

In order to Protect Lives from Earthquakes

Disaster Preparedness

A Pocket Guide

To get prepared for an earthquake directly hitting Tokyo



Tokyo Metropolitan Government



10 WAYS TO PREPARE

FOR AN EARTHQUAKE



Protect Yourself

1. Keep furniture from falling or moving.

2. Be prepared to avoid injuries.

- Take measures to keep cupboard and window glasses from shattering and scattering.
- Keep a flashlight handy in case of power failure.
- Have slippers or sneakers at hand: they can protect you from shattered glass or others.



3. Confirm the strength of your house and walls.

- Have your home inspected for earthquake safety and reinforced if necessary.
- Reinforce concrete and block walls so they won't collapse.

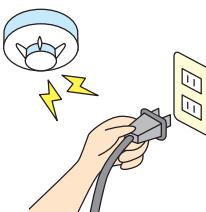


Be Prepared and Ready to Act

4. Always be ready to extinguish fires.

5. Take steps for fire prevention and early detection.

- Install fire alarms in your home for early warning.
- Keep electrical appliances unplugged when not in use.
- To prevent electric or gas fires, install circuit breakers or outlets with a seismic shut-off function.



6. Prepare emergency supplies in advance.

Keep Calm and Act Well

7. Meet with your family to discuss what you would do.

- Decide each family member's role in case of an earthquake: fire prevention, initial firefighting, and other tasks.
- Make sure your family knows how to contact and where to reunite when you cannot return home or are separate after a quake.
- Confirm evacuation sites and routes as a family.
- Discuss with your family how to prepare to cooperate your neighbors.



8. Know potential hazards in your area.

9. Keep informed about disasters.

10. Train yourself for emergencies.

- Participate in disaster drills. Learn skills for self-protection, fire prevention, firefighting, rescue, first aid, emergency reporting, evacuation, and others.



*Based on "10 Ways to prepare for an earthquake" issued by Tokyo Fire Department



DISASTER PREPAREDNESS

AT HOMES

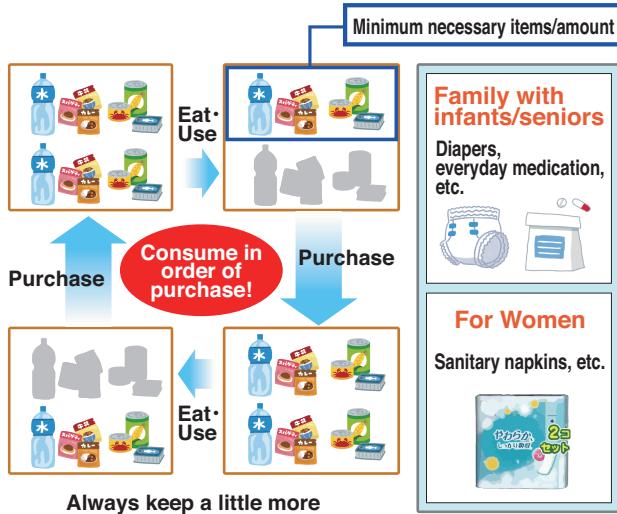


Let's Build "Daily stockpiles"

It's important to routinely stock the food and daily essentials needed to live at home in an emergency.

Image of daily stockpiling at home

Buy a little extra food and daily essentials and consume these items in daily life



Items especially necessary when disaster strikes

- ▶ Portable gas cooking stove and canisters
- ▶ Flashlight
- ▶ Emergency toilet
- ▶ Rechargeable radio, etc.



For details

Daily stockpiles

Search

✓ Emergency Bag

- It is important to think about what items you need when evacuating and store them in a bag containing the minimum you will need for the time being.

For example

- | | | |
|---|---|--|
| <input type="checkbox"/> Water, water bottles | <input type="checkbox"/> Flashlight | <input type="checkbox"/> Knife, can opener |
| <input type="checkbox"/> Food | <input type="checkbox"/> Portable radio | <input type="checkbox"/> Lighter |
| <input type="checkbox"/> Clothing | <input type="checkbox"/> Work gloves | <input type="checkbox"/> Candles |
| <input type="checkbox"/> Cash (small change) | <input type="checkbox"/> Portable toilet | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Savings bankbook | <input type="checkbox"/> Map | <input type="checkbox"/> Baby bottles |
| <input type="checkbox"/> Seal | <input type="checkbox"/> Batteries | |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Mobile phone charger | |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Helmet, disaster prevention hood | |
| <input type="checkbox"/> Emergency set, blanket | | |

* Keep in a place where you can access at anytime

✓ Utilize ordinary objects around you

- Effectively use ordinary objects around you in order to utilize limited goods at the time of disaster.

For example

Food packaging wrap film

Wrap tableware such as dishes. By disposing the used wrap film after use, you don't have to wash the tableware itself.



Large size plastic bags

Lay the bag in a cardboard box. When you carry water, trash does not get into it and water is not scattered.

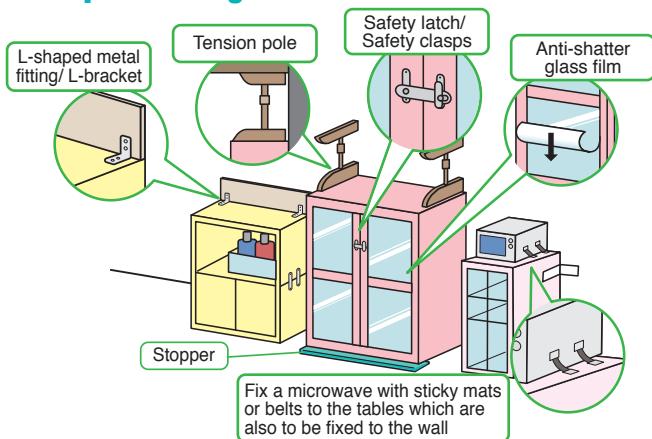


DISASTER PREPAREDNESS AT HOMES

✓ Measures to prevent furniture from tipping over, falling or sliding

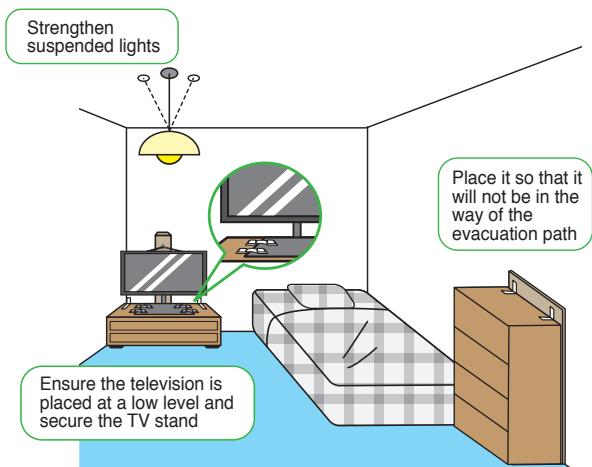
- In a major earthquake, there is a risk to be pinned under a fallen refrigerator or a shelf and get a serious injury.

Example of living room



- Adjust the layout of the furniture so as not to block the evacuation path or doors.

Example of bedroom



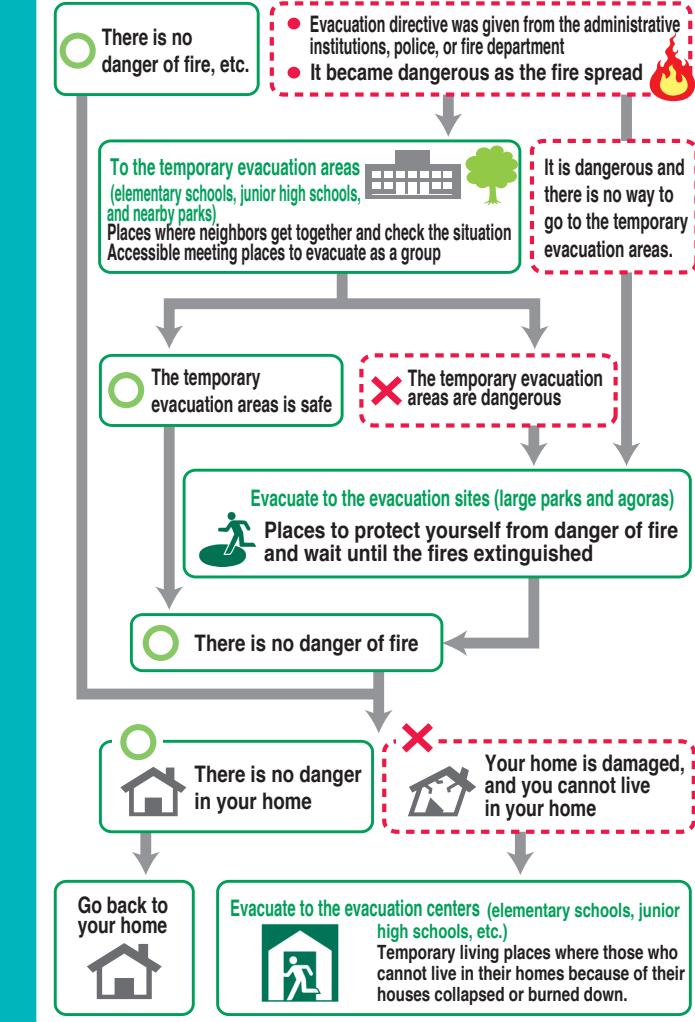
For a consultation, please contact the section in charge of disaster prevention in the municipality you live, or a local fire department.

FLOW OF EVACUATION



Evacuation to an evacuation center or an evacuation site depends on the situation of a disaster. As for the procedure, refer to the following flow chart.

A large earthquake occurred



The evacuation methods vary depending on the municipality. Please contact the section in charge of disaster preparedness in the municipality where you live.

10 TIPS FOR EARTHQUAKE

SAFETY

When you Feel A Quake
Or Hear The Emergency Earthquake Warning...

1. QUAKE! Protect Yourself First.

- Be prepared and protect yourself from an earthquake when you hear an earthquake warning announcement or feel a quake.
- Stay under a large table until a quake is gone. Keep yourself safe from falling or moving objects during a quake.

High-rise Building
with 10 or More Floors

- Upper floors may shake for several minutes.
- Large, slow shakes may let the furniture fall down or move across the room.



Right After An Earthquake

2. Keep Calm. Check All Fire Sources. Put Out Fire Quickly

3. Keep Calm, Panic May Cause You Injuries.

- Be careful of furniture which has tipped over or fallen indoors, and also of glass shards and similar dangers.
- Do not rush outside, as roof tiles, window glass, signs, and other objects will be falling.



4. Make Sure You Have Ways Out: Open Doors And Windows

5. Keep Away from Posts and Walls.

After An Earthquake

6. Be Aware of From Fires And Tsunami

- Take refuge in a temporary evacuation area or an evacuation site if a fire threaten your life in the community.
- Leave the coast as soon as possible for a higher, safer place when you are hit by a big quake or hear a tsunami warning at the seaside.



7. Get The Right Information. Take The Right Action.

8. Make Sure Your Family And Neighbors Are Safe.

9. Work Together On Rescue And First Aid.

10. Make Sure Electricity And Gas Are Off Before Evacuation.

*Based on "10 Tips for Earthquake Safety" issued by the Tokyo Fire Department

Reference Seismic intensity and human experience and behavior

Seismic intensity level	Human perception and reaction
4	Most people are startled. Felt by most people walking. Most people are awoken.
5lower	Most people are frightened and feel the need to hold onto something stable.
5upper	Many people find it hard to move; walking is difficult without holding onto something stable.
6lower	It is difficult to remain standing.
6upper	It is impossible to remain standing or move without crawling.
7	People may be thrown through the air.

*From "Tables explaining the JIMA Seismic Intensity Scale", Japan Meteorological Agency

HOW TO CHECK THAT FAMILY AND OTHERS ARE SAFE

MEMBERS



Trial experience is available! · 1st and 15th of each month · January 1st to 3rd
· Disaster Preparedness and Volunteers' Week (January 15th to 21st)

In the event of a disaster, each telecommunication

· Disaster Preparedness Week (August 30th to September 5th)

carrier provides service for confirming safety.

Leave or listen to voice messages over the phone

Disaster Emergency Message Dial (171)

1. Dial 171
2. Press 1 for recording and 2 for playing
3. Press the destination telephone number from the area code.
4. Record or play message

Disaster Voice Message Service

When you enter a mobile phone number of your family from your mobile phone or smart phone, the message you recorded will be transmitted to the mobile phone of your family. (Using method varies depending on the telecommunications carrier.)

If you want to transmit and check written messages;

Disaster message boards web 171

1. Access to "web 171" on the Internet.
2. Enter a predetermined phone number (You can enter the numbers of a fixed phone, an IP phone, a mobile phone and PHS.), and register and check safety messages.

Disaster message boards by mobile phone carriers

A disaster message board service by mobile phone carriers. Messages can be registered from the site of your mobile phone carrier. Messages of other carrier's numbers can be also searched and checked.

Google Person Finder

1. Access to "Google Person Finder" on the Internet.
2. After entering the name, you can register and search safety information.

SNS (Social Network Services)

You can let your family and friends know your safety just by posting your status ("I'm safe!" etc.) on SNS including Twitter, Facebook and LINE.



Smartphone Apps Useful in Times of Disaster

Download them and get used to the handling.



J-anpi

You can collectively search safety information provided by various disaster message boards, news media and companies.

1. Access to "J-anpi" on the Internet.
2. Search with a phone number and a name.

COLLECTING INFORMATION AFTER A DISASTER



Tokyo Metropolitan Government Disaster Prevention Website

Provides information such as how to prepare in advance for a disaster and the damage which is expected to result from a disaster.

The screenshot shows the website's header with language options (Japanese, English, etc.) and a search bar. Below the header are links for Evacuation Information, Learn about disaster information, Tokyo's efforts & countermeasures, and Disaster prevention links. A red box highlights the 'Evacuation information' section, which states there is no announcement at present and provides a link to the Tokyo disaster prevention map. Below this is a section for disaster preparedness with icons for typhoons, earthquakes, heavy snow, and a timeline.

<https://www.bousai.metro.tokyo.lg.jp/>

*Access by reading the QR code right with your mobile phone.



Tokyo Metropolitan Government Disaster Prevention Twitter



In the event of a disaster, city evacuation information and information about facilities providing assistance for persons returning home, and other information will be tweeted in real time. If you have an account, follow us to be prepared for a disaster.

User Name : @tokyo_bousai



Follow me!
Twitter @ tokyo_bousai

Disaster Prevention Map

This disaster prevention map on the homepage of the Tokyo Metropolitan Government Disaster Prevention Homepage allows users to search for and display information about the locations of disaster preparedness facilities, information about the facilities, support stations for those attempting to return home during a disaster, and other information.

The screenshot shows the map with various colored regions representing different areas. On the left, there are search functions for 'Search place' and 'Search by facility name'. A legend on the left side defines icons for different types of facilities: temporary stay facilities, evacuation areas, water supply points, medical institutions, aid stations, convenience stores, restaurants/fast food shops, and gas stations.

<https://map.bousai.metro.tokyo.lg.jp/>

Icon	Facility name	Example	Function
	Temporary evacuation area	Tokyo Metropolitan Government facilities	Facility which temporarily accommodates stranded persons
	evacuation center	Elementary schools, Junior High School, community centers, etc.	Places where persons who have lost their homes can live temporarily
	Evacuation site	Parks, housing developments, Universities, etc.	Places where people can evacuate to in order to escape from the danger of fire
	support stations for those attempting to return home during a disaster	Convenience stores, Fast food, family restaurants, etc.	Locations where tap water and toilets are available and where people can get information
	Disaster support stations	Gas stations	

Convenience stores, family restaurants, etc.

Gas stations



The stickers shown on the left indicates shops which have concluded a cooperation agreement.



FIRST AID

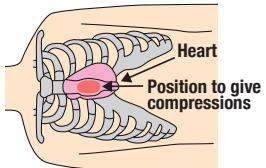


CPR Procedure

1. Talk to the victim while tapping on the shoulder.
2. If the victim is unresponsive or it is difficult to judge his/her conditions, shout for help and ask the people nearby to dial 1-1-9 and bring the AED.
3. See if the victim is breathing (by the movements of his/her chest and stomach rise and fall).
4. If the victim is no breathing or it is difficult to judge his/her conditions, start cardiac compress 30 times. (Refer to *1)
5. If you have trained skills for rescue breaths and no hesitation to perform them, give the breaths 2 times after chest compressions. (Refer to *2)
6. After that give 30 cardiac compressions and give 2 breaths repeatedly.

*1 Cardiac compression

Where?	Lower part of breastbone (i.e., Middle of the chest)
How?	With both hands
Depth	About 5 cm (1/3 of the chest depth for children and babies)
Speed	100 – 120 times/min



*2 Artificial breathing

- If you haven't practiced giving rescue breaths,
 - If you don't have a mouthpiece for rescue breaths,
 - If the victim has blood or vomit in their mouth...
- Continue ONLY compressions.

About AED



AED is a medical device contains a super analyzer of the victim's heart rhythm. It analyzes the victim's heart rhythm and determines an abnormal heart rhythm which needs defibrillation (electrical shock).

- Learn how to use it by participating in a training session.
- As it has been installed in various places such as stations and public facilities, confirm them regularly.

For details

When you find a collapsed person

Search

SECURITY AND SAFETY MEMO



Name

Date of birth

Blood type

Address

Primary medical institution
(contact information)

Telephone number

Mobile phone number

Places where the family members usually go
(workplace, etc.)

Email address

Affiliation organizations
(organizations for the disabled, volunteer organizations, etc.)

Medical care schedule

Contact information for welfare office, public health center, etc.

Precautions on medication

Contact information for handling pharmacies

Diseases under medical treatment

Food requiring attention and amount of a meal

Are you prepared?

► Check the 10 ways to prepare for an earthquake

→p.1~2

► Are you building "daily stockpiles"?

→p.3

► What is the flow of evacuation when a large earthquake hits?

→p.6



► How many methods of confirming the safety of your family do you know?

→p.9~10

► Can you calmly administer first aid if the need arises?

→p.13



Follow me!

Twitter @tokyo_bousai

User Name : @tokyo_bousai

Disaster Prevention Website

Tokyo Bousai

<https://www.bousai.metro.tokyo.lg.jp/>



Bousai Pocket Guide

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