Adera Fault Main/south	Nagano Bonchi Seien Fault	Nankai Trough
Anticipated scale and	M8.0	Mid-north	Mid-south	M7.5	M7.6	M7.8	M7.4~7.8	M8~9
probability of an earthquake in the next 30 years	Almost 0%	M7.6 14~30%	M7.4 0.9~8%	Almost 0%	0.02~13%	Almost 0%		80%

As of Jan. 1, 2025 by HQ for Earthquake Research Promotion

Minowa Town is designated a focus area for Tokai Earthquakes and Nankai Trough Earthquakes.

Aim for 100% completion of earthquake-resistant renovation, furniture anchoring and installation of a quake-sensitive circuit breaker!

What is ShakeOut?

ShakeOut is an earthquake drill to learn how to protect your life when an earthquake occurs. It is unique because it takes place with many different people at various locations at the same time Participants learn to take a very important but simple "1-2-3 of safety action" assuming an earthquake disaster.



Disaster Alert and Your Action

Roles of disaster alert

☐ Sanitary napkins

☐ Pantyliners

The national and prefectural governments issue various disaster alerts including advisories, warnings, special warnings, sediment disaster warnings, and designated river flood forecasts in stages, calling for caution against heavy rain, strong winds, and the disasters that they cause. Disaster alert supports the town's decision to issue evacuation information, and also provides the citizens with the "information about the current status" to help them make a decision for evacuation. In the event of heavy rain, please pay attention to the evacuation information issued by the town. Even if evacuation information has not been issued, please make your own decision to evacuate using the disaster alert, and be sure to take appropriate evacuation action.

Evacuation information

Alert level	Evacuat	lon information	ACTIONS to take			
5	Disaster has occurred or imminent	Emergency Safety Measures	Life in danger Immediately secure safety!			
Evacuation required by Level 4!">						
4	Disaster highly probable	Evacuation order	All evacuate from high-risk areas!			
3	Disaster probable	Evacuation advisory for the elderly	All elderly evacuate from high-risk areas!			
2	Weather deteriorating	Heavy rain/flood/high waves advisory (JMA)	Check your evacuation action.			
1	Weather possibly deteriorating	Early advisory (JMA)	Be disaster ready.			

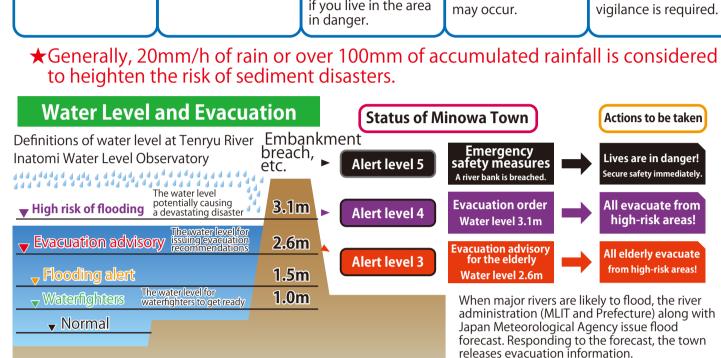
■ Major disaster information

Advisory	Issued when a disaster is likely to occur.
Warning	Issued when a devastating disaster is likely to occur.
Special warning	Issued when a devastating disaster is highly likely to occur.
Sediment disaster warning	Issued after a heavy rain warning (sediment disaster) is announced if the likelihood of sediment disaster is heightened.
Information on record- breaking heavy rain in a short period of time	Issued after a heavy rain warning is announced if torrential rainfall for a short period of time is observed or analyzed that would occur only once several years in the prefecture.
Tornado advisory	An advisory calling attention to tornados, downburst and other strong gusts of wind to supplement thunder advisory.

How To Be Prepared for Wind and Water Disasters

Intensity of rainfall

Relatively strong rain	Strong rain	Intense rain	Very intense rain	Violent rain
10 - 20mm/h	20 - 30mm/h	30 – 50mm/h	50 – 80mm/h	Over 80mm/h
Pouring rain. Your feet will get wet because of the bouncing raindrops on the ground. Be cautious if this level of rain is prolonged.	Heavy downpour. You will get wet even with an umbrella. Ditches, sewers and creeks start to flood, and minor slope failures occur.	Torrential rain like water buckets are poured out. The roads look like rivers. Slope failures are likely to occur, and you will need to prepare to evacuate if you live in the area in danger.	Rain pours like a waterfall. The water spray makes the area hazy, and decreases visibility. Debris flow and various other types of disasters may occur.	There is a sense of stifling oppression, and you will feel terror. The occurrence of major disasters is highly probable. Maximum vigilance is required.



Minowa Town weather observation information

Minowa Town has six weather observatories of its own to observe precipitation, temperature, wind speed, etc. and releases the data on the website.

♦ Minowa Town weather observation information

https://minowa.mate.ne.jp/weather/

(Certain models of cell phones may not display the pages

HILA LANGE

Disaster Plan for Your Family

When to start evacuating and what to put in your emergency kit vary by geographical conditions and family structure. It is very effective to discuss in advance when, who and how to act assuming a disaster.

Let's check the hazard map for disaster risks around your house.

Are there any disaster risks around your house?

(Colored areas on the hazard map indicate possible disasters.)

☐ Risk of flooding due to an overflowing river

☐ Risk of sediment disaster

Let's discuss where and how to evacuate.

Consider various disaster situations and discuss several options for evacuation locations.

Location ①			Location 2			Location ③	
Transportation:	`	min.	Transportation:	`	min.	Transportation:	 min.

Daily necessities	Valuables	Emergency food	Hygiene/Health care item:
☐ Clothing, underwear ☐ towels	☐ Cash	☐ Drinking water	☐ Prescriptions ☐ facial mask
☐ facial tissues ☐ flashlight	passbook and signature seal	\square food (staple food, snacks)	☐ wet tissues
☐ portable radio ☐ extra batteries	☐ health insurance card	\square anti-allergy food	☐ sanitizing alcohol
\square cell phone charger	☐ My Number card, etc.	☐ paper plates	☐ portable toilet

Let's discuss when to evacuate.

Alert level 3 "Evacuation advisory for the elderly" issued by the town he elderly and others requiring time for evacuation start evacuating Alert level 4 Evacuation order issued by the town All evacuate from high-risk areas. [Who to inform about evacuation]

Let' s create "My Timeline"

My Timeline is a chronological list of actions to take when a disaster is mminent, and helps you make more detailed plans. Please visit the official website of the town to find the forms and how to create a timeline.

箕輪町 マイタイムライン

A debris flow is caused by rocks oroximity of the earth's surface gets and soil on the mountainside or riverbed rapidly traveling down the valley due to prolonged or localized torrential rainfall

How To Be Prepared for Sediment Disasters

Debris flow

\ landslide is a phenomenor where part or all of the slope slowly noves downhill due to the impact

of groundwater and gravity.

damage occurs.

Since the amount of mass

movement is large, significant

Cracks/Cave-in in the ground

Landslide

Warning signs

■ The rain continues, but the r

- Cracks in the cliff
- Pebbles rolling downhill ■ Water seeps out from the cliff.

Slope failure

Slope failures occur when the

oosened due to infiltration of rain

Since the earth collapses very quickly

evacuation tends to be too late if a

slope failure occurs close to residences

water or an earthquake, suddenly

ausing it to slide down.

from the cliff.

- Spring water stops or becomes muddy
- It smells like rotten soil. Crackling noises are heard Rumbling of the mountain
- iver water level is lowered. Water gushes out from the The river water suddenly cliff or slope. becomes muddy, and ■ Water in the well or stream
 - driftwood is seen. becomes muddy. ■ The ground or mountain
 - Cracks and faults occur. The sound of driftwood splitting and rocks hitting each other Trees tilt.

Learn about two warning areas.

Sediment disaster warning zones are:

Areas with potential sediment disasters.

- If you live in the area:
- Review the potential disaster areas and collect information.
 - ○Participate in evacuation drills.
- OCheck out the shelters on the hazard map ○Check the sediment disaster and rainfall information.
- Start evacuating as early as possible.

Sediment disaster special warning areas are

Sediment disaster warning zones that are likely to suffer building damages severely harming residents

If you live in these areas:

- OCheck potentially hazardous areas and collect disaster information.
- Participate in evacuation drills
- Check the hazard map for shelters. Check the sediment disaster and rainfall information.
- Start evacuating as early as possible.
- For the buildings with a risk of severe damage, transfer may be recommended

How to Get Emergency Information



and event news in normal times, and

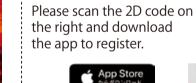
overnment' s disaster radio system is ecorded and distributed there, it is accessible

the loud speaker.

Since the announcement on the

on your smartphone.

evacuation information during an emergency

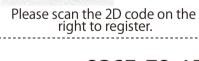


Smartphone app









0265-70-1530 0265-70-1531

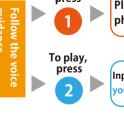
Disaster Message Dial 171 Disaster Message Dial (171) is a telephone service that allows you to register and confirm the safety of your family and friends in the disaster areas. It

is available from NTT East and NTT West subscriber phones, ISDN, payphones, Hikari telephones, specially-installed payphones, and cell phones

Call the number on the right to listen to the

radio announcement distributed through





Let's try using it! On the 1st and 15th of every month, January 1-3, and during the "Disaster Prevention and Volunteer Week," you can use Dial 171 for simulation. Let's try using it to be prepared for

Emergency contacts					
Town Office	Minowa Town Office	2 0265–79–3111 (switchboar			
ire/Ambulance/Rescue: 119	Kami Ina Fire Headquarter	s 0265-72-0119			
rgent call to the police: 110	Ina Police Station	0265-72-0110			
	Minowa Police Box	0265-79-2028			

Internet information

◆ Official website of Minowa Town Official website of Nagano Prefecture https://www.town.minowa.lg.jp/ ◆ Kikikuru (Japan Meteorological Agency) https://www.jma.go.jp https://www.river.go.jp/

https://www.pref.nagano.lg.jp/ ◆ River Safety Information (MLIT) Nagano Prefecture Erosion and Prefecture Erosion and
Sediment Control Information Center
(www.sabo-nagano.jp/

https://www.sabo-nagano.jp/



https://k.river.go.jp/

HAZARD, SIMAP

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- >>> How to Get Emergency Information





Sediment Disaster



Earthquake



Wind and Water Disaster





Access the internet version from here. Versions in other languages are also available.



How To Be Prepared for Earthquakes

Safety measures in the house

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Install a quake-sensitive circuit breaker to prevent fire

When electricity is restored after an earthquake, fallen electric heaters or damaged electric wiring can cause a fire. When you evacuate from home, please shut off the circuit breakers. Installing a quake-sensitive circuit breaker is also helpful.



Do not block the doorway or hallway with furniture or boxes.

To ensure safe evacuation, do not place items that may fall over near the front door, any other doorways, or in the paths leading to them.



Do not place furniture that may fall over in the bedrooms or rooms for children or the elderly.

It is dangerous if an earthquake occurs when you are sleeping. Do not place any tall furniture in the bedrooms, or make sure to secure it.



Prevent furniture from falling

Secure tall furniture and heavy household appliances to the walls or pillar. Do not place heavy objects in high places.



When an earthquake alert is issued, consider your safety first!

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Probability of an earthquake in the next 30 years

	Inadani Fault	_	Shizuoka nic Line	Kiso Sanmyaku- Seien Fault	Sakai Toge- Kamiya Fault	Adera Fault Main/south	Nagano Bonchi Seien Fault	Nankai Trough
Anticipated scale and	M8.0	Mid-north	Mid-south	M7.5	M7.6	M7.8	M7.4~7.8	M8~9
probability of an earthquake in the next 30 years	Almost 0%	M7.6 14~30%	M7.4 0.9~8%	Almost 0%		Almost 0% Almost 0%	80%	

As of Jan. 1, 2025 by HQ for Earthquake Research Promotion

Minowa Town is designated a focus area for **Tokai Earthquakes and Nankai Trough Earthquakes**.

Aim for 100% completion of earthquake-resistant renovation, furniture anchoring and installation of a quake-sensitive circuit breaker!

What is ShakeOut?

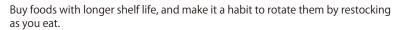
ShakeOut is an earthquake drill to learn how to protect your life when an earthquake occurs. It is unique because it takes place with many different people at various locations at the same time. Participants learn to take a very important but simple "1-2-3 of safety action" assuming an earthquake disaster.

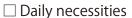


Checklist to Prepare for Disasters

Emergency Supplies What to keep at home!

☐ Food and water (for at least 3 days, up to 1 week if possible) x number of family members.





Facial tissues, toilet paper, plastic wrap, garbage bags, water canister, portable toilet, etc

	aciai tissues, tonet paper, piaste w	rap, garbage bags, water carrister, portable tollet, etc.		
Grab-and-G	o Bag Items to take	with you when you evacuate !		
 □ Water □ Foods ((Instant) rice, ready-to-eat rether hardtack, etc.) for at least 3 day □ Safety helmet, padded helmet, padded helmet, padded helmet, padded helmet, padded helmet, padded helmet, underwear □ Clothing, underwear □ rainwear □ Sneakers without laces □ Flashlight (※A hand-crantle portable radio (※A hand-crantle portable radio (※A hand-crantle portable radio (in the portable packs □ Disposable heat packs □ Blanket 	nood nk type is recommended.) crank type is recommended.) ne batteries	 □ Work gloves □ Portable toilet (for at least 3 days!) □ Toiletries □ Toothbrush, toothpaste □ Towels □ Pens, notebooks □ Useful to prevent infections! □ Facial masks □ Hand sanitizer 		
	Camilias with Chil	card, My Number card, etc.)		
□ Baby formula (cube type) □ Disposable milk bottles □ Baby food	Families with Chil ☐ Portable cutlery ☐ Paper diapers for ba ☐ Baby wipes ☐ Baby rinse bottle	□ Neck light		
☐ Sanitary napkins ☐ Pantyliners	For Women (Ex ☐ Period underwear ☐ Non-transparent ga	□ Self-defence alarm/whistle		
F_	r tha Eamilias wit	h tha Eldarly		
☐ Adult diapers ☐ Cane ☐ Hearing aid	r the Families wit ☐ Adult care food ☐ Dentures, cleaner ☐ Incontinence pads	☐ Private parts cleaner ☐ Prescriptions ☐ Copy of prescription records		

Disaster Alert and Your Action

Roles of disaster alert

The national and prefectural governments issue various disaster alerts including advisories, warnings, special warnings, sediment disaster warnings, and designated river flood forecasts in stages, calling for caution against heavy rain, strong winds, and the disasters that they cause. Disaster alert supports the town's decision to issue evacuation information, and also provides the citizens with the "information about the current status" to help them make a decision for evacuation. In the event of heavy rain, please pay attention to the evacuation information issued by the town. Even if evacuation information has not been issued, please make your own decision to evacuate using the disaster alert, and be sure to take appropriate evacuation action.

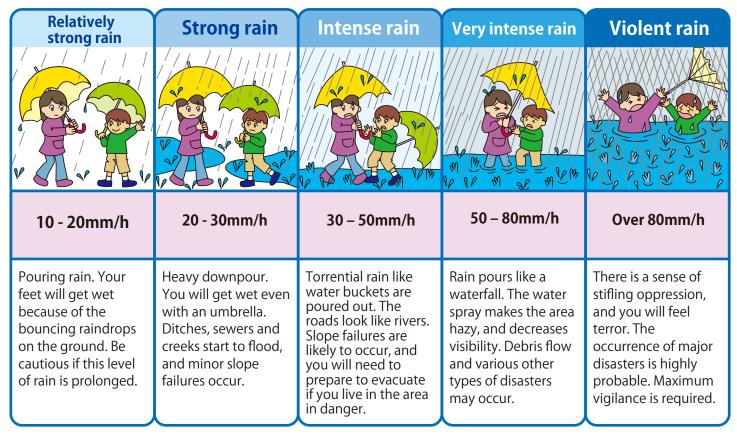
Alert level	Evacuat	ion information	Actions to take		
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3	Disaster probable	Evacuation advisory for the elderly	All elderly evacuate from high-risk areas!		
2	Weather deteriorating	Heavy rain/flood/high waves advisory (JMA)	Check your evacuation action.		
1	Weather possibly deteriorating	Early advisory (JMA)	Be disaster ready.		

■ Major disaster information

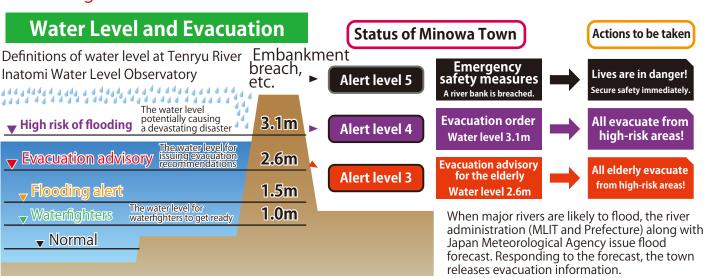
Advisory	Issued when a disaster is likely to occur.
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Information on record- breaking heavy rain in a short period of time	Issued after a heavy rain warning is announced if torrential rainfall for a short period of time is observed or analyzed that would occur only once several years in the prefecture.
Tornado advisory	An advisory calling attention to tornados, downburst and other strong gusts of wind to supplement thunder advisory.

How To Be Prepared for Wind and Water Disasters

Intensity of rainfall



★Generally, 20mm/h of rain or over 100mm of accumulated rainfall is considered to heighten the risk of sediment disasters.



Minowa Town weather observation information

Minowa Town has six weather observatories of its own to observe precipitation, temperature, wind speed, etc. and releases the data on the website.

 Minowa Town weather observation information



https://minowa.mate.ne.jp/weather/ (Certain models of cell phones may not display the pages.)



Disaster Plan for Your Family

When to start evacuating and what to put in your emergency kit vary by geographical conditions and family structure. It is very effective to discuss in advance when, who and how to act assuming a disaster.

箕輪町 マイタイムライン

Let ^r	s check the	hazard map) for disaster	r risks around	your house.
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Are there any disaster risks around your house? (Colored areas on the hazard map indicate possible disasters.) \square Risk of flooding due to an overflowing river \square Risk of sediment disaster Let's discuss where and how to evacuate. Consider various disaster situations and discuss several options for evacuation locations. Location ① Location ② Location ③ Transportation: , min. Transportation: , min. Transportation: _____ Let's discuss what to take when you evacuate. Daily necessities **Valuables** Hygiene/Health care items Emergency food ☐ Clothing, underwear ☐ towels ☐ Cash ☐ Drinking water ☐ Prescriptions ☐ facial masks ☐ facial tissues ☐ flashlight ☐ food (staple food, snacks) passbook and signature seal ☐ wet tissues portable radio extra batteries ☐ health insurance card ☐ anti-allergy food ☐ sanitizing alcohol ☐ My Number card, etc. ☐ portable toilet cell phone charger □ paper plates Others (Decide considering your family structure and write them down.) Let's discuss when to evacuate. Let's create "My Timeline" ☐ Alert level 3 "Evacuation advisory for the elderly" issued by the town My Timeline is a chronological list of The elderly and others requiring time for evacuation start evacuating. actions to take when a disaster is imminent, and helps you make more ☐ Alert level 4 Evacuation order issued by the town detailed plans. Please visit the official website of the town to find the forms All evacuate from high-risk areas. and how to create a timeline. [Who to inform about evacuation]

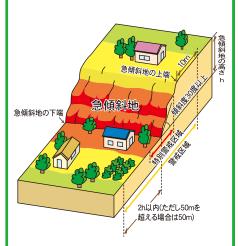
How To Be Prepared for Sediment Disasters

Slope failure

(Collapse of earth from a steep slope)

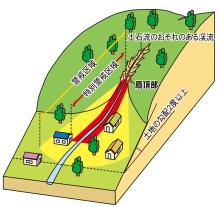
Debris flow

Landslide



Slope failures occur when the proximity of the earth' s surface gets loosened due to infiltration of rain water or an earthquake, suddenly causing it to slide down.

Since the earth collapses very quickly, evacuation tends to be too late if a slope failure occurs close to residences.



A debris flow is caused by rocks and soil on the mountainside or riverbed rapidly traveling down the valley due to prolonged or localized torrential rainfall.



A landslide is a phenomenon where part or all of the slope slowly moves downhill due to the impact of groundwater and gravity. Since the amount of mass movement is large, significant damage occurs.

Warning signs

- Cracks in the cliff
- Pebbles rolling downhill
- Water seeps out from the cliff.
- Spring water stops or becomes muddy.
- Crackling noises are heard from the cliff.
- The rain continues, but the r iver water level is lowered.
- The river water suddenly becomes muddy, and driftwood is seen.
- It smells like rotten soil.
- Rumbling of the mountain
- The sound of driftwood splitting and rocks hitting each other
- Cracks/Cave-in in the ground
- Water gushes out from the cliff or slope.
- Water in the well or stream becomes muddy.
- The ground or mountain rumbles.
- Cracks and faults occur.
- Trees tilt.

Learn about two warning areas.

Sediment disaster warning zones are:

Areas with potential sediment disasters.

If you live in the area:

- OReview the potential disaster areas and collect information.
- OParticipate in evacuation drills.
- OCheck out the shelters on the hazard map.
- OCheck the sediment disaster and rainfall information.
- OStart evacuating as early as possible.

Sediment disaster special warning areas are:

Sediment disaster warning zones that are likely to suffer building damages severely harming residents.

If you live in these areas:

- Ocheck potentially hazardous areas and collect disaster information.
- OParticipate in evacuation drills.
- OCheck the hazard map for shelters.
- OCheck the sediment disaster and rainfall information.
- OStart evacuating as early as possible.
- OFor the buildings with a risk of severe damage, transfer may be recommended.

How to Get Emergency Information



This is Minowa Town's information distribution service. It provides government and event news in normal times, and evacuation information during an emergency. Since the announcement on the government's disaster radio system is recorded and distributed there, it is accessible on your smartphone.

Smartphone app
Please scan the 2D code on
the right and download
the app to register.







Feature phone app





Please scan the 2D code on the right to register.

Usten to government of radio disaster informetion on the phone.

Call the number on the right to listen to the radio announcement distributed through the loud speaker.

Phone numbers

0265-70-1530 0265-70-1531

Disaster Message Dial 171

Disaster Message Dial (171) is a telephone service that allows you to register and confirm the safety of your family and friends in the disaster areas. It is available from NTT East and NTT West subscriber phones, ISDN, payphones, Hikari telephones, specially-installed payphones, and cell phones





To record, press

Please input your phone number.

To play, press Input the number of your family/friend.

Number of messages

Message retention period

Maximum recording time

Phones that can be registered

1 to 20

Until completion of the service.

30 seconds/message

Landlines, payphones, cell phones

Let's try using it!

On the 1st and 15th of every month, January 1-3, and during the "Disaster Prevention and Volunteer Week," you can use Dial 171 for simulation. Let' s try using it to be prepared for an emergency!

Emergency contacts

Town Office

Minowa Town Office 0265-79-3111 (switchboard)

Fire/Ambulance/Rescue: 119

Kami Ina Fire Headquarters 0265-72-0119

Urgent call to the police: 110

Ina Police Station 0265-72-0110 **Minowa Police Box** 0265-79-2028

Internet information

 Official website of Minowa Town https://www.town.minowa.lg.jp/



 Official website of Nagano Prefecture https://www.pref.nagano.lg.jp/



Kikikuru (Japan Meteorological Agency) https://www.jma.go.jp



River Safety Information (MLIT) https://www.river.go.jp/



River Level Information (Foundation of River & Basin Integrated Communications) https://k.river.go.jp/



Nagano Prefecture Erosion and Sediment Control Information Center https://www.sabo-nagano.jp/

