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Begin with preparations you can take “now”!

“It might happen someday...”

“Someone will somehow help me”

Let’s stop putting off preparing for disaster or leaving it to others. What can you do now to protect yourself, your family, and your loved ones? The important thing for disaster preparedness is to start by changing your mindset.

Voice from experience
I was in a lot of trouble because I had to evacuate without bringing the medication for my illness and my stockpiled medication. I should have kept my medication close to me...
(60s, Noto Earthquake)

Voice from experience
My preparation in the form of not placing any objects or furniture that could fall onto my head saved my life.
(40s, Great Hanshin-Awaji Earthquake)



Voice from experience
I live alone and my refrigerator is always empty. I had trouble getting food immediately after the earthquake. I wish I had stockpiled canned food back then...
(30s, Great East Japan Earthquake)

How much disaster preparedness is included in your current lifestyle?

There are surprisingly many things that we do casually that can lead to disaster preparedness. For example, owning camping equipment because you love the outdoors, or having a vegetable garden. Disaster preparedness includes buying groceries in bulk on the weekend or checking each morning your family's activities for that day. Why not start by finding something in your current lifestyle for which you can say, "Oh, this is also disaster preparation!"?



Start by reading disaster preparedness topics that interest you!

Do you know where your family is today?

Things to always keep in mind

➔ p. 28

Is there anything which is dangerous?

Checking your home's safety is the top priority

➔ p. 32

Want to try changing your usual shopping?

Disaster preparedness through "shopping"

➔ p. 46

Are you prepared so you can remain calm no matter where you are when a disaster hits?

New habits for when going out

➔ p. 52

Will that lead to disaster preparedness?

Disaster preparedness you can do while out

➔ p. 56

Can you use those disaster preparedness goods properly?

Try actually using disaster preparedness goods

➔ p. 65

Have you considered the problems unique to condominiums?

Disaster preparedness for condominiums

➔ p. 66

What kind of help do you need now?

Preparations for peace of mind for people who require support

➔ p. 72

How will you overcome a disaster with your pet?

Preparation for people with pets

➔ p. 89

Imagine “what if a major earthquake occurred here and now”

Disaster preparedness through daily habits

When it comes to disaster preparedness goods, it is important to consider how the items you use on a daily basis can be used. The secret to making preparing fun is to think, “this might be useful in an emergency!” Simply checking in advance where dangerous places and public telephones are at your destination will give you peace of mind.

Voice from experience

Our house flooded due to heavy rain. We were rescued by a passing boat. Since then, we have started having family meetings on a regular basis.

(40s, July 2018 southwestern floods)

Voice from experience

I realized that “you cannot be too prepared.” I thought once again how it is necessary to be prepared not only at home but also at work.

(30s, Great East Japan Earthquake)

Voice from experience

Thanks to keeping water in the bathtub to save money, I was able to flush the toilet. I also had enough food in stock, so I didn't have any problems.

(20s, Great Hanshin-Awaji Earthquake)



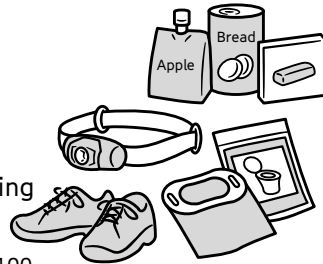
Imagine "what if a major earthquake occurred here and now?" Things to always keep in mind

What would you do if a major earthquake were to occur "now"?

At home

First, remove the dangers in your home.

➔ p.32, p.96



At the office

Check for dangers. You can feel assured if you are prepared for the possibility of staying at your workplace after an earthquake.

➔ p.100

In the city

What if an old building collapses? What if a fire breaks out? Also be aware of areas where a crowd collapse could occur.

➔ p. 102

In an underground shopping mall

Always check the emergency exits.

Anticipate that people will rush towards the stairs and exits, and find a safe place.

➔ p. 104



At the train station or airport

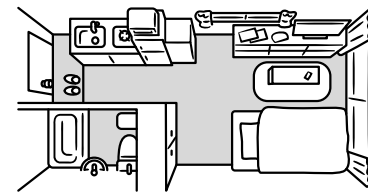
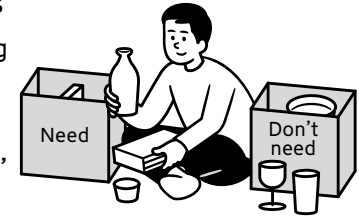
Find a place where you can protect yourself from falling objects and broken glass.

➔ pp.104-105

Stay safe by keeping your room tidy and arranging your storage

Dispose of unnecessary items

In a major earthquake, everything that is not fixed will move, such as furniture and small items. Tall shelves become a deadly weapon, and glass and ceramics which fall and break can cause injuries. A simple lifestyle without excessive items is a shortcut to disaster preparedness.

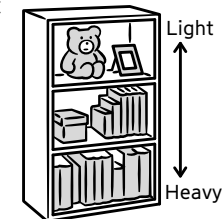


Don't block escape routes

Do you have items lying around near doors or around the entrance hall that were only meant to be kept there temporarily? They can impede evacuation, so keep the passageways leading to exits clear!

Store heavy items at the bottom and light items at the top

Make putting things away as soon as you have finished using them a habit. The basic rule is to put heavy or breakable items at the bottom, and lighter items which won't hurt if they fall on you at the top.



Communicate with family and loved ones who you live with

In the event of a disaster, you may not be able to make contact as well as you thought. So every day, such as during breakfast, tell each other what your plans are for the day. Even if it's just a casual conversation, once you have an idea of where your family will be in the event of a disaster, your subsequent behavior will change. Also, try to build a cooperative relationship with your neighbors by seeing them face-to-face on a regular basis.



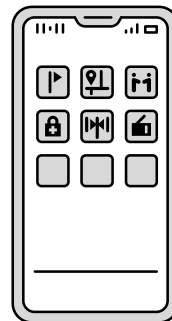
Check not only the company name but also the department your family works in!

Do you have a disaster preparedness app on your smartphone?

In addition to the Disaster Preparedness Tokyo app, you can learn about local dangers and preparing for a disaster by using apps provided by local governments. It is convenient to create a “disaster preparedness” folder on your smartphone’s home screen.

Apps you should keep in your “disaster preparedness” folder

- Disaster Preparedness Tokyo app
- Municipal disaster preparedness app
- Radio app
- Disaster information app
- An app for sending location information
- Messaging app
- First aid app
- Weather app, etc.



Many of the items you have at home can be used in the event of a disaster!

Aprons and raincoats can be used to prevent clothes from getting dirty in situations where you cannot wash them. Keeping a solar-powered light near a window will provide a light source during a power outage.

Everyday items that can be used in a variety of ways in a disaster

- Plastic bags
 - Can be used as an emergency toilet, water bag, garbage bag, or even be cut to make a raincoat.
- Plastic wrap
 - Can be used as string, to cover dishes to prevent them getting dirty, and as goggles to protect your eyes from dust.
- Zipper bags
 - Can be used for food storage, to separate valuables, and to contain odorous material.
- Duct tape
 - Can be used to repair damaged items, to fix a splint, etc., and for leaving messages.



Is there anything which is dangerous?
Checking your home's safety is the top priority

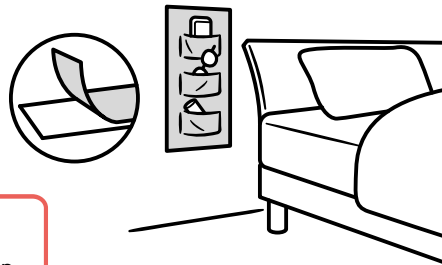
Is there any danger where you usually sleep?

Furniture and small items that are not properly secured may topple or fall in an earthquake. Lie down where you usually sleep and check if there is any furniture that might fall over or any items that might fall on your head.



Place important items like your glasses, cane, smartphone, and baby carrier next to your bed

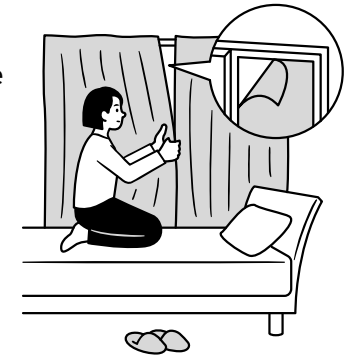
Always keep essential items by your bedside to help you act. If simply left in a place, they may fly off somewhere due to the shaking, so consider placing them on a non-slip sheet or in fixed wall-mounted storage.



Securely fix wall-mounted storage with hook-and-loop fasteners, etc.

Be especially careful of shattered glass in the bedroom!

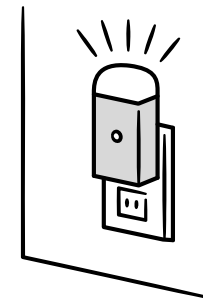
If a major earthquake occurs while you are sleeping, the window may break before you can get away from it, and lighting equipment may also fall. You will not be able to walk if you cut your foot on the shattered glass. Take special precautions for the glass in your bedroom, such as applying shatterproof film to windows, sleeping with the curtains closed, and choosing small items made of materials that won't break.



Keep thick-soled slippers nearby!

Can you safely evacuate in the dark during a power outage?

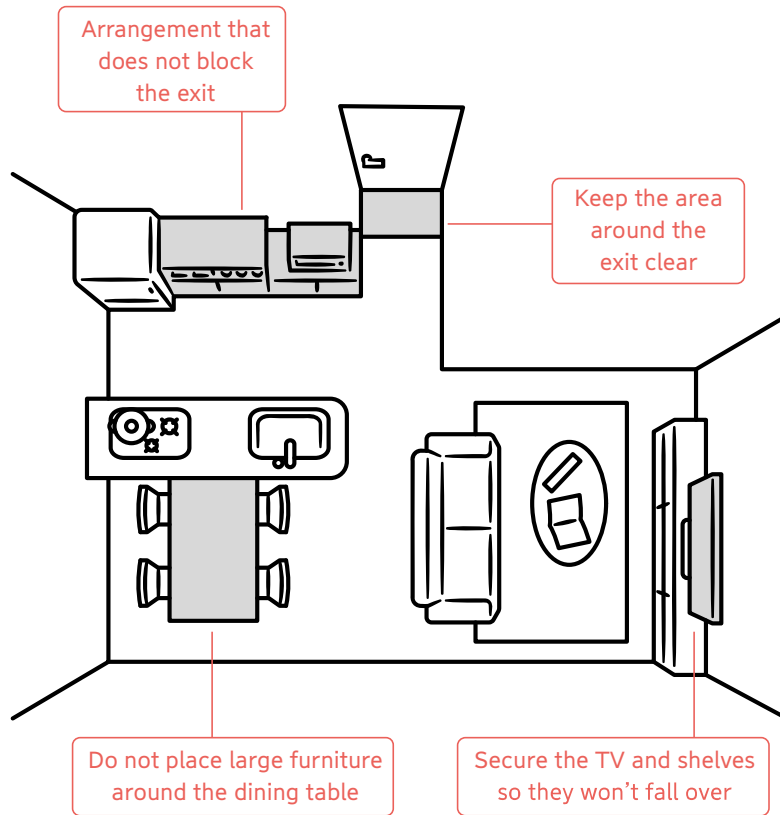
Be sure to secure a light source in case of an earthquake at night. Footlights that automatically turn on when they detect a power outage, and solar-powered lights that are charged by sunlight during the day are useful. It is also recommended to put a headlight in wall-mounted storage near your bed.



Preparations you can take now
 When a disaster occurs
 Life after a disaster

Simple is best: Ensure a clear path to the exit!

Living room,
dining room,
work space, etc.

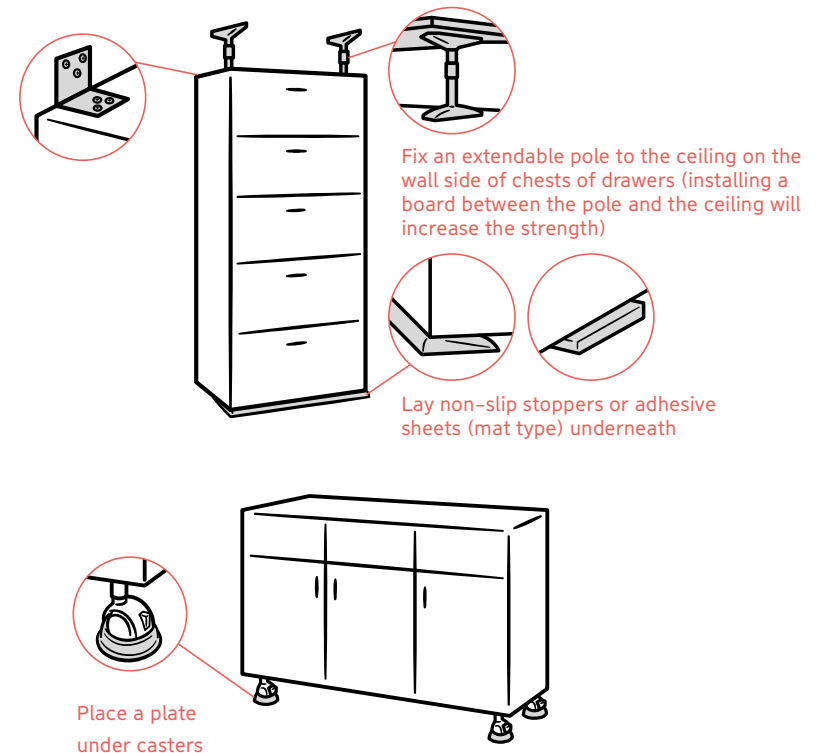


Avoid placing large objects around doorways so that you can easily move to the hallway. Do not place anything on your dining table. You can also avoid danger through the layout of your furniture. Keep large furniture in one place as much as possible, and make sure your lounge area is a safe area where furniture won't fall over.

Take steps to prevent large furniture, appliances, and lighting from falling over

There are various ways to prevent furniture and appliances from falling over. They can be fixed to the wall with an L-shaped bracket, fixed against the ceiling with an extendable pole, or stoppers placed between them and the floor. Lighting fixtures that are fixed to the ceiling with a chain are safe.

➡ pp.46-53 of Disaster Preparedness Tokyo



Be sure to secure your refrigerator and microwave!

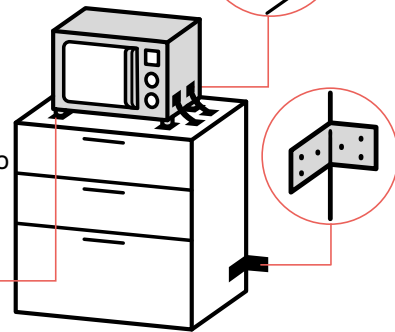
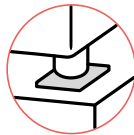
Kitchen

Take the same steps as for other large furniture to stop your refrigerator from falling over. After securing the shelf to a wall, etc., securely fix the microwave to the shelf using a strap-type device or adhesive mat. Cooking appliances such as rice cookers and mixers also need attention so that they do not fall in an earthquake.

If using a strap-type device



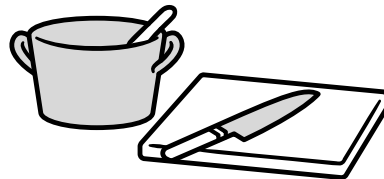
If using an adhesive mat



If using L-shaped brackets

Do not leave knives and other utensils lying about

Cooking utensils such as knives and heavy pots can cause serious injury if they fall or fly around in an earthquake. Put them away as soon as you finish using them.



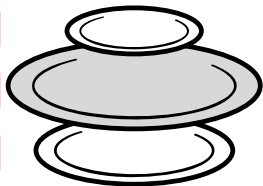
Techniques for stacking dishes and preventing them from falling

Do not stack dishes high, and stack them in order of medium - large - small from the bottom to make them more stable. Simply placing kitchen paper between plates will also prevent them from slipping.

Small

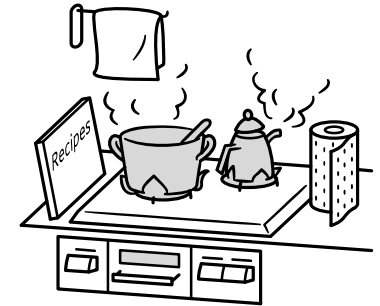
Large

Medium

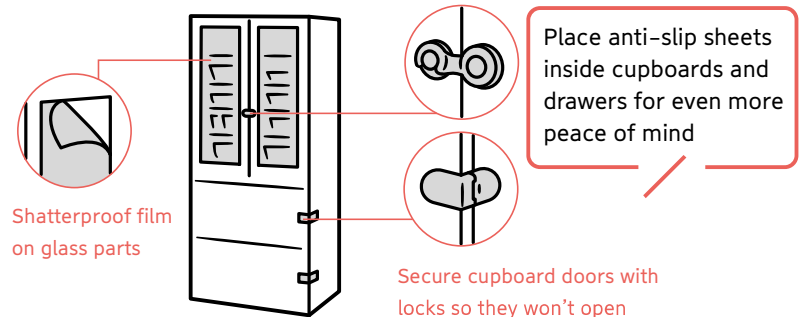


Are you inadvertently creating the cause of a fire?

Be careful of clutter around the gas stove such as dish towels, kitchen paper, recipe books, and plastic bags. In the event of a major earthquake, the kitchen is the most likely place for a fire to break out in your home. Place flammable items away from the stove.



Take steps to prevent cupboard doors from opening by themselves



Shatterproof film on glass parts

Place anti-slip sheets inside cupboards and drawers for even more peace of mind

Secure cupboard doors with locks so they won't open

Install locks on cupboards to prevent the doors from opening by themselves, and apply shatterproof film to glass in order to prevent the dishes inside from flying out. This will not only prevent injuries, but also drastically reduce the amount of cleanup required after a disaster.

Prepare for the situation where flush toilets cannot be used

Toilet

Not only can flush toilets become unusable due to a power outage or water outage caused by a major earthquake, but if drain pipes are damaged then sewage can back up or leak from the damaged area. Having portable toilets are a necessity to prepare against this.

Stockpile commercially available portable toilets

There are various types on the market, including types that can be set in a toilet bowl or bucket, and types that can be used when outdoors or stuck in a traffic jam. Don't just buy it, but try actually using it.



Emergency response when there is no portable toilet

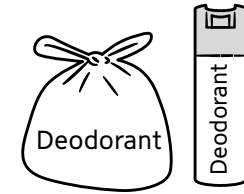
Everyday items such as garbage bags, diapers, urine pads, and sawdust can also be used in an emergency. Imagine that an earthquake has occurred, and try setting it up and using it.

➔ p.42 of Disaster Preparedness Tokyo



Prepare deodorizing bags and deodorizing spray to control odors

People are often bothered by odors after a disaster, such as flush toilets that cannot be flushed. Prepare deodorizing bags and deodorizing spray to control odors around the toilet. It is a small step, but you will want to reduce the stress caused by odors as much as possible.



Preparing for other female concerns

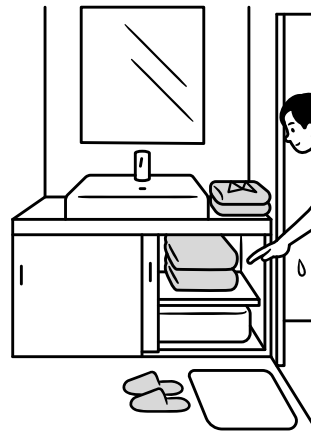
In times of disaster, women may experience irregular periods due to stress. Having at least an extra month's supply of sanitary products on hand will give you peace of mind. Also, keeping things like panty liners, wet wipes for sensitive areas, clean cotton, and purified water will help reduce discomfort.



What would you do if disaster strikes while you are naked in the bath?

Around the bathroom and washroom

What if you get stuck in the bathroom while wet because the door won't open? Your body temperature will drop, and in the winter you will feel especially cold. Always keep a bath towel and change of clothes within easy reach. Keeping thick-soled slippers in the changing room will provide extra peace of mind.



Eliminate the risk of glass flying from broken bathroom mirrors

Window glass and mirrors may also fall and break, so put shatterproof film on both. Choose unbreakable containers for relaxation products such as bath oils.



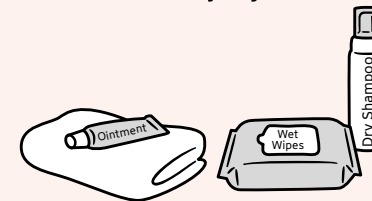
Make "putting things away after using them" a habit in the change room and washroom

Cosmetics bottles and hair dryers are not only dangerous when they break, but they can also fall and hit children on the head, causing injuries. Get into the habit of storing things in drawers or cabinets as much as possible.



Dry shampoo is convenient for when you can't take a bath!

Imagine not being able to take a bath or shower for an extended period of time. You can wipe your body with wet wipes, but washing your hair is difficult. Dry shampoo is valuable in such a scenario. It is good to keep on hand because it can be used not only after a disaster, but also in the outdoors such as when camping. Also keep plenty of ointment handy if you have skin problems.



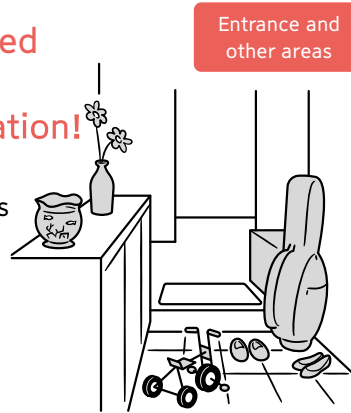
Preparations you can take now

When a disaster occurs

Life after a disaster

Dangerous objects scattered around the entrance will significantly hinder evacuation!

Are golf bags or delivered parcels left lying around the entrance? Glass fishbowls and vases can become a major hindrance to evacuation if they break and scatter. Put shoes that you won't wear right away in a shoe rack and keep the area tidy.



Check the expiry date on your fire extinguishers!

There are two types of fire extinguishers: those with alkaline liquid as the extinguishing agent and those with powder, and there are also simple aerosol extinguishers that are easy to use and convenient. They each have different expiration periods, so be sure to check them every year. Place them somewhere easily reachable, such as near the entrance or kitchen.

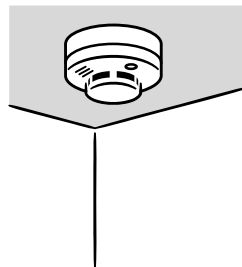
➡ p.81 of Disaster Preparedness Tokyo



Extinguishing a fire quickly begins with early detection! Replace residential fire alarms every 10 years.

The most important thing for extinguishing a fire quickly is to detect it early. Install residential fire alarms, which are effective for detecting fires early, test their operation on a regular basis, and replace them after 10 years to prevent the device deteriorating.

➡ p.84 of Disaster Preparedness Tokyo



Evacuate immediately! Can you easily grab your emergency bag in such a scenario?

Prepare your emergency bag with the assumption that you may spend a few days evacuated from your home. Adjust the contents so that the bag is light enough for you to carry.

- ➡ For the contents of emergency bags, see page 50
- ➡ p.40 of Disaster Preparedness Tokyo



Tips for putting together an emergency bag

- 1 Assume that you may go to an evacuation center, and use bags that are easy to carry on your back or by hand, such as backpacks and travel bags.
- 2 First, pack the items you usually take on trips.
- 3 Add items that you think you'll need in an emergency, such as a portable toilet.
- 4 Once you have the basics, adapt it to suit yourself, such as if you are pregnant or nursing a child, elderly or have an underlying disease.

Install an earthquake-tripped circuit breaker to prevent electrical equipment triggering a fire

Entrance and other areas

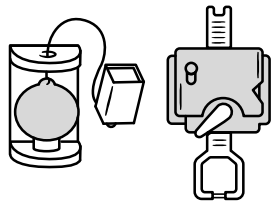
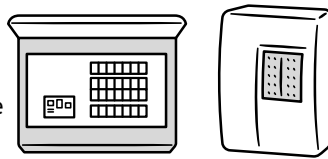
Approximately 60% of fires after an earthquake are caused by electricity!

Electrical equipment may cause a fire when an earthquake occurs or when the power is restored. One of the ways to prevent these fires is an earthquake-tripped circuit breaker. It detects strong shaking from an earthquake and automatically cuts off the electricity. There are various types, so select one that suits your lifestyle. [p.82 of Disaster Preparedness Tokyo](#)

Main types of earthquake-tripped circuit breakers

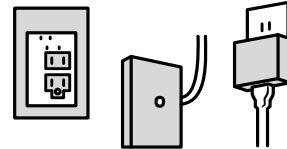
Distribution switchboard type

When the sensor detects shaking, it will trip the breaker and cut off the electricity after a certain period of time. There are two types: one is built into the distribution switchboard and the other has an external seismic function attached to the distribution switchboard.



Simple type

A spring moving or a weight falling trips the breaker and cuts off the electricity.



Electrical socket type

Built-in sensors detect shaking and cut off electricity to that outlet.

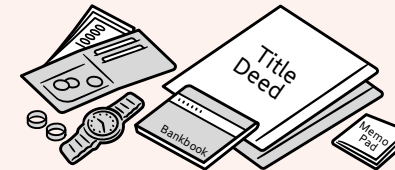
* If you have a type that shuts off all electricity in the house, it is important to prepare flashlights and lights that automatically turn on when the power goes out, so that you can see an evacuation route in the dark in case an earthquake occurs at night. Also, if you have medical equipment, prepare extra batteries in case of a blackout.

How do you manage your important documents and data?

If your home is damaged or a fire breaks out, your valuables, important documents, and data on computers will also be lost, so be sure to prepare for that too.

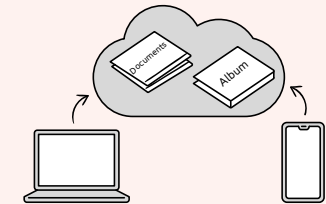
Make a list of valuables and important documents

Collate the numbers and contact information for important documents such as bankbooks, insurance policies, and title deeds on a piece of paper and carry it with you. When doing so, find out which can be reissued if they are lost (passbooks, driver's licenses, etc.) and which cannot (title deeds, etc.), and consider the option of moving the latter to a safer place (e.g. a safe deposit box at a financial institution).



Manage important data in the cloud

Using a reliable cloud service to store important data is recommended. Work data, family albums and important letters can also be converted into data and uploaded to the cloud for peace of mind.



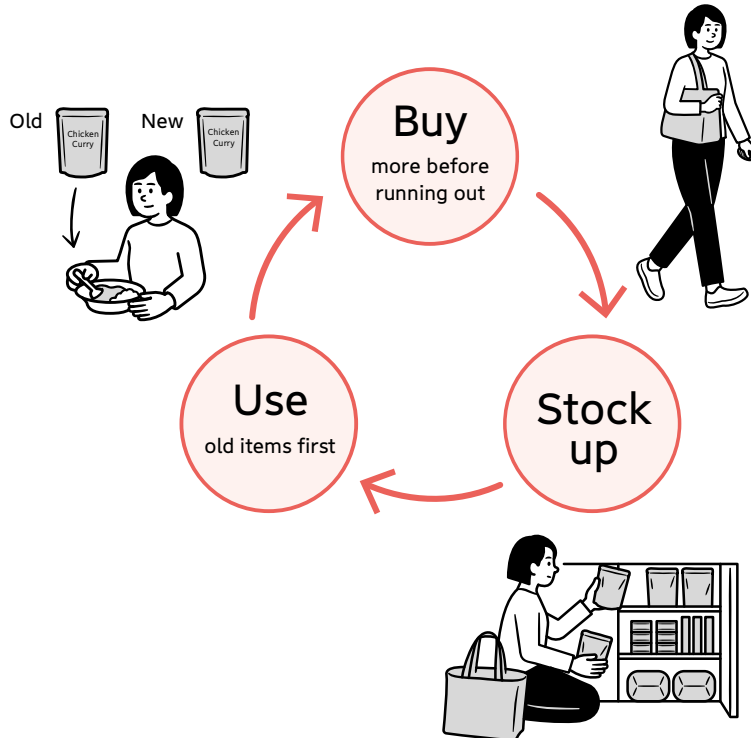


Have fun stocking up

Disaster preparedness through “shopping”

Start “daily stockpiling” by stocking up on things you normally use

“Daily stockpiling” refers to buying a little more of what you normally use, such as food and daily necessities, to create a stockpile. Simply changing the way you shop will be a disaster preparedness action as an extension of daily life that will lead to disaster preparedness. It is also called “rolling stock” because it involves repeating the cycle of purchasing, stocking and using.



Food and Drink

Buy a little more of the foods you’re accustomed to and like, and stock these foods. Eat items with short expiration dates first and then replenish what you have eaten. Aim for at least three days’ worth, then try stocking for even longer periods.

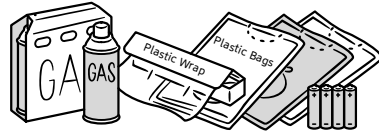
Aim to stock at least three days’ worth of food and drink



- Foods that can be carried around and eaten as is
 - Candy and chocolate (high relaxation effect), nuts (high in calories and nutritional value), cheese (high in nutritional value and satisfaction), dried fruits (rich in vitamins and minerals)
- Foods that can be eaten without using heat or water
 - Processed meat and fish products (ideal for main dishes, provides energy), canned goods (king of preserved foods, match them to your family’s preferences)
- Foods that can be eaten just by adding hot water or heating
 - Retort-packed and freeze-dried foods (long-lasting, rich in variety), thin noodles (e.g. somen noodles and thin pasta that cooks quickly; don’t forget noodle soup base or pasta sauce)
- Sweets that encourage your appetite
 - Rice crackers (the aroma increases appetite, select an individually wrapped product), yokan jelly (bite-sized type for when you’re feeling hungry), fruit and vegetable chips (vitamin supplement)
- Foods that balance nutrition
 - Cereals and balanced nutritional food (an easy nutritional supplement), nutritional functional foods (provides nutrients that cannot be obtained from meals)
- Recommended drinks during a disaster
 - Vegetable juice (resolves the lack of vegetables), powdered soup (e.g. miso soup, which warms the body), functional drinks (maintains health)

Daily items

Items such as plastic wrap, plastic bags (also prepare high-density polyethylene bags), garbage bags, and duct tape have a variety of uses during evacuation life. Be sure to have plenty of gas cylinders, batteries, work gloves and vinyl gloves too.



Personal hygiene products

Make sure to buy an extra pack of toilet paper and tissue paper. Wet wipes, soap, and disinfecting alcohol are also useful. Women should also stock up on extra sanitary products and panty liners.



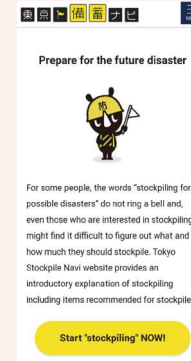
Baby and nursing care products

Having the items you use on a daily basis, including your baby’s diapers, undergarments, and baby food, will provide psychological peace of mind. The same goes for nursing care supplies. Make sure to keep a larger stock of products if they are the only ones that suit you.



“Tokyo Stockpiling Navi”

A website that provides guidelines on the items and quantities you need to stockpile in your home

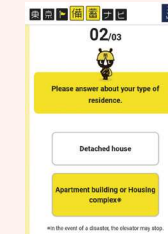


This convenient website shows you the items and quantities that you need to stockpile by simply answering some simple questions such as your family composition. It is also full of useful information to help you prepare.

東京 備蓄 ナビ



1 Enter your family structure, genders, and ages.



2 Select your type of residence (single-family house or apartment) and whether you have pets.



3 The items and quantities required for your household will be displayed.



You can also access it from the Disaster Preparedness Tokyo app. Check what stockpiles you need!

➔ How to download the app is explained on page 19.

Have you separated the things you need to take with you the moment an earthquake hits from the things you need during evacuation?

When you need to evacuate immediately

Large, heavy bags can become a burden during an emergency evacuation after an earthquake. Keep an emergency evacuation backpack which contains only the things you really need at the entrance to your home.

- Portable toilet
- Headlight
- Helmet (a foldable type is convenient)
- Raincoat
- Disaster preparedness whistle
- Towel
- Water (one or two 500ml bottles)
- Masks
- Jelly drinks, etc.
- First aid supplies
- Portable phone charger (dry cell type, solar rechargeable type)
- Water bag
- Dry-cell batteries



➡ p.40 of Disaster Preparedness Tokyo

Things that are useful during evacuation life

Prepare the following items at home in case you need to shelter at home or can return home temporarily from an evacuation center.

- Portable/emergency toilets
- Wet wipes
- Liquid toothpaste
- Masks
- Drinks (one week's worth)
- Long-life food (one week's worth)
- Portable gas stove and cylinders
- Water bag
- Cleaning equipment
- Container for carrying water (e.g. plastic tank)
- Lantern
- Eye mask, ear plugs



➡ pp.37-39 of Disaster Preparedness Tokyo

Tips for “happy stockpiling” of things your family likes

Stocking enough water for your family of four is important, but why not be a little more flexible and buy a carton of drinks that each person likes? Everyone will feel happier if there is a carton of their favorite drink. Thinking about which carton you will buy next time will also make you feel happy and look forward to stocking up.



Why not buy cartons of things your family likes, such as tomato juice for dad, soy milk for mom, and milk coffee for your daughter?

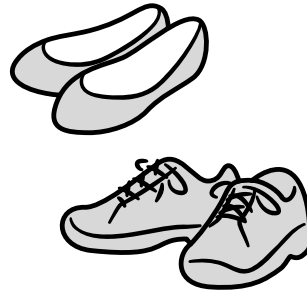


So you can remain calm no matter where you are when a disaster hits

New habits for when going out

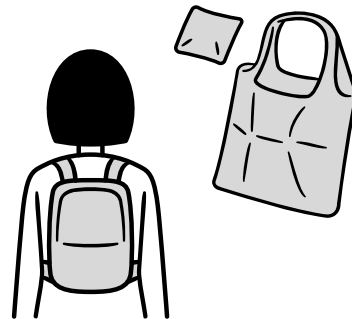
Can you walk a long distance in high heels after a disaster?

Assume that you will have to walk down the stairs of a tall building or walk a long distance in the event of a disaster, and choose shoes that are comfortable to walk in. Even if it's difficult to do every day, try keeping a pair of compact flats in your bag on days when you wear sandals or high heels, or keep a pair of sneakers at work.



Choose a bag that leaves both hands free

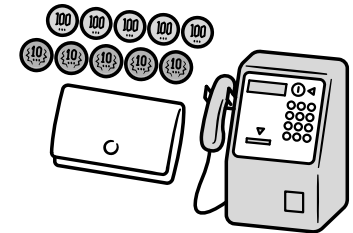
A bag that allows both hands to be free will make it easier to ensure your safety in an emergency. This is especially so if you have small children or elderly people with you. It is also very convenient to have a foldable shopping bag in your bag.



Keep some coins in your wallet for use in a public phone

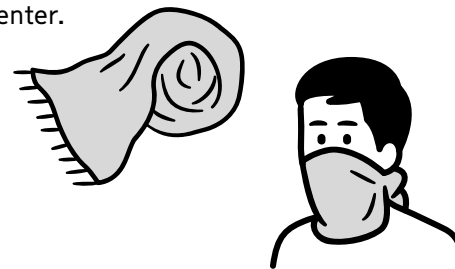
Public phones are a safety net for when you can't connect to your mobile phone or messaging app. They can be used for free in the event of a disaster, but you may need to insert a coin or phone card, depending on the type of phone. Always keep some coins in your wallet.

Always keep at least five 10 yen coins and five 100 yen coins in your wallet.



Have a habit of carrying a shawl or scarf

This is a useful item that can be used in a variety of ways during a disaster. It can prevent you getting dirty from dust during evacuation, and can be used as a mask, bandage, sunshade, or blanket. A large one can also be used as a partition in an evacuation center.



Use the restroom when you can!

It may become difficult to access a restroom immediately following a disaster, with long lines at public restrooms. Get into the practice of going to the restroom as often as you can.



Keep an emergency pouch in your bag

In addition to the disaster preparedness bag you have at home, it is a good idea to always carry absolutely necessary items in a pouch. See the page on the right for the contents of the pouch. Imagine what you would do if you were stuck in an elevator right now, and add the items that you would need.

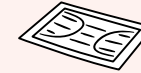


Basic items to keep in an emergency pouch



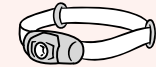
Portable phone charger

Your smartphone is a lifeline during a disaster. Carry two if possible, battery-powered and solar-powered types.



Masks

Provides dust protection during evacuation. They are a necessity when infectious diseases are prevalent.



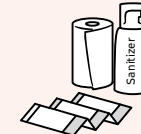
Headlight

A headlight is valuable for allowing you to keep your hands free when evacuating or working in the dark at night.



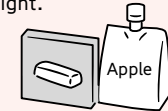
Portable toilet

A must-have item if you cannot move for several hours. Furthermore, you can maintain privacy if you have an emergency poncho.



First aid supplies

A disaster causes unexpected injuries, such as from glass falling from above. Being prepared will provide peace of mind.



Snacks such as jelly drinks

Hunger also makes people more irritable and anxious. Eating something sweet is recommend to calm someone who is panicking.



Plastic bag

A great item that can be used in a variety of ways, such as a water bag, floor covering, raincoat, and protection from the cold.



Leather/rubber gloves

They prevent infection and won't slip when you grab a handrail, making it easier to support your body.

Try simulating what to do if there is a disaster

Disaster preparedness you can do while out

Try putting on imaginary “danger vision” glasses when you go out. Can you see the dangers along the roads you use each day, such as block walls or vacant houses that could collapse? Signs pointing to evacuation sites that will help you in a disaster should light up in your eyes. If you keep this image in your mind, you can act calmly in an emergency.

Voice from experience

Thanks to the signs for the evacuation site that I saw every day, I knew where to go and avoided the tsunami.

(60s, Great East Japan Earthquake)

Voice from experience

What type of area are you living in, what are the risks there, and how should you prepare for them? I think the important thing is to give detailed thought to it and have an attitude of protecting yourself.

(40s, July 2009 Chugoku and Northern Kyushu Heavy Rains)



Voice from experience

Office workers tend to only travel between their home and the station in the area they live in. Many probably don't know where evacuation sites or emergency supplies storerooms are. I think it's a good idea to always pay attention to signs that point to evacuation centers.

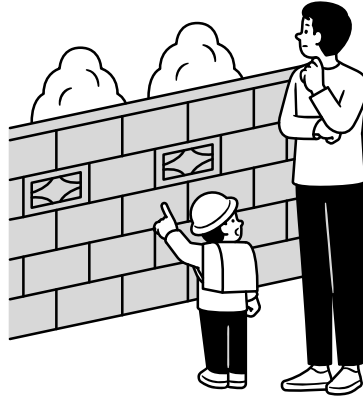
(40s, 2005 Typhoon Nabi)

Are you aware of the dangers around you?

While out

Walk around your neighborhood and check for dangers.

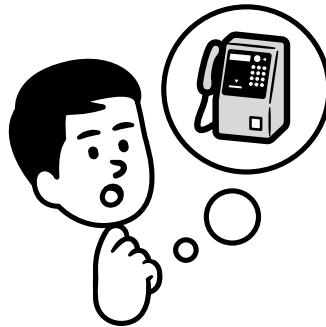
Try taking a slow walk along your usual route with disaster prevention in mind. Also take a “disaster preparedness walk” with your children to their school. By checking if “this looks dangerous” with your children, you can reduce the risk to them if a disaster hits on their way to school.



Check where public telephones are

Calls to emergency services are given priority in a disaster, so your home landline and mobile phone lines may have restricted access. However, public telephones are given priority in times of disaster. Be sure to know where public telephones are located, as they can sometimes be used for free during large-scale power outages.

➡ p. 53, p. 87



Public telephone
location search site
Nippon Telegraph
and Telephone East
Corporation



Is there a risk of secondary disaster in your area?

In addition to the direct damage caused by the shaking of an earthquake, it is important to learn from past disasters and what concerns you should have in the area where you live. Monuments of past natural disasters can provide a hint to understanding the situation in your area.

➡ p. 101 of Disaster Preparedness Tokyo



Check the hazard map!
You can learn about the history of disasters in the area from monuments to past natural disasters

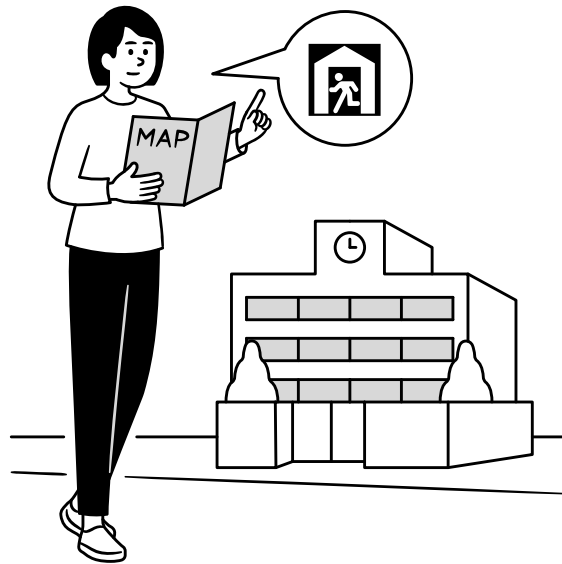


What major damage is expected based on the regional characteristics?

- Near the coast or a river → tsunami, flooding
- Near the mountains → landslide
- On a cliff → landslide
- Dense wooden houses → spreading fires
- In the city → building collapse
- Reclaimed land → liquefaction

Do you know where to evacuate if an earthquake occurred here and now?

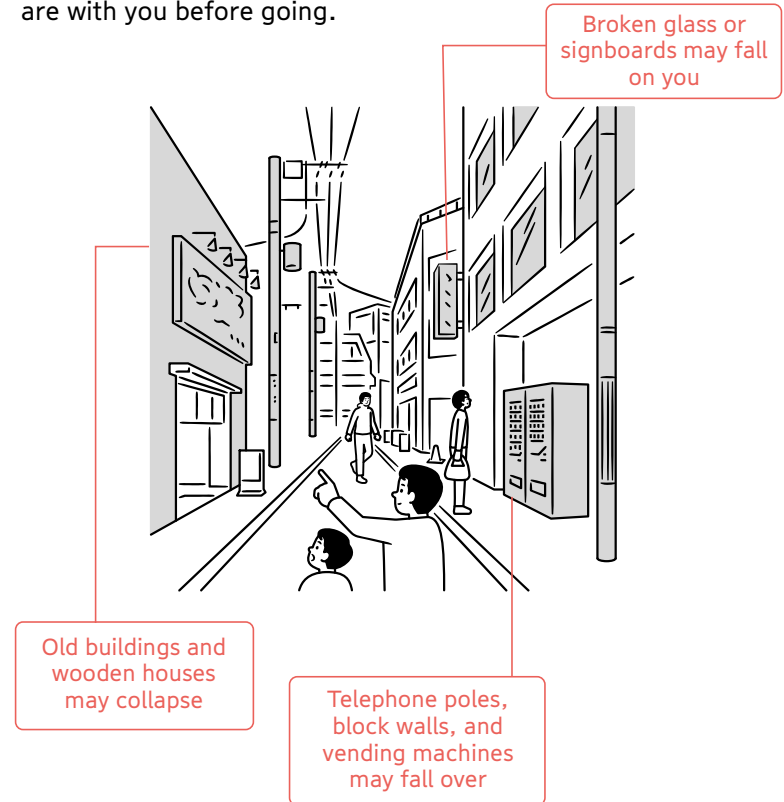
Where would you evacuate if an earthquake occurs on your way home? Are there any dangers along the way? Always check with your family and loved ones where to evacuate in case of an emergency. It can also be used as a meeting place if a disaster occurs while you are separated.



*Check page 111 for evacuation locations.

Get into the habit of being aware of dangers wherever you go!

The three things to check when you are out are for falling objects, a place where you can protect yourself, and the evacuation routes. Check whether there is anything that might tip over or fall, and look for a place where you can protect yourself in case of an emergency. Also check the evacuation routes such as emergency exits and stairs. Also assume that the door to a place where you will be alone, such as a restroom, may get stuck, so inform your family or friends who are with you before going.

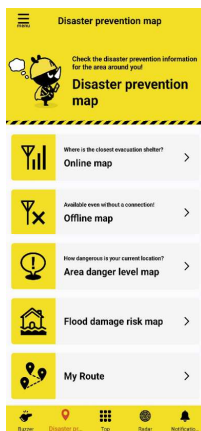


Learn about the dangers and safety in your area While at a government office

Get the latest hazard map

A hazard map (disaster preparedness map) is a map that shows locations that are likely to be severely damaged or at high risk due to a major earthquake or flood, as well as evacuation sites, water supply points, etc. You can see at a glance what dangers are lurking in your area and where to go in case of an emergency, so be sure to get the latest version when you go to a government office.

The Layered Hazard Map on the Geospatial Information Authority's website is also useful.



Check nearby evacuation centers and flood risks at a glance! “Disaster Preparedness Maps” on the Disaster Preparedness Tokyo app

It covers evacuation centers, evacuation sites, hospitals, water supply stations, emergency return support stations, etc. for the whole of Tokyo. It is useful for checking your place of work and when going out.



Download the “Disaster Preparedness Tokyo app” to get disaster preparedness information for your surroundings!

➡ See page 19 for download instructions

Know where emergency water supply stations are

Emergency water supply stations are generally located within a 2 km radius throughout Tokyo, so check whether there is one near your home. It is surprisingly difficult to transport a large amount of water without a car. You will need to prepare your own container to carry water (a water bag that can be carried on your back, empty plastic bottles, backpack, etc.).



Emergency water supply station

Seek advice if you are concerned about the seismic resistance of your home



The Tokyo Metropolitan Government has set up a consultation desk for making homes seismic resistant. Your municipality may subsidize a portion of the costs required for a seismic resistance diagnosis and seismic retrofitting, so consult with them if you are concerned.

➡ p.79 of Disaster Preparedness Tokyo

Where should I go if I am injured in a disaster?

Injured people can go to a first-aid station set up at the nearest hospital or school, where they can be assessed whether they need to be transported to a hospital. “Disaster key hospitals” give priority to treating seriously injured people. Keep in mind that minor injuries can be treated at a first-aid station.

➡ p.219 of Disaster Preparedness Tokyo



Emergency medical aid structure

Source: Bureau of Waterworks, Tokyo Metropolitan Government “Water Supply in Everyday Life”
<https://www.waterworks.metro.tokyo.lg.jp/kurashi/shinsai/kyoten.html>

Workshop **Have fun experiencing disaster preparedness**
While playing

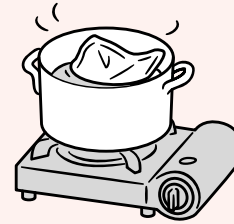
Try “camping at home” to experience life after a disaster!

Try camping at home, even if you enjoy camping outdoors on a regular basis. How will you spend your time at home when a disaster strikes and lifelines are cut? By trying it you will realize there are many other things you should prepare.



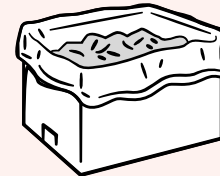
Try actually using disaster preparedness goods

Preparing disaster preparedness goods is not the end of the story. It is only by actually trying to use them that you will be able to use them without trouble in an emergency. When camping at home, try spending one day using the things you have stocked at home and the disaster preparedness goods. Making it an annual event will be a good opportunity to review the goods.



Enjoy meals with a portable gas stove and stocked items

Look for ways to minimize your use of gas and water and to make the foods you regularly stock up on more delicious. Your dishes won't get dirty if you cover them with plastic wrap.

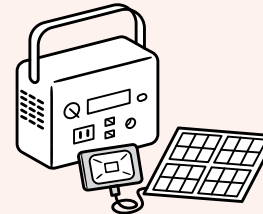


Try using an emergency toilet

Assume your toilet is broken and try making one out of cardboard and a plastic bag.

Ensure power and light

Ensure the minimum amount of power needed to charge your smartphones and provide light at night.



For people living in communal housing such as condominiums and apartments

Disaster preparedness for condominiums

It is estimated that approximately 9 million people in Tokyo live in communal housing such as condominiums and apartments (hereinafter “condominiums”), and the number of high-rise condominiums with 20 floors or more is also increasing. This is where disaster preparedness specific to condominiums becomes important.

In condominiums and other communal housing, if sewage pipes, etc. have not been repaired, you may not be able to use the toilet, even if the water supply is working.

It will be difficult to move between ground level and the middle and upper floors of condominium buildings if the elevators stop working, making it difficult to shelter at home if you are not adequately prepared





Why is disaster preparedness for condominiums important in Tokyo?

Understand disaster preparedness for condominiums

It is possible to shelter at home if the damage is minor

The number of high-rise condominiums has increased by about 40% over the past 10 years. After a disaster, if the damage to your building is minor and there is no risk of it collapsing, you may be able to shelter in your home. On the other hand, the number of old condominium buildings that were built many years ago continues to increase. It is necessary to thoroughly check that there are no problems with its seismic resistance.



Residents should work together on disaster preparedness

In a condominium, in addition to each household responding individually when a disaster occurs, disaster preparedness by the management association and entire building is effective. Therefore, it is effective to establish a voluntary disaster response team to prepare for disasters. Understand your building's strengths and weaknesses and build a cooperative system on a daily basis.



Let's understand the strengths and weaknesses of condominiums!

[Strengths of condominiums]

Seismic-resistant structure

Condominiums that meet seismic standards may develop cracks or suffer damage, but they will rarely collapse.

Utilization of common areas

A disaster response headquarters can be established and stockpiles can be temporarily stored. It is also a safe place for children to gather.

Helping each other

Discussing and acting together can be of great strength in an emergency.



[Weaknesses of condominiums]

Elevators cannot be used

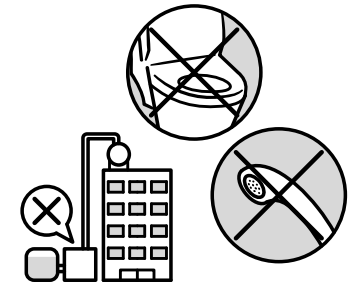
Elevators will not work if the power goes out. In some cases, people may get trapped inside. People living on higher floors and those with disabilities will have difficulty getting around.

Toilets cannot be used

Toilets cannot be used if sewage pipes are damaged. If a toilet on an upper floor is used in this scenario, sewage will overflow on a lower floor.

Common facilities cannot be used

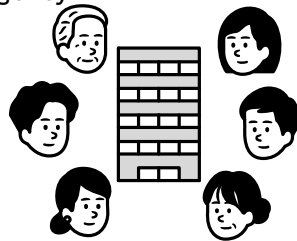
When the power goes out, common facilities such as lighting, mechanical parking lots, and automatic entrance locks become unusable, impacting daily life.



How a condominium as a whole should prepare

Decide the rules that will apply in an emergency

As preparation for a disaster, it is effective to establish in advance rules for checking building equipment, procedures for the emergency restoration of elevators and checking sewage pipes, and methods of disseminating information to residents. In addition, having face-to-face relationships with other residents through greeting and talking to each other on a daily basis will manifest in the ability to help each other in a disaster.



Are there enough supplies and equipment in the emergency supplies storeroom?

Check whether the management association is also stockpiling important items such as drinking water and portable toilets. Don't store the stockpile in just one place (i.e. a emergency supplies storeroom), but place them on multiple floors in case the elevators stop working. Make sure the materials and equipment necessary for post-disaster recovery are also prepared.

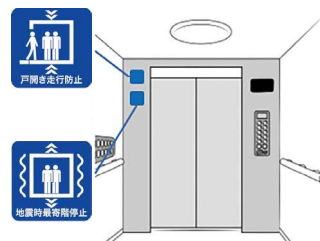


➡ p.65 of Disaster Preparedness Tokyo

Check elevator safety measures

Install an emergency cabinet and stock it with water, food, portable toilets, etc. on the assumption that people may be trapped in the elevator for a long time. A blue label may be displayed inside the elevator to indicate that a safety device has been installed.

➡ p. 70 of Disaster Preparedness Tokyo



Source: Building Performance Standardization Association,
<https://www.seinokyo.jp/evs/sm/>

How prepared is your building?

Condominium disaster preparedness checklist

- Disaster preparedness is sufficiently promoted through posters, etc.
 - I have regular face-to-face relationships with my neighbors.
 - The space for disaster response in case of an emergency has been decided
 - The management association also has sufficient stockpiles
 - Materials and equipment such as fire extinguishers, generators, and carts are prepared
 - As preparation for elevator outages, emergency supplies storerooms are placed on every few floors
 - A safety device is installed in the elevators
 - A disaster preparedness manual has been created and shared among residents
 - Disaster preparedness drills are held regularly
 - A voluntary disaster response team has been formed
 - A residents' list and a list of persons requiring consideration are maintained
- *Please check with your management association if there is anything that is missing



Details can be found in the "Condominium Disaster Preparedness" section of the Disaster Preparedness Tokyo app. Please be sure to check it.

➡ See page 19 for download instructions

How to reduce everyone's anxiety

Preparations for peace of mind for people who require support

People who will find it difficult to evacuate by themselves when a disaster occurs need to carefully prepare in advance. The same is true for those with family members who need support in the event of a disaster. But do not worry about it alone; ask those around you for help and make a thorough evacuation plan.

Voice from experience

We wrote information on a whiteboard in Japanese, English, Chinese, etc.

(40s, Hokkaido Eastern Iburi Earthquake)

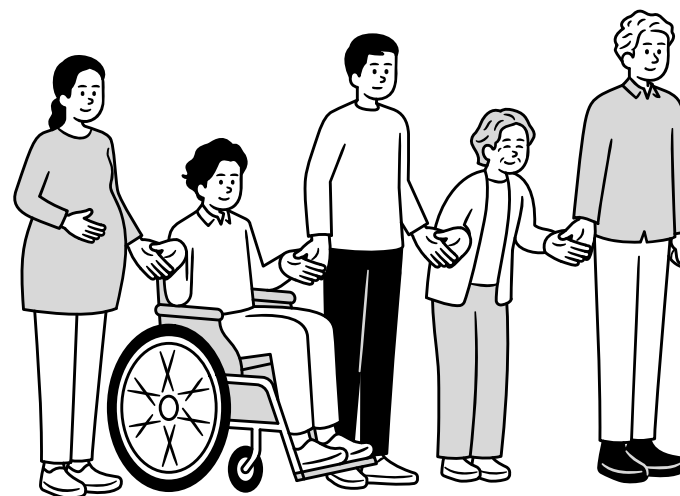
Voice from experience

I realized that for young children, we need not just water, but hot water to make milk. A bed for them to sleep on is also necessary... (30s, Great East Japan Earthquake)

Voice from experience

I felt that it was necessary to communicate with the children in special needs classes to give them a sense of security.

(40s, Hokkaido Eastern Iburi Earthquake)



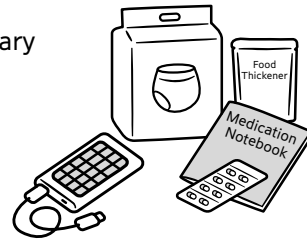
“Inclusive disaster preparedness” refers to disaster preparedness in which everyone supports each other so that “nobody is left behind,” including those who need support. This idea was introduced at the United Nations World Conference on Disaster Risk Reduction in 2015, and has since become an issue for the international community to address.

Six common preparation points

for people who need support

1 Secure sufficient quantities of the items that each individual needs

Be sure to have enough supplies specific to individual needs, such as medicines that elderly people are used to taking, necessary baby products for expectant and nursing mothers and portable power sources for people who use medical equipment.



2 Discuss disaster response with support people and support facilities

Talk with family and relatives who live with you, as well as support people (helpers, care workers, etc.) and support facilities, about what to do in case of an emergency, such as where and how to evacuate.



3 Discuss with your family doctor whether you need to be transferred in the event of a disaster

If you are recovering from an illness or injury, consult with your family doctor about the stockpiling of medicines, therapeutic food, medical supplies, etc., and what to do in the event of a disaster. Also check whether you will need to be transferred to another hospital in the event of a disaster.



4 Write down what kind of help you need on a Help Card

In addition to basic information such as emergency contact information, write down what you have difficulty with and what kind of support you need on a Help Card that describes the things you want taken into consideration when receiving support (page 266 of Disaster Preparedness Tokyo), and always carry it in your bag.



5 Check whether the evacuation site matches your characteristics

Check to see if there are disabled toilets, if you can move around in a wheelchair, and if there are staff who will understand your special needs. If this is difficult, check with your municipality whether you can go to a “welfare evacuation center” that gives special consideration for people who require special care. Also ask them to tell you the nearest evacuation site.



6 Always value your relationships with people in your neighborhood

If you have relationships with your neighbors, you can help each other in an emergency. If there is someone in your home who needs support, it is important to let your neighbors know. Participate in local disaster preparedness drills as much as possible.



Consult with your family doctor

Preparation for people with concerns about physical strength or health

Be able to take necessary medicines with you at any time

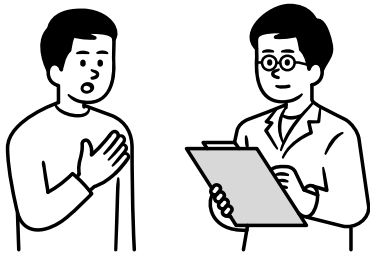
If you are taking medication, be sure you are able to take it with you immediately in the event of an emergency. A 7–10 day supply of medicines and your medication records are a must. Also, be sure to include items such as a mask and alcohol disinfectant to prevent infection, and a thermometer to monitor your physical condition in your emergency bag.

People attending hospital for treatment and with underlying diseases



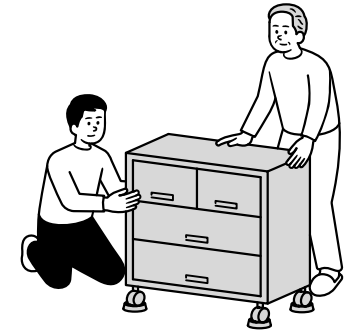
Consult with your doctor about treatment in an emergency

If you are regularly attending hospital for treatment, be sure to consult with your doctor about what to do in an emergency. It is also important to have information about the treatment you are receiving in the event of a disaster. Be prepared so that you can properly inform a doctor you are seeing for the first time about your medical history and the medications you are taking.

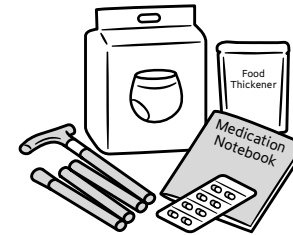


Create a safe environment around you

With the help of family members, check the safety of your building and furniture, and take measures to prevent large furniture from tipping over. Elderly people should rest near an exit unless there is a risk of a river flooding or a landslide. By doing so, you can immediately begin to evacuate in an emergency.



Prepare items so you will not have trouble during evacuation life



Add the items you need to the basic disaster preparedness goods in your emergency bag and supplies. For example, if your clothes often get dirty while eating, packing an extra change of clothes will provide peace of mind. Include a thickening agent if you have difficulty swallowing food. Include a support belt if you are not confident in your physical strength.

➔ p. 50

In addition to regular disaster preparedness goods

Things to carry at all times Things to prepare if necessary

- | | |
|---|---|
| <ul style="list-style-type: none"> ▫ Regulation medicines, medication records ▫ Reading glasses, dentures, hearing aids ▫ Oral care products ▫ Copies of your health insurance card and nursing care insurance card | <ul style="list-style-type: none"> ▫ Wheelchair, cane ▫ Disposable diapers and pads ▫ Emergency nursing food ▫ Thickening agent ▫ Support belt |
|---|---|

Assume a disaster hits

Preparation for people with physical disabilities

What should be specifically written on a Vision Explanation Card and Help Card?

People with visual or hearing impairments

If you have weak vision, carry a “Vision Explanation Card” that describes how well you can see, such as “I have a narrow field of vision and find it difficult to walk by myself.” Write your emergency contact information and the type of support you need on a Help Card.



Preparing in anticipation of major changes in the surrounding environment

After a disaster, even people who are normally independent may find it difficult to move on their own. Try walking with your support person along several evacuation routes to the evacuation site and evacuation center in advance, and ask them to tell you about anticipated dangers. Add the items you need to your emergency bag and supplies.

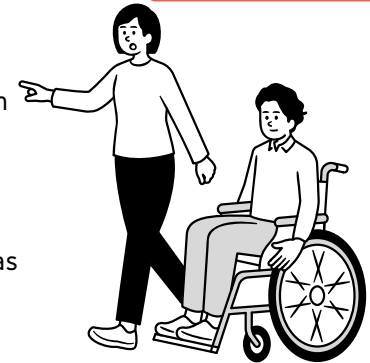
In addition to regular disaster preparedness goods

- | People with visual impairment | People with hearing impairment |
|---|--|
| <input type="checkbox"/> Special lenses, etc. (spare) | <input type="checkbox"/> Disaster preparedness whistle or buzzer |
| <input type="checkbox"/> Work gloves (to protect your hands) | <input type="checkbox"/> Written communication tools |
| <input type="checkbox"/> White cane (foldable type) | <input type="checkbox"/> Hearing aids/cochlear implants (spares and batteries) |
| <input type="checkbox"/> Braille board | <input type="checkbox"/> Food and care items for your hearing dog |
| <input type="checkbox"/> Food and care items for your guide dog | |

Check your evacuation center and evacuation routes with your support person

People with physical disabilities, elderly people who need care, people with serious illnesses, etc.

Try actually going to the evacuation site and evacuation center in your wheelchair with your support person. Consult with your local neighborhood association, community association, or your neighbors if there are things that will be an obstacle when evacuating, such as steps or abandoned bicycles. Check the environment at the evacuation center, including the toilets and whether there are stairs.



Identify how to respond in an emergency in households that use medical equipment

If you use a medical device such as a pacemaker, check what to do and how to contact your doctor in the event of an abnormality. If you use an oxygen inhaler or ventilator, stock up on supplies and keep the external battery fully charged so it will operate in the event of a power outage. Decide specifically who will support you in an emergency and who to contact if your condition worsens.

Value cooperation with those around you

Preparation for people with concerns about communicating

Write down the details of required support on your Help Card

People with developmental disabilities, mental illness, dementia, etc.

It will be difficult to act calmly if the situation suddenly changes. Therefore, always carry your Help Card or disability handbook with you so that your support person can quickly find out what help you need. Write down everything you think will be necessary, such as “Please take me to a safe place.”



Decide what actions to take if a disaster occurs while you are out alone

What if a disaster occurs while you are out? What if you become separated from your family and support person during evacuation? Decide on some promises for while you are out.

Example of promises in case of emergency

- Stay where you are until a family member or friend comes to pick you up
- Follow your guide’s instructions and have them contact your family once you arrive at a safe location
- If you have trouble, show your Help Card to someone around you and ask for help

Do you know about natural disasters in Japan?

Japan is prone to many natural disasters including earthquakes and typhoons, which can cause damage that makes it impossible for daily life to continue. Understand these regional characteristics and always try to make preparations that can minimize the damage.

Foreigners, etc.



Value your connections with the local community

Actively participate in disaster preparedness drills and volunteer activities in your area. Also, deepen your mutual understanding through local events.



Download these apps which are useful in a disaster now!

There are disaster information apps that support foreign languages, as well as apps for voice translation into foreign languages. Please download them to your smartphone in advance.



List of multilingual apps and websites that are useful in the event of a disaster

Translation app “VoiceTra” is a voice translation app that translates into 31 foreign languages



* Provided by: National Institute of Information and Communications Technology (NICT)

The Cabinet Office’s “Disaster Management in Japan” site is available in 14 languages including English, Chinese, Korean, and Spanish.



Source: Cabinet Office, “Disaster Mitigation Points for Foreigners”
<https://www.bousai.go.jp/kyoiku/gensai/index.html>

Source: Cabinet Office, Disaster Management in Japan, “Helpful Apps and Websites in the Event of Disaster (Multilingual)”
https://www.bousai.go.jp/kokusai/web/index_en.html

Don't panic due to drastic changes

Preparation for expectant and nursing mothers, infants, etc.

Mental and physical worries are different in each stage of pregnancy!

Expectant and nursing mothers

Wear comfortable shoes and carry a bag that leaves both hands free when going out

There are physical changes in the first trimester of pregnancy, and in addition to morning sickness, dizziness, and lightheadedness, there is also a risk of miscarriage. Although the second trimester is a relatively stable period, it is also a time when women are more susceptible to anemia, gestational hypertension, and threatened preterm labor. In the third trimester, when childbirth is approaching, your weight increases and your belly grows, making it difficult to maintain balance and move around. It is also necessary to prepare for giving birth. Learn the physical characteristics of each stage of pregnancy and prepare accordingly. Discuss with your obstetrician who to contact in an emergency, how to contact your family, and what to do in case of an emergency.



Also consider post-childbirth when preparing for an emergency

After giving birth, you may suffer from continued post-partum bleeding, breast problems such as mastitis, a weak bladder, and hemorrhoids. Be prepared with sanitary products, incontinence pads, moisturizing cream, etc. Also, breastfeeding in an awkward position can cause back pain. Having a nursing cushion that fits your body will help.



A baby carrier is a must. Prepare your usual nursing bag + extra items

Infants

A nursing bag filled with the things your baby needs when going out is a great help in case of an emergency. In addition, be sure to stock up on items you use on a daily basis, which will be necessary for life after a disaster.

Always keep a baby carrier with you, even when you take your baby out in a car or buggy



Prepare with daily stockpiling by stocking up on things you always use

- Milk (powder/liquid)
Sachet type and liquid milk are convenient. Mothers who usually breastfeed should also stock milk. Prepare items you need for allergies.
- Baby food
Confirming whether your baby likes the taste will provide peace of mind.
- Baby snacks
When your baby is stressed, familiar snacks can help relieve them.
- Gauze cloths
They are useful for cleaning your baby's teeth, wiping their face, and more.
- Disposable diapers and baby wipes
These are also essential for people who normally use cloth diapers. Baby wipes are also useful for wiping your baby's body.
- Allergy medicine, folic acid supplements
If your baby has an allergy, make sure to have medication ready to use if symptoms occur.

Source: Cabinet Office "Disaster Preparedness Notes to Protect Babies and Mothers"
https://www.bousai.go.jp/kaigirep/kentokai/hinanzokakuho/wg_situ/pdf/dai3kaisankou4.pdf

Understand liquid milk for infants

Infants

Liquid milk for infants is attracting attention because it does not require hot water and can be stored at room temperature for long periods of time, which makes it useful in a disaster and for stockpiling. Since the milk is already prepared, there is a low risk of bacterial contamination, and there is no need for a baby bottle if it comes with a teat. Breast milk is the best source of nutrition for infants, but liquid milk is also useful not only in a disaster, but also when going out, so be sure to consider it.



Characteristics of infant liquid milk

Reduces the burden of childcare

Makes feeding possible when the mother is absent due to working at night and in households where both parents work.

Convenient when out

It saves the trouble of making milk and reduces the things you need to carry when out.

Can also be used as preparation for a disaster

Hot water is not required to make milk. Also, a baby bottle is not needed if it comes with a teat. Because the milk is already prepared, the risk of bacterial contamination is lower.

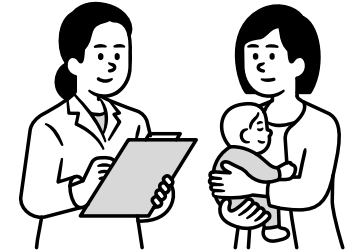


Infant liquid milk

Receive vaccinations to prevent infectious diseases

Infants

Infant babies have low immunity and weak resistance, so care must be taken against infectious diseases in unsanitary conditions. Completing vaccinations as soon as they reach the appropriate age will provide peace of mind.



Making “promises in an emergency” with the nursery school or kindergarten is essential!

Also consider that in the event of a disaster, you may not be able to immediately go to pick them up from where you are or your place of work. Be sure to share with your child’s nursery school or kindergarten in advance what you have agreed to in case of an emergency, such as their evacuation site and how to contact them in the event of a disaster.



Source: Cabinet Office “Disaster Preparedness Notes to Protect Babies and Mothers”
https://www.bousai.go.jp/kaigirep/kentokai/hinanzokakuho/wg_situ/pdf/dai3kaisankou4.pdf

Try things during playtime that will be helpful in a disaster

Infants,
children

Playtime is a good opportunity to practice in preparation for an emergency. Inviting fellow parents to join and have fun while experiencing it together will also provide an opportunity to discuss how you can cooperate with each other.



Try eating stockpiled food on a plate covered with plastic wrap.



See if they can blow a whistle, assuming they need to seek help from people nearby in the event of a disaster.



Try using a Japanese style toilet.

Check their destination when your child goes out

You may be unable to use your mobile phone and messaging apps in the event of a disaster. When your child goes out, always check where they are going and who they will be with. Also decide where they should evacuate or where they should wait for you in the event that they cannot return home.



Teach your child how to use a public phone

Children

Public telephones are also a means of communication in a disaster. If your child doesn't know how to use a public phone, teach them how to use it. Having them carry some coins and a note with your phone number on it will provide peace of mind.



Have children memorize their parent's phone number!

Check the school's response, including evacuation locations and emergency contact methods.

Do you know where your child's school will evacuate the children in each type of disaster? Also, discuss with your child how they should decide whether to evacuate at their school or go home if a disaster hits while on their way to or from school. Inform the school how to contact you in case of an emergency.



Consider how you will live at an evacuation site

Sexual
minorities, etc.

Preparation for those with concerns about ensuring privacy

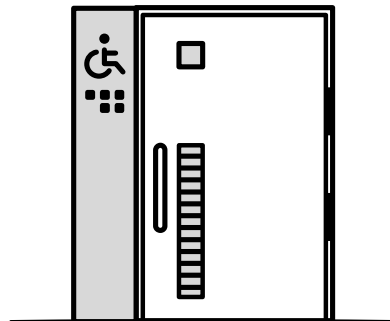
Prepare your own items so you won't be troubled during life in evacuation

People from sexual minorities say that it is difficult for them to receive gender-specific supplies such as underwear, sanitary products, and shavers at evacuation centers. What each person needs in the event of a disaster is different. Make sure you are always prepared with the things you need.



Does the evacuation site suit your characteristics?

Check in advance to see if your nearest evacuation center has multipurpose toilets and whether changing rooms can be used individually. Also inform them of your requests in advance.



So you can evacuate together

Pets

Preparation for people with pets

➔ p.92 of Disaster Preparedness Tokyo

Daily training is key

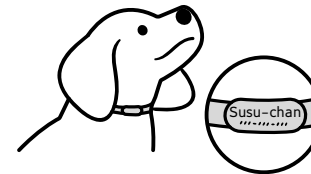
Basic training such as “don't bark unnecessarily,” “don't be afraid of or aggressive towards people or animals,” and “toilet training in a designated place” is essential for life in an evacuation center.



Don't forget your dog's name tag and vaccination tag.

Make your pet identifiable

In case your pet gets separated from you, identify them with a name tag or microchip, and take and save a photo of your pet.



Be fully stocked with pet supplies and food

Be sure to stock up on food, water, regular medicines, toilet supplies, etc. Your pet's favorite toys can also help manage their stress. It is also important for your pet to become used to a cage and carry case, as preparation for evacuating with them.