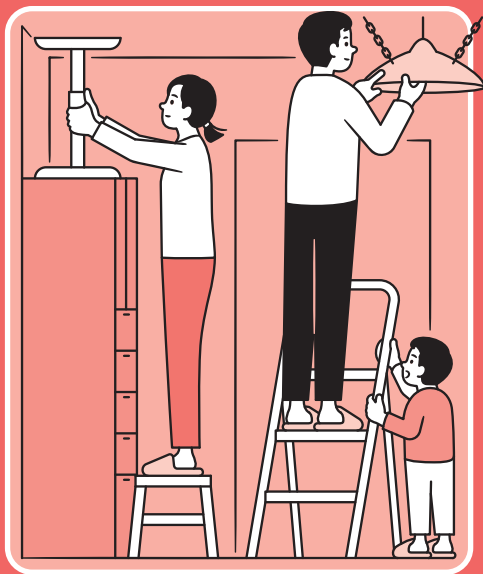


Disaster Readiness Guide

2023
Revised
Version

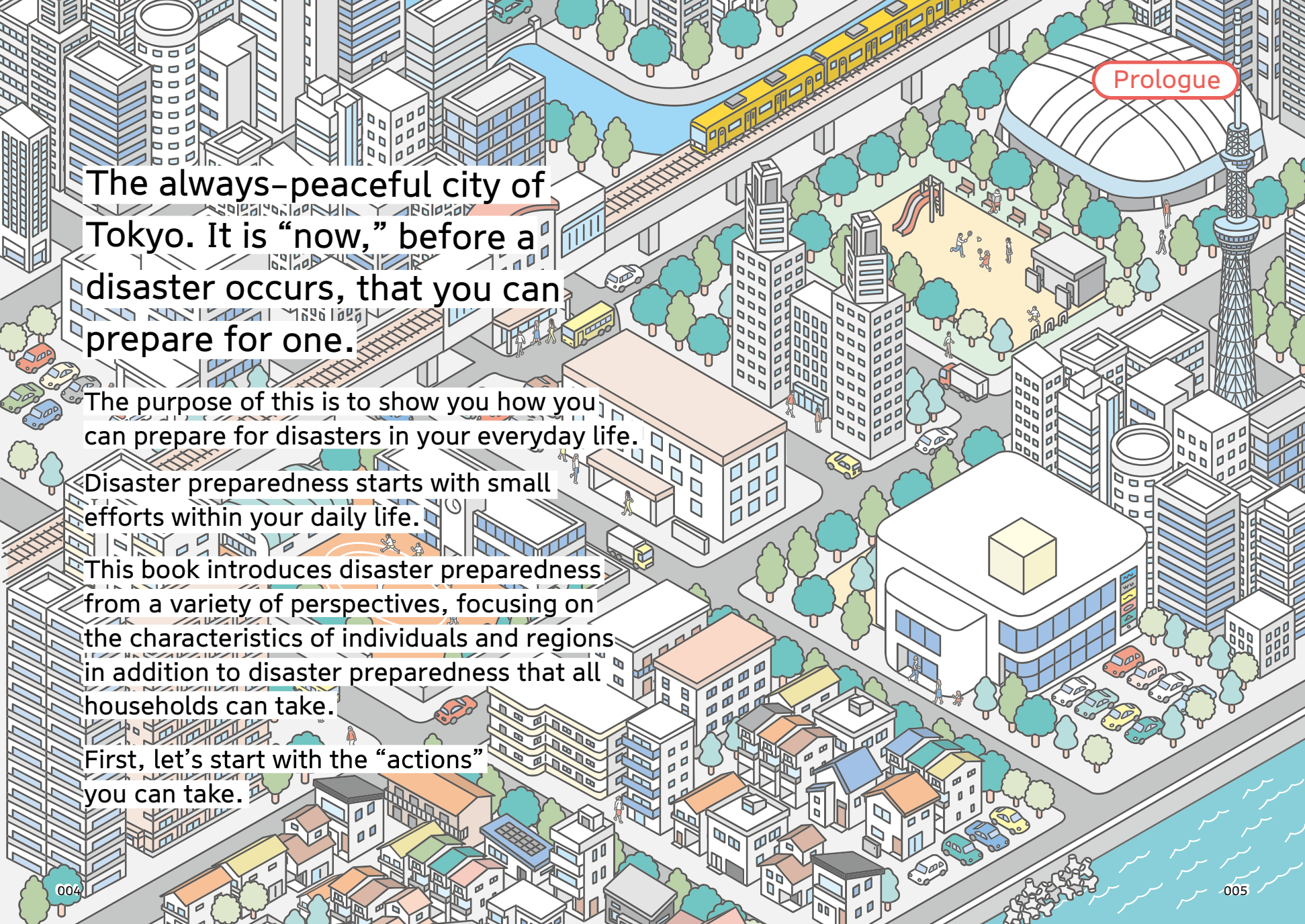


STEP 1

Let's start
with action.

Let's start today.

This book is intended to
protect the lives of you and
your loved ones.



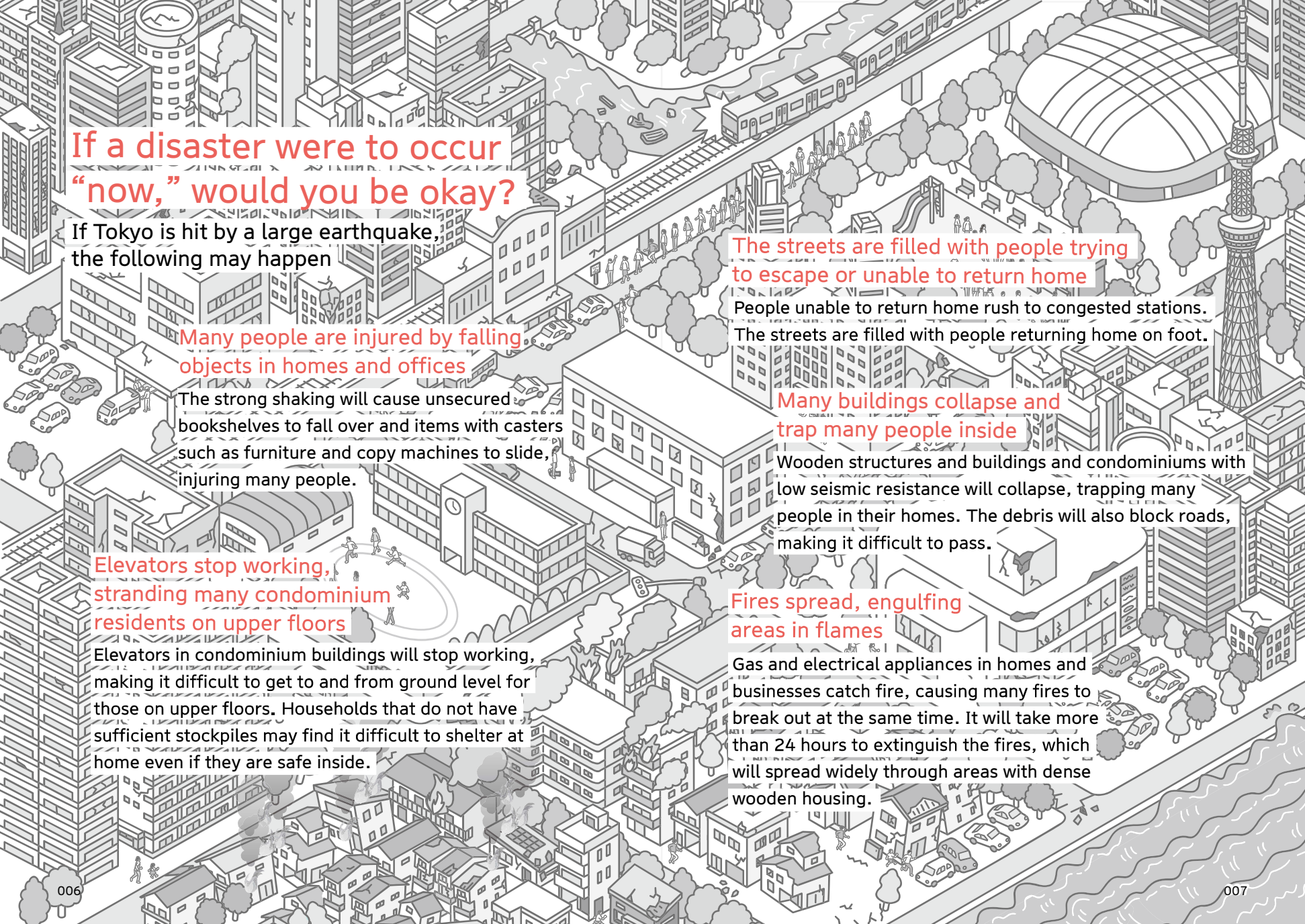
The always-peaceful city of Tokyo. It is “now,” before a disaster occurs, that you can prepare for one.

The purpose of this is to show you how you can prepare for disasters in your everyday life.

Disaster preparedness starts with small efforts within your daily life.

This book introduces disaster preparedness from a variety of perspectives, focusing on the characteristics of individuals and regions in addition to disaster preparedness that all households can take.

First, let's start with the “actions” you can take.



If a disaster were to occur “now,” would you be okay?

If Tokyo is hit by a large earthquake,
the following may happen

Many people are injured by falling
objects in homes and offices

The strong shaking will cause unsecured
bookshelves to fall over and items with casters
such as furniture and copy machines to slide,
injuring many people.

Elevators stop working,
stranding many condominium
residents on upper floors

Elevators in condominium buildings will stop working,
making it difficult to get to and from ground level for
those on upper floors. Households that do not have
sufficient stockpiles may find it difficult to shelter at
home even if they are safe inside.

The streets are filled with people trying
to escape or unable to return home

People unable to return home rush to congested stations.
The streets are filled with people returning home on foot.

Many buildings collapse and
trap many people inside

Wooden structures and buildings and condominiums with
low seismic resistance will collapse, trapping many
people in their homes. The debris will also block roads,
making it difficult to pass.

Fires spread, engulfing
areas in flames

Gas and electrical appliances in homes and
businesses catch fire, causing many fires to
break out at the same time. It will take more
than 24 hours to extinguish the fires, which
will spread widely through areas with dense
wooden housing.

What you must do first to save

your life in a disaster

Tokyo Metropolitan
Government's
Disaster Prevention
Website



During an earthquake

1 Protect yourself

Protect yourself from
falling objects



2 Grab hold

Grab hold of something
that is fixed



3 Stay away from danger

Stay away from dangers
caused by shaking



After the shaking stops

1 Avoid injury

Take care to avoid
getting injured



2 Put out fires

Put out any fires in
a calm manner



3 Secure an exit

Open a door to
secure an exit



When a typhoon
or heavy rain is
approaching



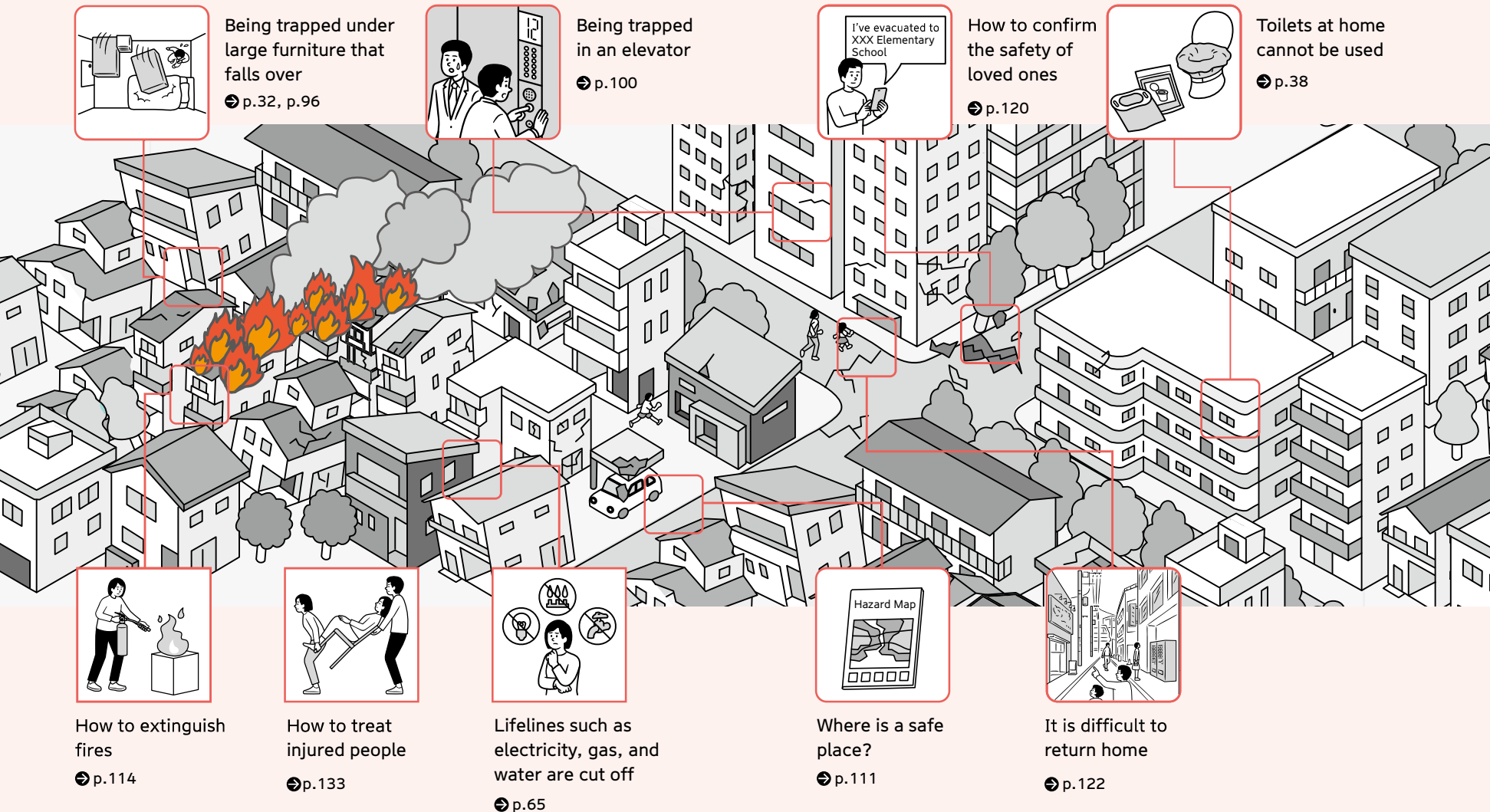
- 1 Pay attention to the latest weather information
- 2 Pay attention to the evacuation information of your ward or municipality
- 3 Start evacuating early

Let's think about what will trouble or concern

Immediately after a disaster

you and your loved ones if a disaster occurs

Immediately after a disaster / When evacuating



Let's think about what will trouble or concern

you and your loved ones if a disaster occurs

Evacuation of people with diverse needs

Life during evacuation



Concerns about physical strength or health

➔ p.76, p.136



Help is needed to evacuate

➔ p.78, p.137



How to shelter at home

➔ p.156



What to do if feeling anxious after a disaster

➔ p.163



Concerns about language and communication

➔ p.80, p.138



Expectant and nursing mothers

➔ p.82, p.139



Pets

➔ p.89, p.141



Concerns about ensuring hygiene and privacy in mass evacuation centers

➔ p.160, p.167



Worries about crime prevention in an evacuation center

➔ p.170

What is necessary to prepare "now"?

Take this quiz to understand what disaster preparation you should take now

Diagnose your disaster preparedness level

Q.1 Have you taken measures to secure indoor furniture and appliances from tipping over, falling and sliding?

- ☐ A Yes ☐ B Only some items
☐ C Not really

Q.2 Do you know how to use a fire extinguisher?

- ☐ A Yes, and I have used one (including in a drill)
☐ B Yes, but I have never used one ☐ C No, I don't

Q.3 Do you have enough water and food for everyone in your family and people living with you, in preparation for a disaster?

- ☐ A Yes ☐ B We have prepared some
☐ C Not at all

Q.4 To what extent have you prepared portable or emergency toilets?

- ☐ A I have a stockpile, and I have used one before
☐ B I have a stockpile, but I have never used one
☐ C I have none

Q.5 Have you discussed how to confirm your safety with your family, etc.?

- ☐ A Yes, and we have conducted simulations
☐ B Yes, but I don't know if we can do it in an emergency
☐ C No

Q.6 Do you know what disaster prevention measures are in place at the schools and workplaces you and your family attend?

- ☐ A Yes ☐ B I do not know the details
☐ C Not at all

Q.7 Do you know the rules about what to do and what to prepare in case you are away from home and unable to return?

- ☐ A Yes, and I am prepared ☐ B I know, but I am not prepared
☐ C No, and I am not prepared

Q.8 Have you ever participated in local disaster prevention activities?

- ☐ A Yes, I have participated
☐ B I know about them but have never participated
☐ C I do not know about the activities

Q.9 Do you know "evacuation sites" in case of an emergency and an "evacuation center" where you can stay?

- ☐ A Yes I know both
☐ B I only know one
☐ C No, I don't

Q.10 Are you using the Disaster Preparedness Tokyo app?

- ☐ A Yes
☐ B I have downloaded it, but I do not use it much
☐ C I have not downloaded it

Turn the page for your disaster preparedness level



Find out your disaster preparedness level on the next page, based on your answers.

Circle your answer to each question and enter your points!

	A	B	C	Points	Details
Q.1 Measures to secure furniture and appliances from tipping over, falling and sliding	10	5	0	<input type="text"/>	➡ pp.35-37
Q.2 How to use a fire extinguisher	10	5	0	<input type="text"/>	➡ p.227 of Disaster Preparedness Tokyo
Q.3 Stockpiling water and food	10	5	0	<input type="text"/>	➡ p.47
Q.4 Stockpiling portable toilets, emergency toilets, etc.	10	5	0	<input type="text"/>	➡ p.38
Q.5 How to confirm the safety of family members, etc.	10	5	0	<input type="text"/>	➡ p.120
Q.6 Understanding of disaster prevention measures at schools and workplaces	10	5	0	<input type="text"/>	➡ p.100, p.103
Q.7 Behavioral rules and necessary preparations for when it is difficult to return home	10	5	0	<input type="text"/>	➡ p.122
Q.8 Participation in local disaster prevention activities	10	5	0	<input type="text"/>	➡ p.96 of Disaster Preparedness Tokyo
Q.9 Confirmation of "evacuation sites" and "evacuation centers"	10	5	0	<input type="text"/>	➡ p.111
Q.10 Use of the Disaster Preparedness Tokyo app	10	5	0	<input type="text"/>	➡ p.18, p.19

What is your disaster preparedness score?

What is your disaster preparedness level?

0 – 20 points

You haven't taken action yet, even if you are concerned

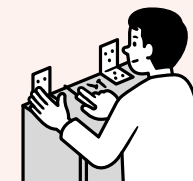
Let's begin by reading this book or researching local disaster prevention events!



25 – 45 points

You are interested in disaster preparedness but have not taken many measures

Let's increase your interest in disaster preparedness and improve your disaster prevention measures, such as stocking up on emergency supplies, securing furniture, and how to communicate with loved ones!



50 – 75 points

You have a high interest in disaster preparedness and are taking measures

You have a strong interest in disaster prevention and are making steady progress in your preparations, so please continue making disaster prevention a habit in your daily life!



80 – 100 points

You are able to help people around you in a disaster

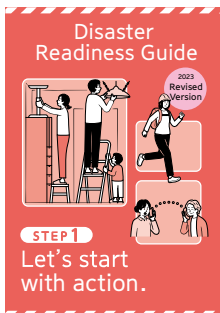
You have good knowledge of disaster preparedness, so please build a disaster-resistant network by spreading your knowledge to those around you!



How to use the “Disaster Readiness Guide” and “Disaster Preparedness Tokyo” books

STEP
1

Read the “Disaster Readiness Guide” and implement the disaster prevention measures



Let's start with action.

Basic disaster preparedness and behavioral rules in a disaster

Features of this book

- * Explains the basics of disaster prevention and preparation that you can start from now
- * Introduces disaster prevention measures and preparation methods that are easy to incorporate into daily life

STEP
2

Get a deeper understanding of disaster preparedness with “Disaster Preparedness Tokyo”



Get deeper knowledge.

Up-to-date disaster prevention knowledge based on the latest information

Features of this book

- * Introduces preparations and actions for various disasters in detail, including earthquakes and wind and flood damage
- * Introduces a wide range of initiatives for mutual preparation assistance in the community

Please use the Disaster Preparedness Tokyo app too

The Disaster Preparedness Tokyo app can be used to play, learn, and access information. The “Disaster Readiness Guide” and “Disaster Readiness Tokyo” books and the various content available in the app are useful in preparing for and taking action in the event of an emergency.



Download the app now for great disaster prevention measures.



Android



iOS

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