

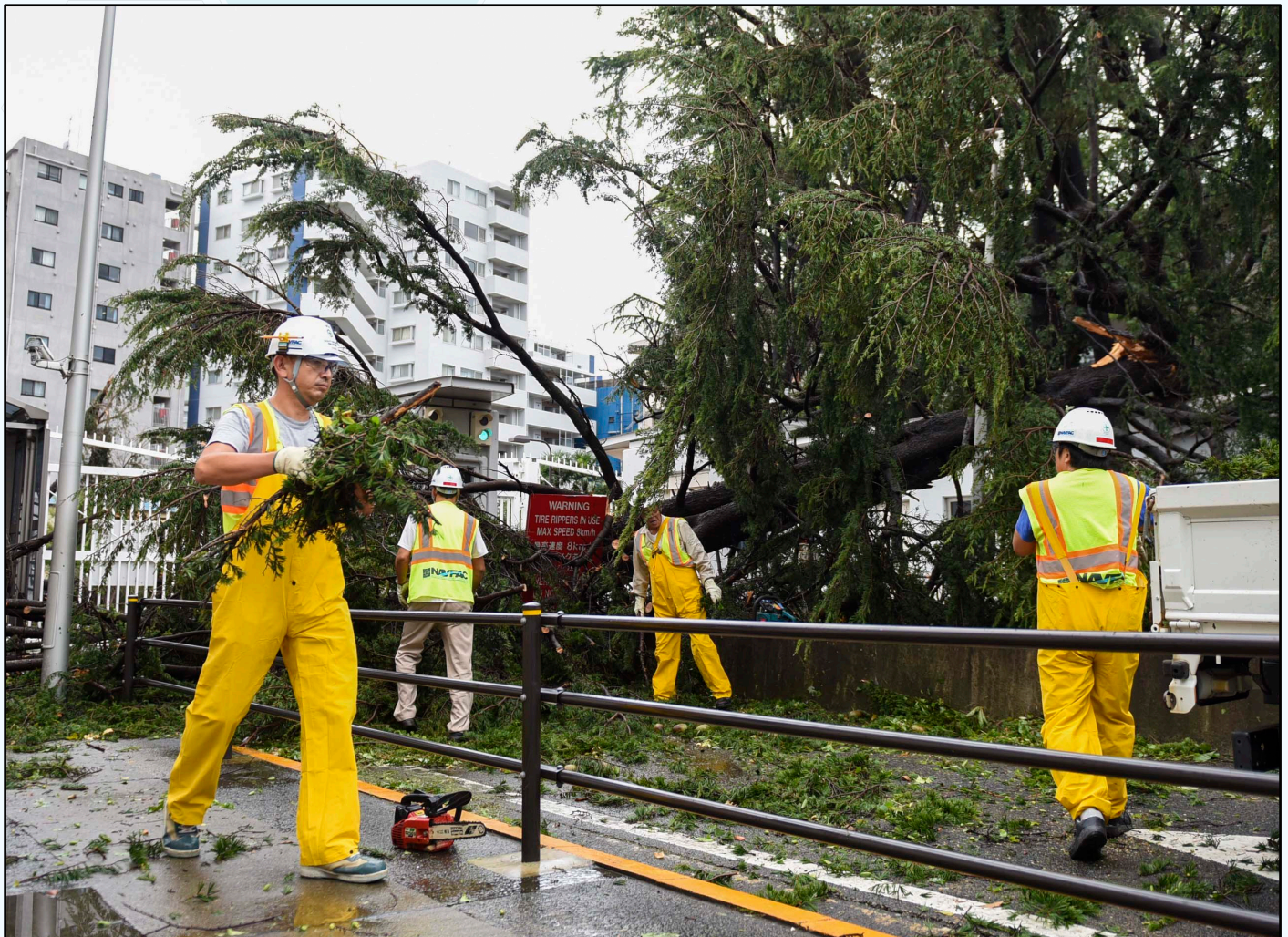
EMERGENCY PREPAREDNESS GUIDE

Commander, Fleet Activities Yokosuka

Emergency Management Department

TABLE OF CONTENTS

| | |
|--|----|
| CFAY Emergency Notifications | 3 |
| J-Alert Nationwide Warning System | 4 |
| Emergency “Go-Bags” | 5 |
| USFJ Emergency Evacuation Program (EEP) | 6 |
| Smart Traveler Enrollment Program (STEP) | 7 |
| Natural Disasters in Japan: Earthquakes | 8 |
| Natural Disasters in Japan: Tsunami | 9 |
| Natural Disasters in Japan: Typhoons | 10 |



CFAY Emergency Notifications



CFAY'S EMERGENCY NOTIFICATION system, AtHoc, is the installation's official alert communication.



EMERGENCY ALERTS may cover a variety of situations, including:



Weather Emergencies | Severe weather events that may cause delays, closures, or evacuations.



Base Security | Important security updates to include gate closures.



Urgent Announcements | Critical information that you need to keep your family safe.

REGISTER NOW

Visit go.mil/cfay-athoc or scan the QR Code



Multiple Ways for Notification



Notifications can be sent as phone calls, text messages, emails, mobile app, and/or pop-up notifications.

You choose what's best for you and your family with AtHoc.

INSTRUCTIONS

- **VISIT THE OFFICIAL** CFAY Emergency Management AtHoc page
- **FILL OUT THE** online AtHoc Registration Form
- **INSTRUCTIONS ARE AVAILABLE** on <https://cnrj.cnrc.navy.mil/Installations/CFA-Yokosuka/Operations-and-Management/Emergency-Management/AtHoc-Notification-System/>. Questions may be emailed to cfay.em.dept@us.navy.mil or call 046-816-1710

J-Alert Nationwide Warning System

LOCAL CITY GOVERNMENTS provide emergency notification systems for severe weather and natural disasters. Please note, not all cities provide emergency notifications in English. Additionally, some registration sites are only written in Japanese and may require using in-browser machine translation. Personnel not certain what city their address might fall under are asked to consult with the CFAY Navy Housing Office or their rental agency.

City of Yokosuka



https://www.city.yokosuka.kanagawa.jp/0525/bousainavi/sonae/jouhou/documents/bousaijouhou_mail_english.pdf

City of Zushi



<https://www.city.zushi.kanagawa.jp/kurashi/bosai/1001616/1001618.html>

City of Yokohama



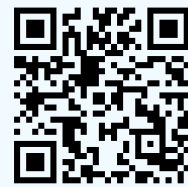
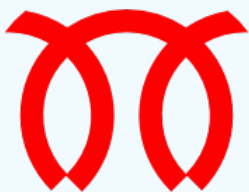
<https://www.city.yokohama.lg.jp/lang/residents/en/emergencies/saigaihesonaeru.html>

Town of Hayama



<https://www.town.hayama.lg.jp/soshiki/bousaianzen/2/4/1664.html>

City of Miura



https://miura-city.site.ktaiwork.jp/?page_id=13

City of Kamakura



<https://www.city.kamakura.kanagawa.jp/sougoubousai/haishin0001.html>



DOWNLOAD THE AFN Go app for emergency information Eagle 810 Tokyo or tune the radio to Eagle 810 AM for local information.

Emergency “Go-Bags”

ONE OF THE best ways your family can be ready for any surprise is by having a go-bag. Think of it as a pre-packed bag you can grab in an instant if you need to leave your home quickly. Here’s some quick suggestions:

Essentials

Water, non-perishable food (e.g. granola bars, jerky), flashlight, batteries, small first-aid kit

Personal Items

Change of clothes, blanket, personal hygiene items, medications with copies of prescriptions

Important Documents

Passports, birth certificates, other important family documents in a waterproof bag

Kids & Pets

Small toys, books, games, snacks for comfort in stressful times; pet medications and food

American Red Cross



Are you prepared for emergencies?

Complete Your Contact Card Today

Make sure your contact information is prepared **before** an emergency occurs by filling out your contact card **now**.

By completing your contact card ahead of time, you can help save **valuable** time for yourself and your family during a crisis.

USFJ Emergency Evacuation Program



Visit go.mil/cnrj-eeep or scan the QR Code to learn more about EEP:

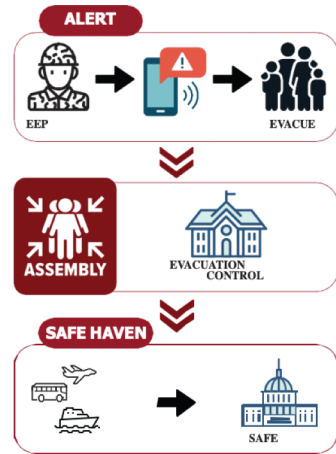
USFJ's Emergency Evacuation Program (EEP) is the mandatory or authorized departure of civilian evacuees and nonessential military personnel from danger in an overseas country to a designated safe haven, typically within the continental U.S.

Overseas evacuations could occur under a variety of circumstances, including environmental concerns, and natural disasters.

It is required that each household with SOFA status civilians and/or dependents maintain an updated EEP packet, to include all unaccompanied personnel in Yokosuka, Japan.

EEP packets are available on the Commander, U.S. Navy Region Japan website located here: <https://cnrj.cnmc.navy.mil/Operations-and-Management/Emergency-Management/>.

Each command has designated EEP Wardens to manage the unit's program. For more information on the USFJ EEP program, please reach out to your chain-of-command or employer.



CFAY Fleet & Family Support Center offers workshops discussing the USFJ EEP program, guiding participants through the packet, and learning how to prepare you and your family for the call.

To learn how to register, please contact the CFAY FFSC at 046-816-3372 or email their main office at FFSCinfo@us.navy.mil.



ARE YOU READY?

DID YOU



Americans living abroad should enroll in the **Smart Traveler Enrollment Program (STEP)** to receive alerts and keep in contact with the local U.S. embassy or consulate. This also helps us reach you during an emergency.
Sign up at **step.state.gov**.

KNOW?

Natural Disasters in Japan: Earthquakes



DURING AN EARTHQUAKE: Drop, Cover, and Hold On. When the shaking starts, the most important thing to do is to protect yourself from falling objects.

Make a Plan

Include two meeting places: one near your home and another outside your immediate area

Build a Kit

Assemble a “go-bag.” CFAY FFSC has a workshop discussing this topic

Secure your Space

Bolt and brace heavy furniture like bookcases.
Don't hang heavy items near beds or sofas

DURING AN EARTHQUAKE: DO

DROP where you are and safely fall onto your hands and knees

COVER your head and neck with your arms or under a sturdy desk or table

HOLD ON to your shelter until the shaking comes to a complete stop

DURING AN EARTHQUAKE: DON'T

DON'T run outside

DON'T stand in a doorway

DON'T get in an elevator

STAY SAFE AFTER AN EARTHQUAKE

Once the shaking stops, the danger is not necessarily over. Be prepared for aftershocks and other potential hazards. Be aware of your surroundings and watch for damaged power lines, tree branches, broken glass, and other potentially dangerous debris that may have fallen during the earthquake.





Natural Disasters in Japan: Tsunami

A **TSUNAMI IS** a series of powerful ocean waves caused by large-scale disturbances, most commonly underwater earthquakes. Here's what makes a tsunami so dangerous:

Speed & Power | A tsunami can travel as fast as a jet plane. Even a wave that is only a few feet high can carry immense force, enough to float cars and damage homes

Multiple Waves | A tsunami is not just one wave but a series of them, which can arrive minutes or hours apart. The first wave is often not the largest

“Drawback” | Sometimes, the ocean will suddenly pull back from the shoreline, exposing the sea floor. This is a natural warning sign that a tsunami is approaching

If you feel an earthquake

First, Drop, Cover, and Hold On. If you are in a coastal area, start moving to higher ground if you are in a coastal area

Evacuate immediately

The goal is to get at least 100 feet above sea level or two miles inland. Follow the designated evacuation route signs; they often show a wave and an arrow pointing to safety

Do not drive

Roads can become jammed and you risk getting trapped in the vehicle. If you are in a car, pull over and evacuate on foot

Stay away from the water

A tsunami can travel up rivers and streams, so avoid these as well as the coast



Natural Disasters in Japan: Typhoons



A TYPHOON IS a tropical cyclone; a large, rotating system of high winds and heavy rain that forms over warm tropical waters. The main dangers are:

High Winds

Powerful enough to damage buildings, knock down trees, and turn loose objects into dangerous projectiles

Heavy Rain

Can overwhelm drainage and cause widespread flooding and landslides

Storm Surges

A rise in sea level that can flood coastal areas

THE TROPICAL CYCLONE Conditions of Readiness, or TCCOR, are split in five levels based on the expected arrival of potentially destructive winds. Destructive winds are defined as winds capable of sustaining speeds of 58 mph or greater. CFAY maintains a level of TCCOR 5 throughout “typhoon season.” Typhoon season begins May 1 and ends November 1 annually.

| | | |
|------------------|--------------|---------------------------------------|
| TCCOR 5 | 96 Hours | Build go bags & review emergency plan |
| TCCOR 4 | 72 Hours | Stock up food, water & medicine |
| TCCOR 3 | 48 Hours | Check fuel levels & charge batteries |
| TCCOR 2 | 24 Hours | Bring pets & outdoor items inside |
| TCCOR 1 | 12 Hours | Follow chain of command instruction |
| All Clear | Storm passed | Begin clean-up & report damage |



TCCOR

This reference is only for planning. Always follow chain of command instruction.

TCCOR

STORM WATCH

Storm close enough to require additional monitoring

FOLLOW CHAIN OF COMMAND INSTRUCTION

TCCOR 5

PREPARE

Destructive winds possible within 96 hours

REVIEW EMERGENCY PLAN & BUILD "GO BAG"

TCCOR 4

STOCK UP

Destructive winds possible within 72 hours

STOCK UP ON FOOD, WATER, & MEDICINE

TCCOR 3

CHECK

Destructive winds possible within 48 hours

FILL UP GAS, CHARGE BATTERIES, CHECK GO BAGS

TCCOR 2

SECURE

Destructive winds possible within 24 hours

SECURE OUTDOOR FURNITURE, SECURE ALL WINDOWS

TCCOR 1

FINAL CHECK

Destructive winds possible within 12 hours

GO BAGS IN REACH, PETS INSIDE & STAY INDOORS

TCCOR 1

EMERGENCY

Destructive winds are occurring. Stay indoors except for:

EMERGENCY & MISSION ESSENTIAL PERSONNEL ONLY

TCCOR 1

RECOVERY

No destructive winds, but hazards present. Stay indoors except for:

EMERGENCY & MISSION ESSENTIAL PERSONNEL ONLY

TCCOR

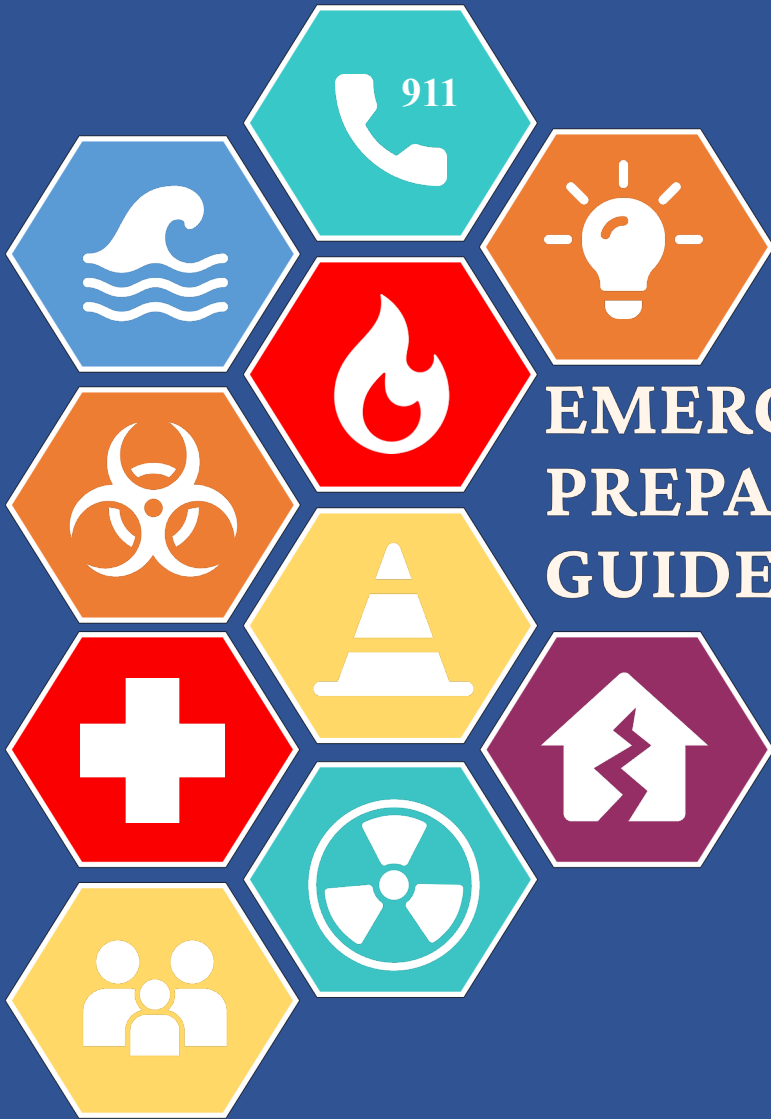
ALL CLEAR

Storm has passed. No additional hazards in the forecast

BEGIN CLEAN-UP & RESUME NORMAL ACTIVITIES

Emergency information is broadcast on Commander's Access Channel 17-4 & METOC Weather Channel 17-5. Base community members who cannot access these channels may contact Americable. Emergency information is broadcast on AFN Tokyo's Eagle 810 AM radio or the AFN Go app set to Eagle 810 Tokyo.

<https://cnrj.cnic.navy.mil/Installations/CFA-Yokosuka/>



EMERGENCY PREPAREDNESS GUIDE

CFAY Emergency
Contact Information



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CFAY Public Affairs Office