

Preparing for the Nankai Trough Earthquake

Lately, there have been a lot of earthquakes occurring all over Japan. Every time it happens, they run an urgent bulletin about it on the news on TV and on the radio, and remind people to prepare for the event of a natural disaster. For this reason, this month we'd like to let everyone know about the Nankai Trough earthquake.

The Nankai Trough earthquake refers to a large-scale earthquake that occurs along the plate junction that runs from the Suruga bay in Shizuoka Prefecture, all the way to Hyuganada, off the coast of Oita Prefecture, around every 100-150 years. It has been over 70 years since the previous earthquakes (which occurred in 1944 and 1946), so people are concerned about the next earthquake happening soon.

It is said that if the Nankai Trough earthquake occurs, here in Miyazaki Prefecture we will feel an earthquake with a maximum intensity of 7 on the Japanese *shindo* scale, which will be followed by a tsunami of up to around 17m in height, which will reach the eastern coastline in around 14 minutes at the shortest, and around 15,000 people are predicted to lose their lives in the damage caused by the earthquake and resulting tsunami.

The table below shows the predicted heights and arrival times of the tsunami at various coastal cities and towns in Miyazaki (as calculated by the Prefectural Government in 2021). A four-storey building is around 15m in height – how safe do you think the region you live in will be?

Place	Tsunami Height	Arrival After Earthquake	Place	Tsunami Height	Arrival After Earthquake
Nobeoka	14m	17 min	Takanabe	11 m	20 min
Kadogawa	12m	16 min	Shintomi	10m	21 min
Hyuga	15m	17 min	Miyazaki City	16m	18 min
Tsuno	15m	20 min	Nichinan	14m	14 min
Kawaminami	13m	20 min	Kushima	17m	15 min



In the event of a large earthquake, an earthquake warning (緊急地震速報 – *kinkyū jishin sokuho*) will be broadcast over the TV and radio. If this happens, stay calm and take care to protect yourself.

What to do in the Event of an Earthquake

When the shaking starts, protect yourself: *Duck, Cover, Hold on*

- If you are inside, take shelter under a desk or table.
- Don't rush for the exit – make sure to listen to and follow any instructions.
- If you are outside, try and stay away from buildings.

To protect yourself from a tsunami: *Evacuate to High Ground*

- Even if the shaking was not severe, be sure to make evacuating your highest priority.
- Don't evacuate by car, if possible – if the roads are crowded, you may not be able to escape in time.

Here at the Miyazaki International Foundation, we host Disaster Preparedness Seminars for Foreign Residents. As soon as the schedule for the next one is confirmed, we will post the information on our website and social media accounts. We hope to see you all there!

※The original Japanese version of this article will be uploaded onto the website of the Miyazaki International Foundation soon.

If you have any questions, comments, or suggestions regarding this column, please contact the Miyazaki International Foundation (MIF):

TEL : 0985-32-8457 FAX : 0985-32-8512 Email miyainfo@mif.or.jp

Also, if you ever have any questions or concerns about daily life in Miyazaki, please feel free to get in touch with the Miyazaki Support Center for Foreign Residents:

TEL : 0985-41-5901 FAX : 0985-41-5902 Email support@mif.or.jp