

DISASTER PREPAREDNESS TOKYO

2023
Revised
Version



STEP 2

Get deeper
knowledge.

Let's get prepared. Do everything to protect yourself.

A disaster can occur at any time, such as an earthquake directly hitting Tokyo, wind and flood damage, or a volcanic eruption. Are you prepared?

Let's learn and get prepared.

Tokyo has been hit by natural disasters such as large earthquakes and volcanic eruptions many times in the past.

Following the publication of “Disaster Preparedness Tokyo” in 2015 and “Disaster Readiness Guide” in 2018, there was the damage caused by Typhoon Hagibis in 2019 and then the Covid-19 pandemic.

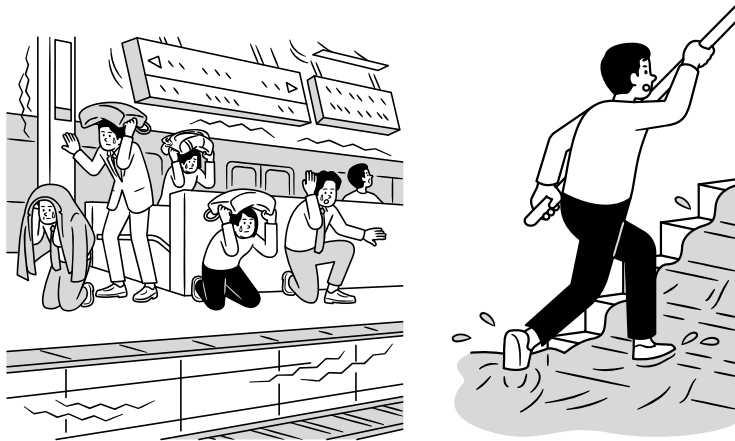
This situation of disasters being likely to occur at any time is going to continue, including wind and flood damage becoming more severe and more frequent due to the effects of climate change, an earthquake directly hitting Tokyo, a large-scale volcanic eruption, and infectious diseases, as well as the risk of multiple disasters occurring together.

Do everything to protect yourself.

In order to properly prepare for these risks, it is important for each Tokyo resident to learn the latest knowledge about various disasters and their countermeasures, and to share them with the community in order to raise awareness of disaster preparedness.

Please use the 100th anniversary of the Great Kanto Earthquake as an opportunity to further deepen your knowledge of disaster preparedness and become more fully prepared for disasters.

What if an Earthquake Directly Hits Tokyo or a Nankai Trough Mega Earthquake Occurs?



The Great Kanto Earthquake that struck in 1923 caused significant damage to the Tokyo metropolitan area. The earthquake is estimated to have had a magnitude of 7.9, and many buildings in Tokyo were destroyed by fire.

Now, 100 years later, more large-scale earthquakes are predicted to occur.

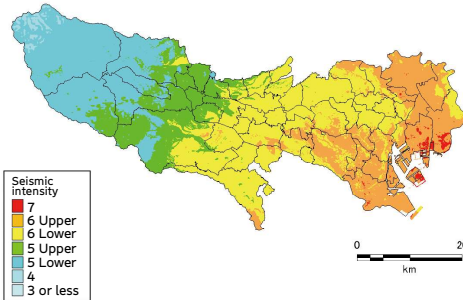
These are an “earthquake directly hitting Tokyo” and the “Nankai Trough mega earthquake.”

If either of these earthquakes hits the large population of Tokyo, buildings with low seismic resistance will collapse. Fires will also break out. The city will be filled with many victims and people who are unable to return home. It is predicted that lifelines will be damaged and electricity, gas, water, and sewerage services will be unavailable for some time. Disruptions to communications such as telephone and internet services are also predicted. If the damage is extensive, the time required for recovery and reconstruction could be very long.

The life we take for granted will change completely from the day such an earthquake occurs.

New Damage Predictions (1) Earthquake Directly Hitting Tokyo (Southern Central Tokyo Earthquake)

The southern central Tokyo earthquake refers to a magnitude 7-level earthquake that is expected to cause maximum damage to Tokyo. Approximately 60% of the 23-wards area is expected to experience a seismic intensity of 6 or higher.



Predicted damage in Tokyo

**Buildings
damaged**
194,431

From shaking: 82,199
From fires: 112,232

Deaths
6,148

From shaking: 3,666
From fires: 2,482

Injuries
93,435*

From shaking: 83,489
From fires: 9,947

**Stranded
commuters
and others**
Approx.
4.53 million

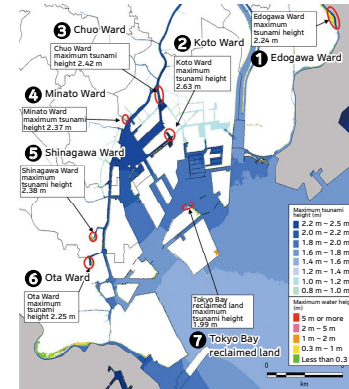
Evacuees
Approx.
2.99 million

* The total does not add up due to rounding.

Source: Edited and created based on Tokyo Metropolitan Government "New Damage Predictions for Tokyo: Predicted Damage to Tokyo from an Earthquake Directly Hitting Tokyo" (May 2022)

New Damage Predictions (2) Nankai Trough Mega Earthquake

The Nankai Trough mega earthquake refers to the earthquake that is predicted to occur with an epicenter in the Nankai Trough, which stretches from the Tokai region to Kyushu. In Tokyo, there are concerns about the effects of long-period ground motion, and it is expected that a tsunami will hit Tokyo's islands in a short period of time.



Tsunami damage: Maximum tsunami height (time until arrival)

Tokyo Bay Area

- ① Edogawa Ward: 2.24 m
- ② Koto Ward: 2.63 m
- ③ Chuo Ward: 2.42 m
- ④ Minato Ward: 2.37 m
- ⑤ Shinagawa Ward: 2.38 m
- ⑥ Ota Ward: 2.25 m
- ⑦ Tokyo Bay reclaimed land: 1.99 m

Islands

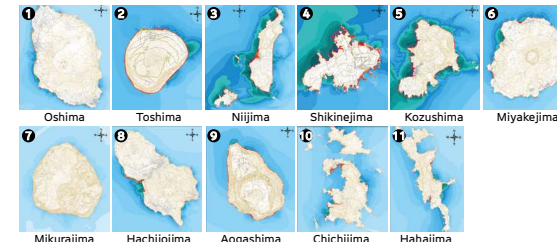
- ⑧ Oshima: Approx. 16 m (approx. 23 min.)
- ⑨ Toshima: Approx. 17 m (approx. 19 min.)
- ⑩ Niijima: Approx. 27 m (approx. 17 min.)
- ⑪ Shikinejima: Approx. 28 m (approx. 14 min.)
- ⑫ Kozushima: Approx. 27 m (approx. 17 min.)
- ⑬ Miyakejima: Approx. 16 m (approx. 25 min.)
- ⑭ Mikurajima: Approx. 7 m (approx. 30 min.)
- ⑮ Hachijojima: Approx. 17 m (approx. 32 min.)
- ⑯ Aogashima: Approx. 14 m (approx. 36 min.)
- ⑰ Chichijima: Approx. 15 m (approx. 126 min.)
- ⑱ Hahajima: Approx. 16 m (approx. 108 min.)

Predicted damage in Tokyo

Maximum tsunami height:
approx. 28 m (Shikinejima)

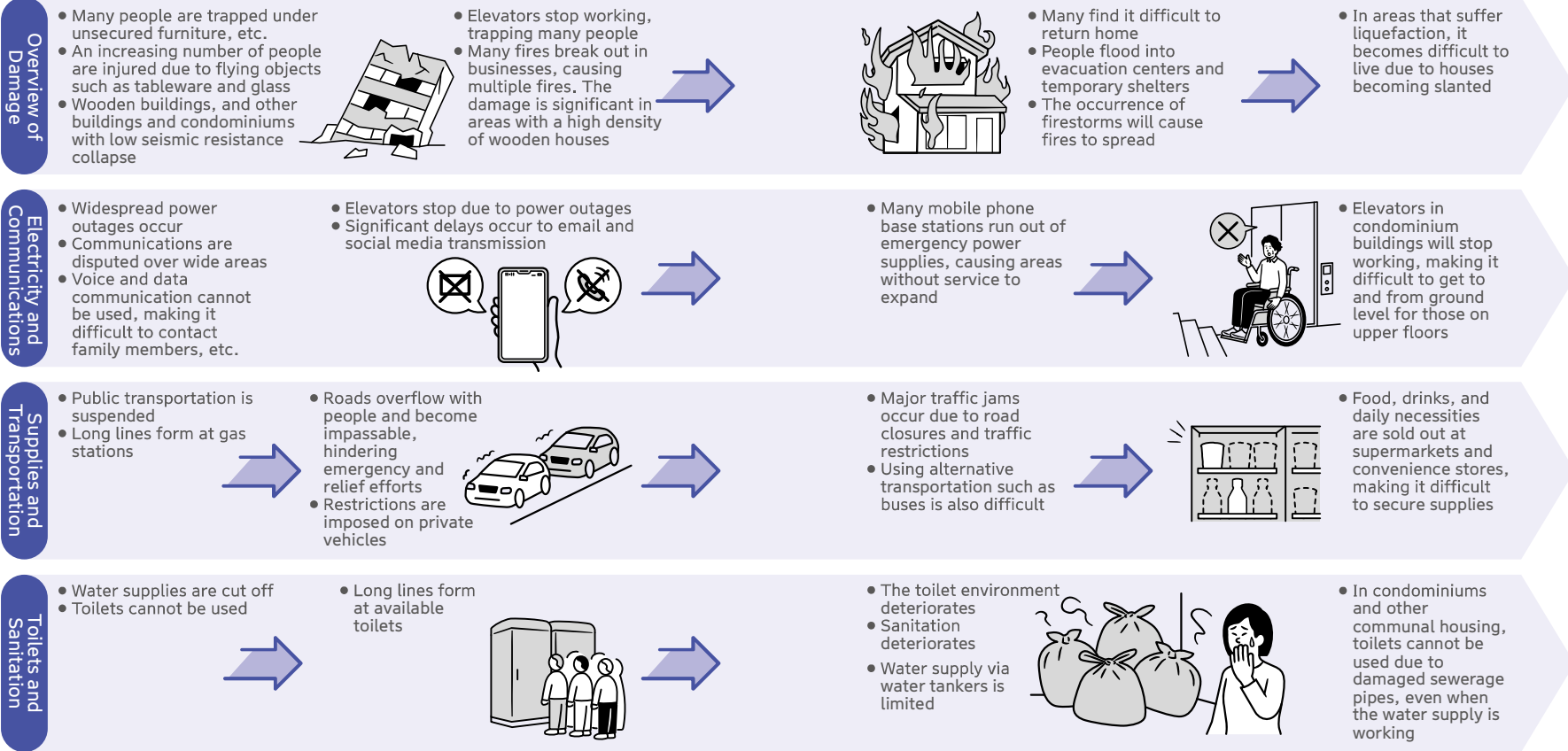
Deaths: 952

Buildings damaged: 1,258



Source: Edited and created based on Tokyo Metropolitan Government "New Damage Predictions for Tokyo: Predicted Damage to Tokyo from an Earthquake Directly Hitting Tokyo" (May 2022)

Immediately After the Disaster ~ 1 Day Later



What Will Happen to Residents if an Earthquake Directly Hits Tokyo?

Immediately After the Disaster ~ 1 Day Later
 Buildings with low seismic resistance are destroyed due to the sudden, strong shaking. Although there is no major damage to office buildings and condominiums, lifelines such as electricity, gas, and water are out of service, as well as communications and public transportation. Many people become stranded, unable to contact their families and loved ones, or injured.

What Will Happen if a Nankai Trough Mega Earthquake Occurs

Islands region

In the islands region, Tsunami waves exceeding 20 meters may reach some islands in as little as ten minutes. In the Sanriku region, which is often hit by tsunamis, there is a saying that goes, “Tsunami Tendenko,” which means that when a tsunami occurs, it is important for every person to escape to higher ground, even if they are not with their family, in order to protect their own lives.



In high-rise buildings, etc. in Tokyo

If a Nankai Trough mega earthquake occurs, it is thought that a long-period, slow and large shaking (ground motion) will occur. This kind of earthquake motion is called “long-period ground motion,” and when the seismic wave period and the natural period of a high-rise building or condominium match up, the subsequent resonance will make the building shake significantly. When a high-rise building resonates, it will sway largely for a long period of time, which can cause indoor furniture and appliances to fall over or move, and elevators to malfunction.

Tokyo Metropolitan Government’s Damage Prediction Website

A website has been created based on “Predicted Damage to Tokyo from an Earthquake Directly Hitting Tokyo” and enables you to check the damage that is predicted to occur around you when a disaster occurs.

Tokyo Damage Prediction Map

You also can check the seismic intensity distribution and damage distribution described in “Predicted Damage to Tokyo from an Earthquake Directly Hitting Tokyo” on maps.

Tokyo My Predicted Damage

By selecting factors including your family composition, building structure, and the area you live in, you can create your own “My Predicted Damage.”



New Preparations for Changing Disasters

In recent years, disasters have become more severe and more frequent all over Japan, to the point where we hardly have time to catch our breath between disasters. In particular, the nature of disasters is changing dramatically, with the occurrence of new weather phenomena such as torrential rains, large typhoons, and rainbands, as well as increased volcanic activity being confirmed in various places, which are thought to be caused by climate change and active movement of the earth’s crust.

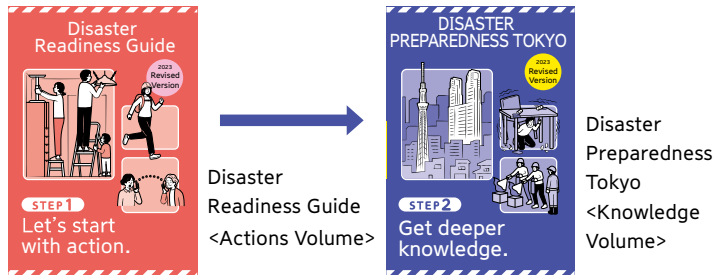
On the other hand, the number of people who need various types of support is increasing as society ages, the digitalization of society is progressing, and disaster preparedness apps and web-based services that utilize smartphones are now available, while the use of battery devices and LED lighting is also expanding. In response to changing disasters, it is important for society as a whole to improve its various preparations, such as improving new preparations through self-help, increasing opportunities to experience disaster preparedness, and interacting with the community.



Source: Iwate Prefecture “Proposals from Iwate Prefecture regarding disaster preparedness and reconstruction based on lessons learned from the Great East Japan Earthquake and Tsunami” (2015)
<https://www.pref.iwate.jp/kensei/seisaku/bousaikaigi/1012174.html>
Japan Meteorological Agency “What is Long-period Ground Motion” from the Japan Meteorological Agency website

How to use “Disaster Preparedness Tokyo”

Two volumes have been prepared, the Disaster Readiness Guide, which is an ‘actions’ volume that links to actions to be taken during daily life, and the Disaster Preparedness Tokyo, which is a ‘knowledge’ volume intended to improve knowledge in order to be more fully prepared for disasters. Please read and use the Disaster Readiness Guide before using this Disaster Preparedness Tokyo. Learn how to protect your life in preparation for a disaster.



Do Now Mark



In this manual we have added the “Do Now” mark to pages introducing disaster preparedness actions that can be implemented right away. Make it a point to first confirm the contents of pages containing this mark and carry out those actions.

| | |
|---|------------|
| ▫ What is Daily Stockpiling | ➡ Page 036 |
| ▫ Emergency Bag | ➡ Page 040 |
| ▫ Preparing Inside the Home | ➡ Page 044 |
| ▫ Furniture Stabilization | ➡ Page 047 |
| ▫ Furniture Stabilization Checklist | ➡ Page 051 |
| ▫ Prepare Ways to Confirm Safety | ➡ Page 054 |
| ▫ Know Your Community's Disaster Risk Level | ➡ Page 060 |
| ▫ Seismic Retrofitting a Detached House | ➡ Page 076 |
| ▫ Learn About Disaster Preparedness | ➡ Page 096 |



Download the Disaster Preparedness Tokyo app

This is the Tokyo Metropolitan Government's official disaster preparedness app, which is useful in daily life and in an emergency. The app features content that will be useful in the event of a disaster and allows users to have fun while gaining basic knowledge about disaster preparedness, based on the concepts of “play,” “learn,” and “use.”



Android version

iOS version

Tokyo Stockpiling Navi



Understand the items and quantities that you need to stockpile by simply answering some simple questions such as your family composition. Start with what you can do for yourself and your loved ones.

Tokyo My Timeline

Decide in advance what you will do to prepare for evacuation in the event of a flood, in order to avoid panic in case of an emergency. This will allow you to organize appropriate evacuation actions in advance.



Tokyo Disaster Preparedness Seminars

The Tokyo Metropolitan Government conducts “Tokyo Disaster Preparedness Seminars” that invite disaster preparedness experts to your city.



Download it now before a disaster strikes.

Table of Contents

| | |
|--|-----|
| Prologue | 003 |
| Let's learn and get prepared. Do everything to protect yourself. | 004 |
| What if an Earthquake Directly Hits Tokyo or a Nankai Trough Mega Earthquake Occurs? | 006 |
| New Damage Predictions (1) Earthquake Directly Hitting Tokyo (Southern Central Tokyo Earthquake) | 008 |
| New Damage Predictions (2) Nankai Trough Mega Earthquake | 009 |
| What Will Happen to Residents if an Earthquake Directly Hits Tokyo..... | 010 |
| What Will Happen if a Nankai Trough Mega Earthquake Occurs..... | 014 |
| New Preparations for Changing Disasters..... | 015 |
| How to Use "Disaster Preparedness Tokyo," "Do Now" Symbol | 016 |
| Download the Disaster Preparedness Tokyo app | 017 |
| Contents | 018 |
| Index by Household Composition..... | 024 |
| Index by Disaster Type | 026 |

Chapter One Preparation and Actions for a Mega Earthquake (1)..... 030

| | |
|---|-----|
| Reasons to Prepare for a Mega Earthquake | 032 |
| Assuming Various Evacuation Scenarios | 033 |
| Sheltering at Home Preparations by Housing Type | 034 |
| What is Daily Stockpiling?..... | 036 |
| Main Goods to Stockpile..... | 038 |
| Emergency Bag | 040 |
| Toilet Preparation | 042 |
| Preparing Inside the Home | 044 |
| Furniture Stabilization | 047 |

| | |
|--|-----|
| Furniture Stabilization Checklist | 051 |
| Making Your Home Safer | 053 |
| Preparing Ways to Confirm Safety | 054 |
| Preparing Ways to Access Disaster Information | 056 |
| Master the Disaster Preparedness Tokyo App..... | 058 |
| Knowing Your Community's Disaster Risk Level | 060 |
| Building Supportive Relationships with Your Neighbors..... | 064 |
| Joining a Volunteer Disaster Response Team | 065 |
| Disaster Preparedness for Condominiums | 066 |
| Seismic Retrofitting a Detached House | 076 |
| Seismic Retrofitting Consultation Desk..... | 079 |
| Fire Prevention Measures | 080 |
| Installing an Earthquake-tripped Circuit Breaker..... | 082 |
| Mandatory Fire Alarm Systems | 084 |
| Government Measure to Prevent the Outbreak and Spread of Fires | 086 |
| Checking Electricity, Gas and Water Supply | 088 |
| Preparing for Power Outages..... | 089 |
| Preparing for Gas Outages..... | 090 |
| Preparing for Water Outages | 091 |
| Evacuating with a Pet | 092 |
| Disaster Preparedness at Work..... | 094 |
| Learning About Disaster Preparedness | 096 |
| Understanding Disaster Volunteers | 102 |
| Volunteer Fire Corps | 104 |

Chapter One Preparation and Actions for a Mega Earthquake (2) 106

| | |
|--|-----|
| The Moment an Earthquake Strikes and Evacuation Flow Chart | 108 |
| Step 1: The Moment an Earthquake Strikes | 108 |
| Step 2: After the Shaking Stops..... | 109 |
| Step 3: Flow Chart of Evacuation to an Evacuation Area or Center | 110 |
| Two Stages of Deciding to Evacuate | 112 |
| When Deciding Whether to Evacuate | 114 |
| What to Do Before Evacuating | 117 |
| Check Points for Sheltering at Home..... | 118 |
| Preparing for Being Unable to Return Home | 120 |
| Evacuation Center | 124 |
| Guide to Evacuation Life..... | 126 |
| Dos and Don'ts at an Evacuation Center | 128 |
| Preventing Disaster-related Deaths | 135 |
| Evacuation Center Management During a Pandemic | 136 |
| Dos and Don'ts when Sleeping in a Car or Tent | 138 |
| Crime Prevention During a Disaster (1) Burglary and Theft | 140 |
| Crime Prevention During a Disaster (2) Sexual Crime and Abduction | |
| (3) Fraud and Predatory Renovations | 141 |
| Returning to Daily Life | 142 |
| Starting to Rebuild Your Life..... | 147 |

Chapter Two Preparation and Actions for Typhoons and Heavy Rain 148

| | |
|---|-----|
| Weather-related Disaster Risks Due to Climate Change | 150 |
| Weather Conditions that Require Special Caution | 151 |
| Knowing Your Community's Risk of Wind and Flood Damage From | |
| Hazard Maps | 152 |
| Creating a Tokyo My Timeline | 153 |
| Knowing the Latest Weather and Traffic Information..... | 154 |

| | |
|--|-----|
| Protecting Yourself from Wind and Flood Damage..... | 155 |
| Criteria for Deciding to Evacuate | 156 |
| Try to Evacuate Early | 157 |
| Preparing to Evacuate During Wind and Flood Damage | 158 |
| Precautions When Evacuating During Wind and Flood Damage | 159 |
| Areas to Avoid During Wind and Flood Damage | 160 |
| How to Escape a Submerged Car | 161 |

Chapter Three Preparation and Actions for Other Disasters 162

| | |
|---|-----|
| Sediment Disasters | 164 |
| Lightning..... | 166 |
| Tornadoes | 168 |
| Heavy Snow | 170 |
| Volcanic Eruptions | 172 |
| Terrorist and Armed Attacks..... | 176 |
| Infectious Diseases and Pandemics | 182 |
| Complex Disasters | 188 |

Chapter Four Disaster Preparedness for Diverse People 190

| | |
|---|-----|
| Daily Measures for People Who Need Support | 192 |
| Evacuation Flow Chart for People Who Need Support | 193 |
| Creating an Individual Evacuation Plan | 194 |

| | |
|--|-----|
| Discussing Evacuation | 195 |
| Preparation for Health Management, Examples of Assistance Methods..... | 196 |
| Disaster Preparedness Measures by Group | 197 |

| | |
|-----------------------|-----|
| Appendix | 208 |
|-----------------------|-----|

Survival Tips..... 210

| | |
|--|-----|
| First Aid | 210 |
| Cardiopulmonary Resuscitation (CPR) | 210 |
| AED | 212 |
| How to Stop Bleeding | 213 |
| First Aid for Fractures and Sprains | 214 |
| First Aid for Cuts | 215 |
| First Aid for Burns | 215 |
| Bandage Substitutes | 216 |
| Treating Dehydration and Heatstroke..... | 217 |
| Transporting the Injured or Ill | 218 |
| Safely Positioning the Injured or Ill | 220 |
| How to Prevent Economy Class Syndrome | 221 |
| Treating Anaphylaxis | 221 |
| Rescue Methods | 222 |
| Water and Toilet Measures | 224 |
| How to Carry Water | 224 |
| How to Use the Toilet When Water Supply Is Cut Off | 225 |
| How to Set Up a Manhole Toilet | 226 |
| How to Use Firefighting Equipment..... | 227 |
| How to Use a Fire Extinguisher | 227 |
| How to Use an Indoor Fire Hydrant | 228 |
| How to Use a Standpipe | 229 |

| | |
|--|-----|
| How to Use a Portable Fire Pump..... | 230 |
| Firestorms Can Occur in a Disaster | 231 |
| Maintaining Your Physical and Mental Health..... | 232 |

Disaster Facts and Information You Should Know 236

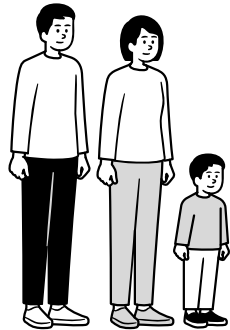
| | |
|---|-----|
| Knowledge of Earthquakes | 236 |
| Knowledge of Tsunami | 241 |
| Knowledge of Climate Change, Typhoon and Heavy Rain | 242 |
| Various Weather Information | 246 |
| Large-Scale Disasters in the Past..... | 247 |
| Community Earthquake Risk Assessment Survey – Combined Risk Ratings | 250 |
| Traffic Restrictions Following a Major Earthquake | 252 |
| Support Systems | 254 |
| Inquiries About Disaster Preparedness | 263 |
| Pictograms Legend | 264 |
| Symbols for People Who Need Special Care in an Emergency..... | 266 |
| Index of Glossary Terms | 268 |
| Colophon..... | 275 |

Index by Household Composition



For Those Who Live Alone

| | |
|--|------------|
| Download the Disaster Preparedness Tokyo app | ➔ Page 017 |
| What is Daily Stockpiling? | ➔ Page 036 |
| Emergency Bag | ➔ Page 040 |
| Toilet Preparation | ➔ Page 042 |
| Preparing Inside the Home | ➔ Page 044 |
| Preparing Ways to Confirm Safety | ➔ Page 054 |
| Preparing Ways to Access Disaster Information | ➔ Page 056 |
| Knowing Your Community's Disaster Risk Level | ➔ Page 060 |
| Fire Prevention Measures | ➔ Page 080 |
| The Moment an Earthquake Strikes and Evacuation Flow Chart | ➔ Page 108 |
| Preparing for Being Unable to Return Home | ➔ Page 120 |



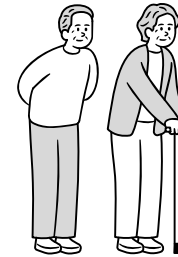
For Families

| | |
|---|------------|
| Assuming Various Evacuation Scenarios | ➔ Page 033 |
| Main Goods to Stockpile | ➔ Page 038 |
| Emergency Bag | ➔ Page 040 |
| Toilet Preparation | ➔ Page 042 |
| Furniture Stabilization | ➔ Page 047 |
| Preparing Ways to Confirm Safety | ➔ Page 054 |
| Building Supportive Relationships with Your Neighbors | ➔ Page 064 |
| Disaster Preparedness for Condominiums | ➔ Page 066 |
| Seismic Retrofitting a Detached House | ➔ Page 076 |
| Checking Electricity, Gas and Water Supply | ➔ Page 088 |
| Learn About Disaster Preparedness | ➔ Page 096 |



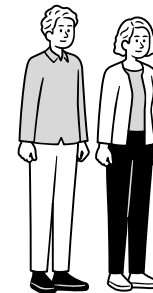
For Families with Members Who Need Special Care

| | |
|--|------------|
| Check Points for Sheltering at Home | ➔ Page 118 |
| Dos and Don'ts at an Evacuation Center | ➔ Page 128 |
| Daily Measures for People Who Need Support | ➔ Page 192 |
| Creating an Individual Evacuation Plan | ➔ Page 194 |
| Discussing Evacuation | ➔ Page 195 |



For Elderly Couple Households

| | |
|--|------------|
| What is Daily Stockpiling? | ➔ Page 036 |
| Emergency Bag | ➔ Page 040 |
| Toilet Preparation | ➔ Page 042 |
| Build Supportive Relationships with Your Neighbors | ➔ Page 064 |
| Check Points for Sheltering at Home | ➔ Page 118 |



For Foreign Residents

| | |
|---|------------|
| Preparing Ways to Confirm Safety | ➔ Page 054 |
| Preparing Ways to Access Disaster Information | ➔ Page 056 |
| Evacuation Flow Chart for People Who Need Support | ➔ Page 193 |
| People with Language Difficulties | ➔ Page 206 |

Index by Disaster Type

Earthquake



Necessary Preparations

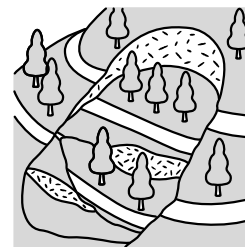
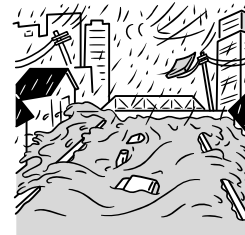
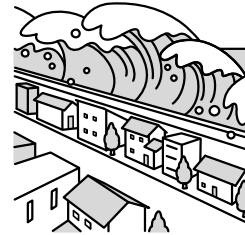
| | |
|---|------------|
| Sheltering at Home Preparations by Housing Type | ➔ Page 034 |
| Main Goods to Stockpile | ➔ Page 038 |
| Emergency Bag | ➔ Page 040 |
| Toilet Preparation | ➔ Page 042 |
| Preparing Inside the Home | ➔ Page 044 |
| Furniture Stabilization | ➔ Page 047 |
| Preparing Ways to Confirm Safety | ➔ Page 054 |
| Preparing Ways to Access Disaster Information | ➔ Page 056 |

Actions in the Event of a Disaster

| | |
|--|------------|
| The Moment an Earthquake Strikes and Evacuation Flow Chart | ➔ Page 108 |
| When Deciding Whether to Evacuate | ➔ Page 114 |
| What to Do Before Evacuating | ➔ Page 117 |
| Preparing for Being Unable to Return Home | ➔ Page 120 |

| | |
|--|------------|
| Disaster preparedness for condominiums | ➔ Page 066 |
| Seismic Retrofitting a Detached House | ➔ Page 076 |
| Fire Prevention Measures | ➔ Page 080 |
| Preparing for Power Outages | ➔ Page 089 |
| Preparing for Water Outages | ➔ Page 091 |
| Evacuating with a Pet | ➔ Page 092 |
| Disaster Preparedness at Work | ➔ Page 094 |

| | |
|--|------------|
| Guide to Evacuation Life | ➔ Page 126 |
| Dos and Don'ts at an Evacuation Center | ➔ Page 128 |
| Crime Prevention During a Disaster | ➔ Page 140 |
| Returning to Daily Life | ➔ Page 142 |



Tsunami

| | |
|--|------------|
| New Damage Predictions (2) Nankai Trough Mega Earthquake | ➔ Page 009 |
| What Will Happen if a Nankai Trough Mega Earthquake Occurs | ➔ Page 014 |
| Knowledge of Tsunami | ➔ Page 241 |

Heavy Rain and Storms

| | |
|--|------------|
| Weather-related Disaster Risks due to Climate Change | ➔ Page 150 |
| Weather Conditions that Require Special Caution | ➔ Page 151 |
| Know Your Community's Risk of Wind and Flood Damage from Hazard Maps | ➔ Page 152 |
| Create a Tokyo My Timeline | ➔ Page 153 |
| Know the Latest Weather and Traffic Information | ➔ Page 154 |
| Protect Yourself from Wind and Flood Damage | ➔ Page 155 |

Sediment Disasters

| | |
|---|------------|
| Signs of an Impending Sediment Disaster | ➔ Page 164 |
| Protect Yourself from a Sediment Disaster | ➔ Page 165 |



Lightning

Lightning Can Be Life Threatening → Page 166

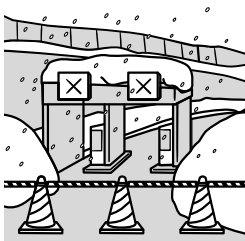
Areas Where You Must Be Cautious → Page 167



Tornadoes

Tornadoes Can Occur Anywhere in Japan → Page 168

Protect Yourself When a Tornado Strikes → Page 169



Heavy Snow

Heavy Snow Can Paralyze a City → Page 170

Protect Yourself From Heavy Snow → Page 171



Volcanic Eruptions

There Are 21 Active Volcanoes in Tokyo → Page 172

Effects of a Mt. Fuji Eruption → Page 173

Protect Yourself from a Volcanic Eruption → Page 174



Terrorist and Armed Attacks

Danger of Terrorist and Armed Attacks → Page 176

Insurgents and Special Forces, Ballistic Missiles → Page 177

Protect Yourself from a Terrorist or Armed Attack → Page 178

Evacuation From a Missile Attack → Page 180

Issuance of Warnings Via J-Alert → Page 180

If You Hear a J-Alert → Page 181



Infectious Diseases and Pandemics

If There Is an Infectious Disease Outbreak → Page 182

Classification and Approach to Major Infectious Diseases → Page 183

Basic Infection Control Measures → Page 184

Infection Control Measures During a Disaster → Page 185

Necessary Preparations for Infectious Diseases → Page 186