

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

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.

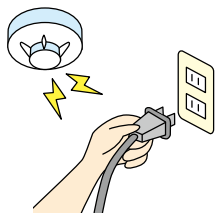
- Have your home inspected for earthquake safety and reinforced if necessary.
- Reinforce concrete and block walls so they won't collapse.

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.
- Install disaster prevention equipment such as seismic breakers to prevent fires caused by electricity.



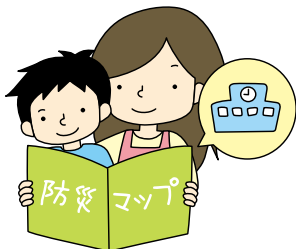
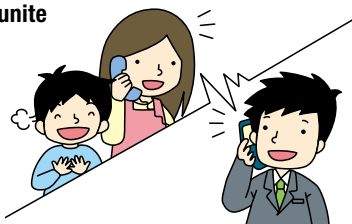
6. Prepare emergency supplies in advance.



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.
- Assume that typhoons and other wind and flood damage occur at the same time.
- 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.





DISASTER PREPAREDNESS

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

Minimum necessary items/amount



Eat·Use



Family with infants/seniors

Diapers, porridge, etc.



For Women

Sanitary napkins, etc.



Purchase

Consume in order of purchase!

Purchase



Eat·Use



Always keep a little more



What you need in case of disaster
(Items that came in handy in the affected areas)

- ▶ Portable gas cooking stove and canisters
- ▶ Flashlight
- ▶ Portable toilets and simple toilets
- ▶ Rechargeable radio, etc.



東京 備蓄ナビ

Required stockpiles and quantities will vary depending on family composition and residence.
Check out the Tokyo Stockpiling Navi to find out what stockpiling is best for you!

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





✓ 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"/> Portable toilet | <input type="checkbox"/> Masks |
| <input type="checkbox"/> Headlights | <input type="checkbox"/> Jelly drinks, etc. |
| <input type="checkbox"/> Helmet (a foldable type is convenient) | <input type="checkbox"/> First aid supplies |
| <input type="checkbox"/> Raincoat | <input type="checkbox"/> Portable phone charger (dry cell type, solar rechargeable type) |
| <input type="checkbox"/> Disaster preparedness whistle | <input type="checkbox"/> Water bag |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Dry-cell batteries |
| <input type="checkbox"/> Water (one or two 500ml bottles) | |

* Keep in a place where you can access at anytime

✓ Let's actually use the disaster prevention goods!

- Disaster prevention goods are not the end of preparation. Only when you actually use it can you use it without hesitation in an emergency.

For example

Cassette stove, stockpiled supplies to enjoy mealtime

Minimize the use of gas and water, and devise tasty food items that are stockpiled on a daily basis. Covering dishes with plastic wrap will prevent them from getting dirty.



Try using a portable toilet

Assuming that the toilet is broken, let's actually build and test it with cardboard and plastic bags.



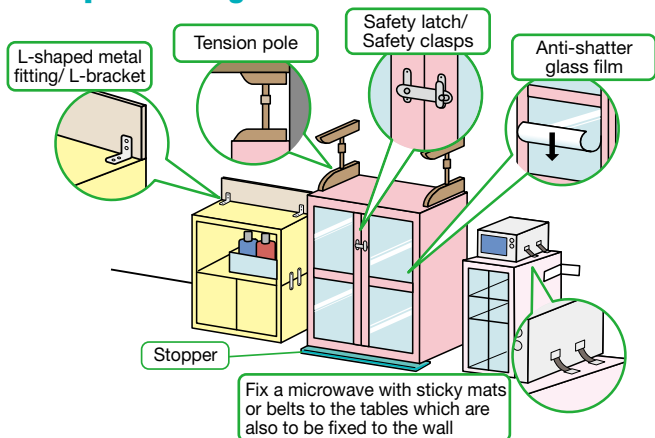
DISASTER PREPAREDNESS AT HOMES



Measures to prevent furniture from tipping over, falling or sliding

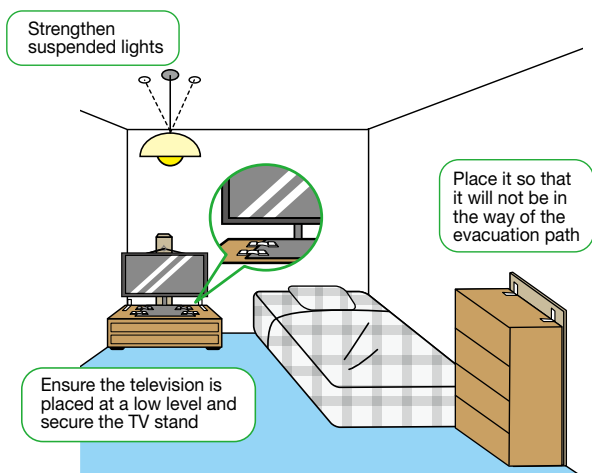
- In a major earthquake, there is a risk to be pinned under a fallen refrigerator or a shelf and get a serious injury.

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



There is no danger of fire, etc.

- Evacuation directive was given from the administrative institutions, police, or fire department
- It became dangerous as the fire spread



To the temporary evacuation areas
(elementary schools, junior high schools,
and nearby parks)

Places where neighbors get together and check the situation
Accessible meeting places to evacuate as a group



It is dangerous and
there is no way to
go to the temporary
evacuation areas.



The temporary
evacuation areas is safe



The temporary
evacuation
areas are dangerous

Evacuate to the evacuation sites (large parks and agoras)



Places to protect yourself from danger of fire
and wait until the fires extinguished



There is no danger of fire



There is no danger
in your home



Your home is damaged,
and you cannot live
in your home

Go back to
your home



Evacuate to the evacuation centers (elementary schools, junior
high schools, etc.)



Temporary living places where those who
cannot live in their homes because of their
houses collapsed or burned down.

**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

**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. Make Sure Your Family And Neighbors Are Safe.

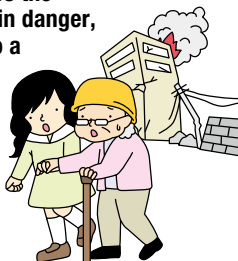
7. Work Together On Rescue And First Aid.

8. Get The Right Information. Take The Right Action.

9. Cooperative firefighting, rescue, and first aid

10. Be Aware of From Fires And Tsunami

- If a large-scale fire danger approaches the community and you feel that you are in danger, call out to each other and evacuate to a temporary meeting place or shelter.
- In coastal areas and along rivers, if you feel a big tremor or a tsunami warning is issued, quickly evacuate to higher ground or other safe places.



※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

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

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

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

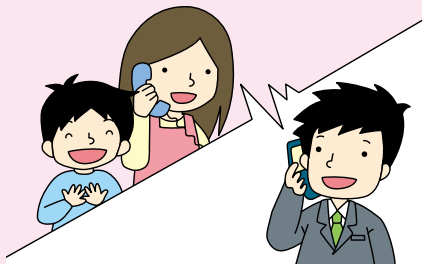
1. Access to "Google Person Finder" on the Internet.
2. After entering the name, you can register and search safety information.

MEMBERS



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

carrier provides service for confirming safety.



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 X, Facebook and LINE.

Smartphone Apps Useful in Times of Disaster

Download them and get used to the handling.



Disaster Preparedness Tokyo App



Android



iOS

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.



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

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



Tokyo Metropolitan Government Disaster Prevention X



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

X @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.



<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	A place to live as an evacuee if you are no longer able to live at home	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

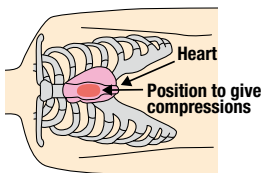


CPR Procedure

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 (Two hands or one hand for children, two fingers for infants)
Depth	About 5 cm (1/3 of the chest depth for children and babies)
Speed	100 – 120 times/min



*2 Artificial breathing

If the patient is not trained in artificial respiration, does not have infection protection equipment, or is at risk of infection from blood or vomit, do not administer artificial respiration and continue chest compressions.

About AED



An AED is a medical device that applies an electric shock to the heart to restore it to its normal rhythm in the event of a sudden heart spasm and cardiopulmonary arrest.

- 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
Places where the family members usually go (workplace, etc.)	Mobile phone number
	Email address
Affiliation organizations (organizations for the disabled, volunteer organizations, etc.)	Medical care schedule
	Medication (Name of medicine and dosage)
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



X @tokyo_bousai

User Name : @tokyo_bousai

Disaster Prevention Website

Tokyo Bousai

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

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