

## 「Preparing for the Nankai Trough Earthquake」

### 南海トラフ地震に備える

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 earthquakes. 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 Hyuga-nada, off the coast of Oita and Miyazaki Prefectures, 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.

In the event of a large earthquake, an earthquake warning (緊急地震速報—*kinkyū jishin sokuhō*) 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: *Don't try to run far away – get to Higher 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, opinions, or requests about this piece, please contact the Miyazaki International Foundation. TEL : 0985-32-8457 FAX : 0985-32-8512 Email : [miyainfo@mif.or.jp](mailto:miyainfo@mif.or.jp)

If you have any questions or queries regarding everyday life, please consult the Miyazaki Support Center for Foreign Residents. TEL : 0985-41-5901 FAX : 0985-41-5902 Email : [support@mif.or.jp](mailto:support@mif.or.jp)

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