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Preparation and Actions for a Mega Earthquake (2)

Nobody knows when or where a mega earthquake will occur. Use this chapter as a reference to simulate in advance what actions you should take in the event a disaster occurs while you are at home, at work, or out. By understanding the things to keep in mind when living in an evacuation center, you can avoid trouble without panicking after a disaster.

Voice from experience

The evacuation center was crowded and we didn't know when additional food aid would arrive. I once again realized the necessity of stockpiling food.

(50s, Great East Japan Earthquake)

Voice from experience

I didn't inform those around me when I evacuated, so I was classified as a missing person. I have decided that I will inform people of my destination before evacuating.

(60s, Iwate-Miyagi Nairiku Earthquake)



Voice from experience

After the earthquake, I got in my car to go and pick someone up, but the roads were congested and I had a hard time. I have decided not to use a car after an earthquake.

30s, Chuetsu Offshore Earthquake



The Moment an Earthquake Strikes and Evacuation Flow Chart

STEP 1 The Moment an Earthquake Strikes

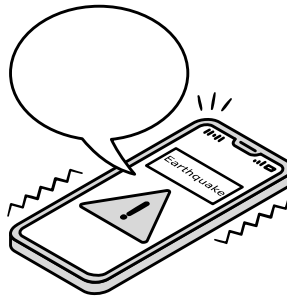
Protect yourself until the shaking stops

If you are far from the earthquake's epicenter, it will take some time for the shaking to begin. Therefore, stay still in a safe place and monitor the situation for at least one minute. Think about protecting yourself first during the shaking.



Earthquake Early Warning

An Earthquake Early Warning is information on the estimated seismic intensity and arrival time of strong tremors or long-period ground motion, which is provided as soon as possible after the occurrence of an earthquake. From February 1, 2023, Earthquake Early Warnings will also be issued based on long-period ground motion levels.

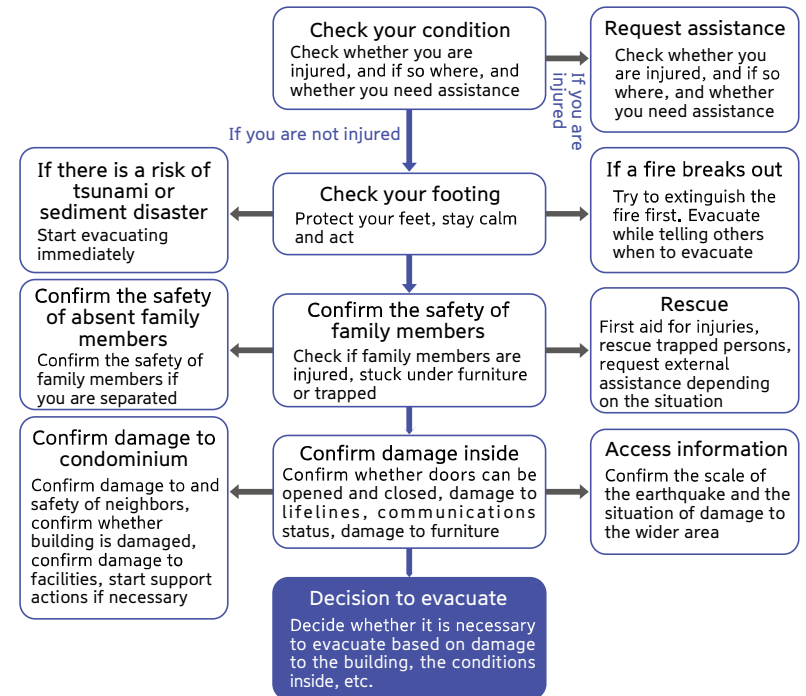


If you receive an Earthquake Early Warning

If you are watching TV and an Earthquake Early Warning alert is displayed, or if you receive an Earthquake Early Warning on your smartphone or mobile phone, which consists of a beeping sound and an announcement saying "jishin desu" (earthquake), you should first stop what you are doing, stay calm and protect yourself.



STEP 2 After the Shaking Stops

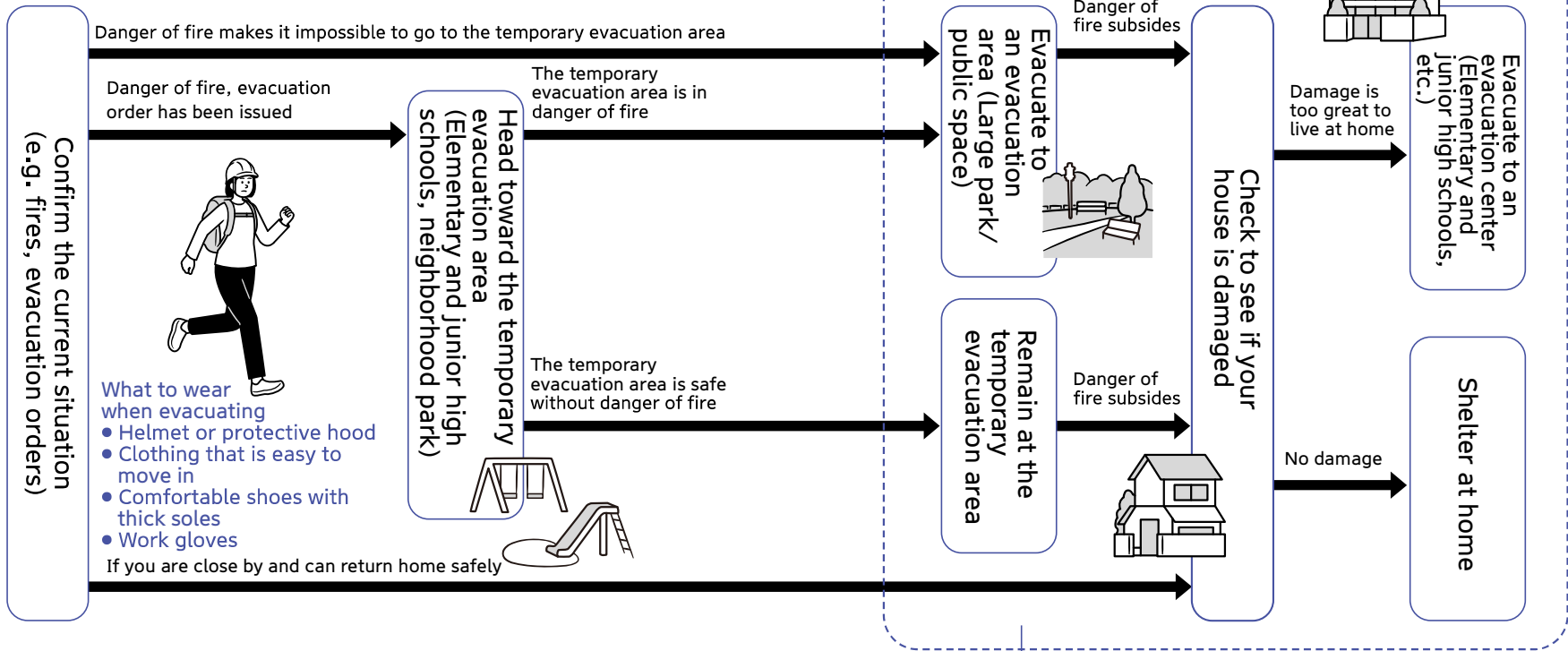


When the shaking stops, first check your own situation. If you are injured and it is difficult to treat yourself, seek help from your family or someone outside. Next, check the safety of your family and neighbors, and if someone is trapped or stuck under furniture, cooperate with others to rescue them. After that, obtain information such as the scale of the disaster and decide whether to evacuate.

Source: "How to live while prepared for earthquakes in a condominium" (Published in 2013 by Ei-Publishing, authored by Nobue Kunisaki, Tsunagu Network Communications)

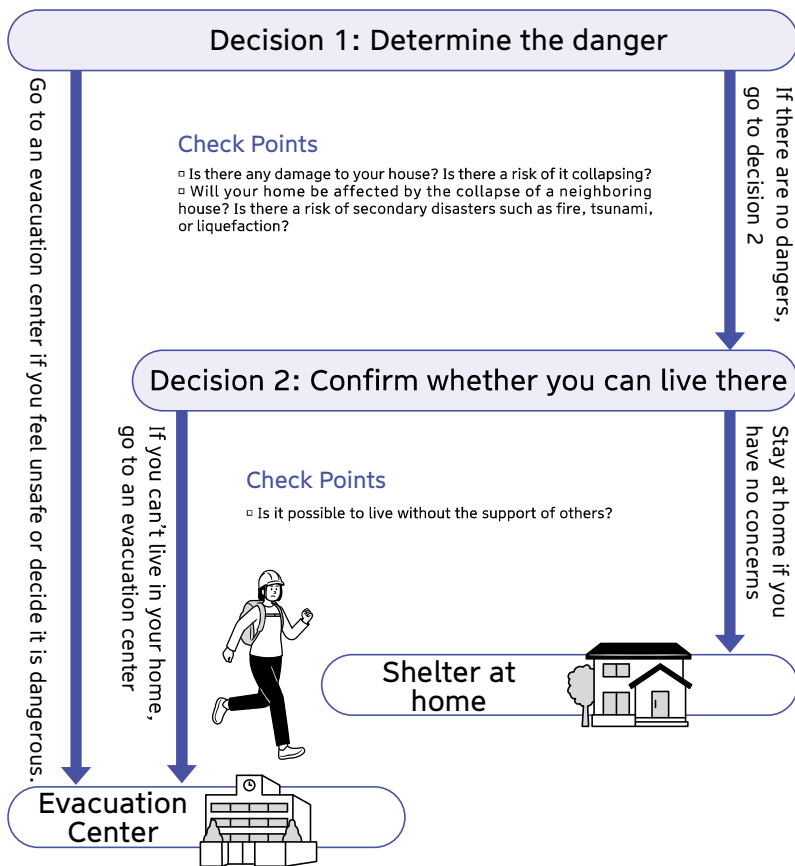
Flow Chart of Evacuation to an Evacuation Area or Center

The evacuation method in Tokyo is generally a two-stage evacuation method in which people gather at a temporary evacuation area and then evacuate to an evacuation area. However, depending on the local situation and the conditions of the disaster, your local government may instruct or guide you to evacuate directly to an evacuation area or evacuation center.



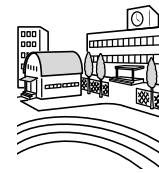
*The above evacuation method is an example of the two-stage evacuation method established by the Tokyo Metropolitan Government. Depending on the situation, there are also cases where you should evacuate to an evacuation area or evacuation center instead of a temporary evacuation area, so please prioritize safe evacuation. In addition, as the method of evacuation will differ by municipality, check the evacuation method in advance on your local municipal office's website.

Two Stages of Deciding to Evacuate



Evacuation timing

The decision to evacuate can sometimes mean the difference between life and death. Don't leave it up to others to decide whether to evacuate. Make your decision based on information from radio, television, and government announcements, and information you can confirm with your own eyes and ears.



What is a temporary evacuation area?

A place where evacuees gather temporarily from nearby to grasp the situation and form a group prior to moving to the evacuation area. It is an area large enough to secure people's safety, such as a school's grounds or nearby park.



Quoted from JIS Z8210

What is an evacuation area?

A place to evacuate to in order to escape danger. They include large parks, plazas, university campuses, and school grounds.



Quoted from JIS Z8210

What is an evacuation center?

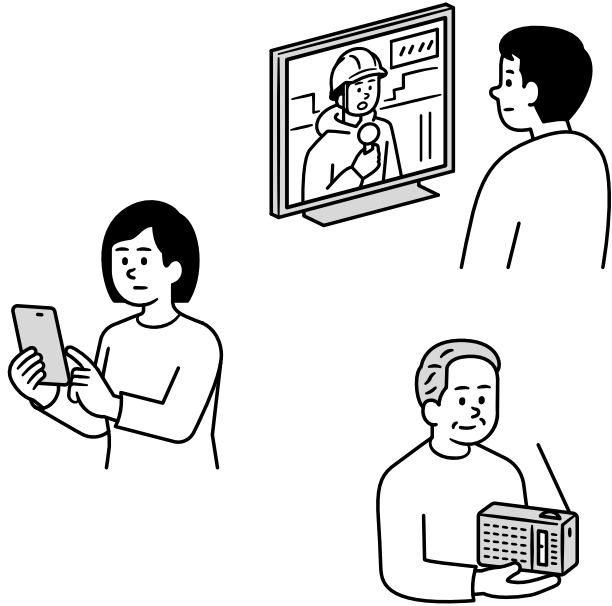
A place to live for a certain period of time if your home is damaged and is difficult to live in. Schools, community centers, etc.



"Temporary evacuation area" "evacuation area" "evacuation center": [Tokyo Metropolitan Government Disaster Preparedness website]



When Deciding Whether to Evacuate



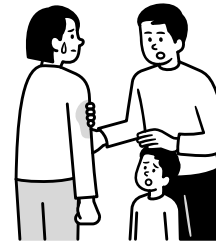
Obtain correct information

After the shaking has stopped, you could be endangered if you act according to the wrong information. Before making a move, you need to gather proper information. Use a battery-powered (or rechargeable) radio that will work even if there's a power failure, TV, smartphone radio/TV, websites of the fire department and public authorities, and other reliable sources to gather correct information.



Use social media

Social media such as X (formerly Twitter) and Facebook are valuable sources of information. However, during an emergency, false rumors and information could also spread through these sites. Don't simply believe such rumors. Make it a point to gather correct information.



Confirm the safety of your family

When a disaster breaks out, people are too preoccupied with protecting their own lives, and could fail to realize that their own hands or feet are bleeding, or that someone around them is hurt. When the shaking stops, family members who are together should check among themselves that they are not hurt and that the house is not in danger.



Confirm the situation inside and outside the home

After confirming the situation of the members of your family who are with you, check the inside of the house. Confirm that all possible sources of fire have been turned off and that there is an evacuation route. While listening to information over the radio and other media, visually inspect the situation around you.

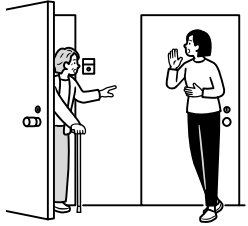


It is said that the deadline for saving lives is 72 hours. Please do not move unnecessarily in the first three days after a disaster, gather correct information, and stay in a safe place.



Indiscreet actions are dangerous

Rushing out of your house in a panic puts you at risk of getting hurt by a falling object. Stay calm and first confirm the safety of your family and home. After doing so, confirm the situation around you with your own eyes and ears, such as if there are any dangerous objects or buildings, or an outbreak of fire.



Confirm the safety of neighbors

After confirming your family's safety, direct your attention to your neighbors. Check to see if anyone has been enclosed, entrapped, or hurt, and whether there is anyone who needs help in evacuating. In times of emergency, it's important to help one another.

Emergency risk assessment that confirms the safety of buildings

An emergency risk assessment is conducted by the municipality in order to ensure the safety of residents, and involves an external inspection of a damaged building to determine the risk of collapse, external walls and window glass falling, etc. The aim is to prevent secondary disasters caused by aftershocks, and is conducted as soon as possible after an earthquake by experts dispatched by the municipality. The determination of the degree of danger, is displayed on stickers that indicate "dangerous", "caution required", or "inspected" and are posted at the entrances and exits of buildings and in easily visible locations outside the building, in order to inform users of the building and pedestrians.

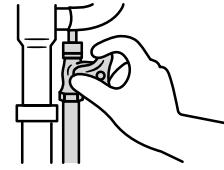


"Dangerous" (red):
The building is dangerous to enter
"Caution required" (yellow):
Be careful when entering the building
"Inspected" (green):
The building can be used

Source: Japan Council for Quick Inspection of Earthquake Damaged Buildings website
<https://www.kenchiku-bosai.or.jp/assoc/oq-index/>

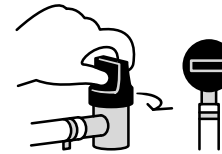


What to Do Before Evacuating



Turn off the water main valve

When evacuating, be sure to turn off faucets and water valves. Turning off the water valves can prevent water from leaking into your home.



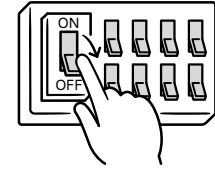
Close the main gas valve

If the gas pipe or gas appliances are broken, a gas leak could cause an explosion when gas is restored.



Use message boards and social media

Prepare multiple means for contact under the assumption that phones will not work. Social media will be useful, too.



Turn off the circuit breakers

If one of the household items that have fallen over is an electrical appliance that has its switch on, it could cause a fire when power is restored.



Leave a note inside saying you are safe

When evacuating your home, leave a memo in a place that your family will know, such as the inside of the door, with relevant information such as your safety and that of your family and where you have evacuated to, and lock your door when you leave.

* Prioritize evacuating quickly if a danger such as a tsunami or sediment disaster is imminent.



Check Points for Sheltering at Home



□ Your privacy is protected

Check whether there are any concerns about living in an evacuation center together with a large number of people.



□ You can stay with your pet

Some evacuation centers may not allow you to bring your pet.



Check support information from your local government

Check the website and disaster preparedness emails from your local government for the latest information and be careful of aftershocks. If you cannot access the information from home, try accessing it from an evacuation center where recovery is expected to be relatively quick, or from a public facility or convenience store. Free Wi-Fi is provided during a disaster.



□ You can take your own measures against cold and heat

The temperature control at large evacuation centers may be inadequate.



□ Eliminates the worry of being away from your home

You will not have to worry about your home being burgled while you are away.



Receive supplies at an evacuation center

You should stockpile your own supplies in principle, but food and other supplies can be received at an evacuation center. Check your local government's website for information. It is also important to discuss any concerns with a local government officer and exchange opinions on how to respond.



□ Easy to respond to individual needs, such as if you have a young child

If you have individual needs that make you concerned about your surroundings, sheltering at home may be less of a burden.

Points for deciding whether to shelter at home

One way to live as an evacuee after a disaster is by "sheltering at home," which is to stay in your home and live there. Consider the characteristics of sheltering at home and evacuating to an evacuation center, and consider the evacuation plan that suits you and your loved ones. Use the above checklist to check whether the damage to your building is serious and whether lifelines can be secured.

Also consider this if your local evacuation center is full!



Contact a volunteer center if you have trouble

If you or your family find it difficult to handle tasks such as cleaning and tidying up your home, or removing household items that are no longer usable, proactively consult with the center instead of keeping it to yourself. In addition to cooperation with local people, various organizations such as local governments and volunteer centers can provide support.

Keep a light on at all times to prevent crime

In order to prevent crime when living in your home, keep a light on day and night so people outside can see that you are home.



Preparing for Being Unable to Return Home

Expect to be unable to return home for three days

According to the damage estimates for an earthquake directly hitting Tokyo, there will be up to 4.53 million stranded commuters and others. If the roads are filled with many stranded commuters and others after a disaster, emergency vehicles will be unable to pass and rescue efforts will be hindered. There is also a risk of being hit by aftershocks while walking, or encountering a crowd collapse. Stay in a safe place instead of rushing to get home immediately after a disaster occurs. The estimated length of stay is for about three days after a disaster, while rescue and life-saving activities are prioritized.



If a disaster hits while you are at work or school

If a disaster hits while you are at work or school, check that it is safe and stay where you are instead of returning home immediately. To ensure that you can stay there if a disaster hits while you are in your workplace, businesses in Tokyo are expected to keep three days' worth of supplies for their employees. Check what kind of supplies your workplace has on a regular basis.

If a disaster hits while you are out shopping or for leisure

Out of those who will be stranded when a disaster occurs, it is estimated that approximately 660,000 will be out for purposes such as shopping or leisure and will have nowhere to go. If a disaster hits while you are out, first move to a safe location such as a station, commercial facility, or evacuation area and wait for the confusion to subside. Temporary shelters will be opened to accept stranded commuters and others, so go to a nearby facility. Temporary shelters are stocked with food, blankets, and other supplies to last at least three days after an earthquake.

Preparation for staying away from home

In order to be able to stay at your workplace or a temporary shelter, it is important to be able to confirm the safety of your family. Prepare multiple means of communication, such as disaster emergency message services and social media, and tell the people you contact that you will return home when it is safe to do so, rather than that you will return immediately. Also, keep in close contact with relevant schools, daycare centers, kindergartens, and nursing care facilities and check their response in the event of a disaster.

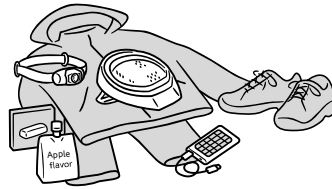
Items that companies should stockpile

- Drinking water, food
- Blankets, thermal sheets
- Vinyl sheets
- Sanitary goods
- Mobile radios
- Flashlights
- Dry-cell batteries
- Emergency medicines
- Portable/emergency toilets



Make your own preparations in case you cannot return home

In addition to having your employer stockpile emergency supplies, you should keep sneakers, warm clothing, portable phone charger, medicine, contact lenses, etc. in your workplace locker.



Mutual support at temporary shelters

Efforts for “mutual assistance” are important at temporary shelters. Once you have decided to stay at a temporary shelter, as a user of the facility who is unable to return home, you should also support the operation of the facility as much as possible. Assuming that the facility has also been affected by the disaster, you should actively participate in the operation of the facility by distributing supplies, cleaning common areas, and doing whatever else you can do. In addition, regardless of their age, gender, nationality and disabilities, various types of people will gather at the temporary shelters that accept stranded commuters and others with nowhere to go. When using a shelter, please be considerate and make concessions to those who require special consideration.

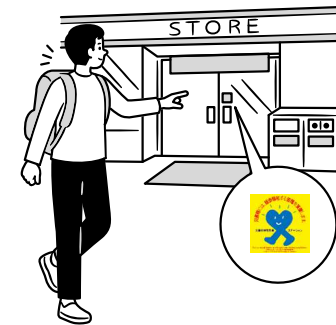


You can check the location of temporary shelters and support stations for those returning home on the disaster preparedness map of the Disaster Preparedness Tokyo app.



Plan the timing of your return home and use support stations for people returning home

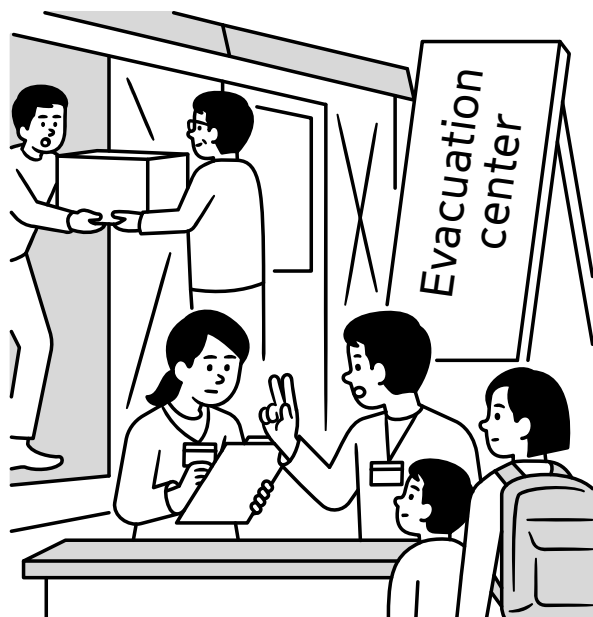
Wait about three days after the disaster, until the confusion has died down, before returning home. However, if stranded commuters and others all flood the stations and roads at once when it becomes possible to return home, it could lead to dangerous congestion. When returning home, check your surroundings closely and choose a time when there are not many people. Workplaces, schools, and temporary shelters may establish rules such as prioritizing who can return home, and may notify stranded commuters and others of such rules in advance. Also, in principle, support stations for people returning home (convenience stores, gas stations, etc.) will become available from four days after the disaster to provide those walking home with tap water and lavatories. If you are walking home, make use of the support stations for people returning home.



Gathering information as a stranded person

In the event of a disaster, information such as the opening status of temporary shelters will be posted on the Tokyo Metropolitan Government Disaster Prevention Map and the Disaster Preparedness Tokyo app. Information will also be disseminated from time to time on the websites and X (formerly Twitter) accounts of the metropolitan and municipal governments. Always carry a spare battery and charging cable so that you can use your smartphone to gather information.

▲ Evacuation Center



What is an evacuation center

An evacuation center is a place for people who cannot continue to live in their homes to live in evacuation for a certain period of time. The Tokyo Metropolitan Government has about 3,200 evacuation centers comprising schools, community centers and other facilities, and about 1,600 welfare evacuation centers that accept people who would have difficulty living in a regular emergency shelter and need special care.



Search for evacuation centers here
(Tokyo Metropolitan Government
Disaster Prevention Map)

Process of opening an evacuation center (example)

The following is an example of the process taken to open an evacuation center. Normally, the facility manager will unlock the facility and start preparations for its opening. However, at the onset of a disaster, the manager could be late in arriving due to being caught up in the disaster. Therefore, it is possible that the evacuees themselves have to prepare for the opening of the shelter.



① Preparation to receive evacuees

The lock is opened, and preparations to receive evacuees begin. Confirmation of safety within and around the facility is made, such as confirming firefighting facilities and whether a means of communication can be secured.



② Preparing the layout

Adjustments are made to the layout of the various spaces that have been considered in advance, taking into account the situation of the evacuees and the facility. An environment where people can live is prepared.



③ Establishing a reception desk

Evacuees are guided from evacuation areas to the evacuation center, and registration begins. A name list is prepared to grasp the situation of the local victims of the disaster, including the evacuees and those needing care.

▲ Guide to Evacuation Life



Rules and manners at the evacuation center

Evacuees should uphold the rules of life at an evacuation center and help each other by sharing duties to the extent possible. Entering or scrutinizing the living space of a fellow evacuee, speaking in a loud voice, and smoking in non-designated areas go against manners. Consideration toward those who need support is also necessary at an evacuation center.

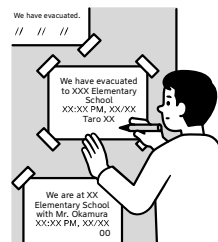
After arriving at the evacuation center (example)

The following is an example of what evacuees do after arriving at an evacuation center. Please note that the process and rules differ from shelter to shelter. It is important to uphold the rules in evacuation center operation and life. Evacuees helping each other and cooperating is indispensable.



① Giving your contact information

After arriving at the evacuation center, give your address, name, and contact information, and you will be grouped with neighbors or by neighborhood association.



② Confirming the safety of family members, etc.

Confirm the safety of family members and neighbors. So that those with hearing impairments can also understand the information, write out the information on cardboard, etc.



③ Role sharing

Carry out the duties allotted to you such as helping out at the registration desk or cooking. There are many things that need to be done by cooperating with each other.

▲ Dos and Don'ts at an Evacuation Center



Securing water

When tap water is unavailable, follow the instructions of the facility's manager and secure drinking water and water for domestic use.



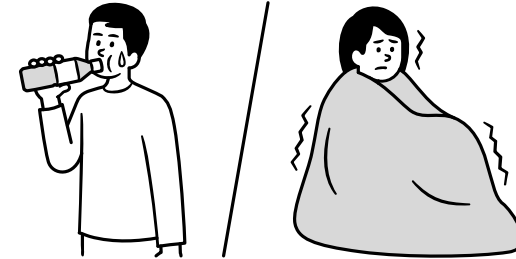
Use of the toilet

As a large number of people use the facility's toilets, the sanitary environment may deteriorate and lead to the spread of infectious diseases if they are not properly maintained. Therefore, use the toilets in the manner instructed by the facility's manager.



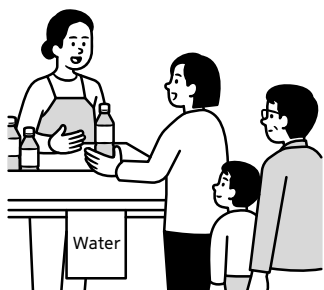
Maintain sanitation

No shoes should be worn inside the facility. Divide the space into passageways and places where the futon mats are laid out. Decide on a place to put rubbish, and be sure to tightly close the garbage bags to prevent the outbreak of flies and cockroaches.



Take care of your health in the changing environment

The drastic change of environment could negatively affect your health. Be sure to take measures to care for your health. Prevent economy class syndrome by moving your body regularly. Drink enough water during the summer, and keep warm during the winter.



Distribution of supplies

Don't be impatient and calmly wait for your turn to come. Depending on the situation, a single person's share of food and supplies may have to be shared with other people. Consideration toward those who cannot line up is also important.



Prevention of infectious diseases

Common colds, influenza, and other contagious diseases can easily break out. It is recommended that you wash your hands and gargle frequently. When no water is coming out of the taps, having ethanol ready as a disinfectant will provide peace of mind.



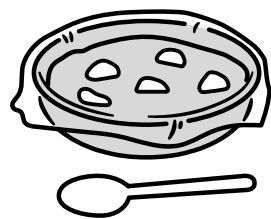
Sanitation in cooking meals

Wash your hands carefully with soap before cooking or arranging food, touching ingredients, and after using the toilet. Cooking utensils should also be washed and disinfected after each use.



Prevention of heat stroke

Beware of heat stroke at an evacuation center in the summer. Children, the elderly, and those with chronic illnesses are especially at risk of heatstroke, so people around them should pay attention. Frequently replenish the water and salt lost by your body even if you don't feel thirsty, wear permeable clothing that is absorbent and quick-drying, and avoid the heat.



Prevention of food poisoning

Food poisoning can occur at any time of the year. The best method to prevent this is to wash your hands. You should also be careful about the dishes you use. When you are unable to use water, one good method is to serve food on disposable containers that have plastic wrap spread on them.



Sleep and turning off the lights

There are many things about living in an evacuation center that you are not used to, and because of this, people often do not sleep well and consequently become ill. There are those who cannot sleep when the lights are on, and those who cannot sleep when it's dark. One option would be to turn the lights off every other day.



Respect privacy

Each residential space is the same as a house. Be sure to uphold each other's privacy by being especially considerate toward households with women and small children, and those who need support.



Crime prevention

An evacuation center does not provide a perfect residential environment. Keep in mind that you have to protect yourself, and if you see someone acting suspiciously, contact the police or facility staff.

Consideration toward people who need support

People who need support include expectant mothers, children, the elderly, foreign nationals, and those with disabilities. Try to be considerate and supportive of such people, including those who are wearing symbol marks such as Tokyo's "Help Mark," which indicate that they have a disability that is not easily discernible.



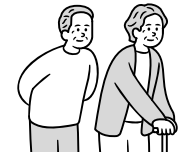
Expectant and nursing mothers

Mothers with infants are concerned about breastfeeding their child. Women who are pregnant or have just given birth also need extra consideration.



Infants and children

Children rid themselves of stress by playing. Secure a place and time where they can express their feelings and become refreshed.



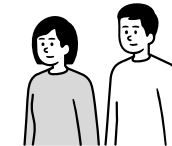
Elderly and disabled people

At times, the elderly and people with disabilities may be inconvenienced but will not come out and say it. Try to speak to them frequently in a cheery manner and use various forms of communication to keep them from feeling alone or afraid.



Foreign nationals

Because of differences in customs and culture, and difficulty in understanding the language, non-Japanese people may be feeling afraid. It's important to provide them with proper information through an interpreter or someone capable of speaking their language.



Sexual minorities

People in sexual minorities may face challenges such as not being able to use men's or women's toilets. Be aware of such diversity and be considerate of privacy.

▲ Preventing Disaster-related Deaths

“Disaster-related death” refers to death due to deterioration in a person’s physical condition due to living in evacuation after a disaster. In past disasters, many people have died not only at evacuation centers, but also while sheltering at home. Remember that the risk can be reduced by consciously moving your body and taking steps to improve your lifestyle.



Economy class syndrome

Staying still in a cramped position can cause blood clots to form in your legs, which can be fatal in the worst case scenario. Prevent it by moving your body regularly.

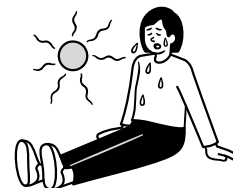
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Anaphylaxis

Anaphylaxis is an allergic reaction that can occur shortly after a drug or food enters the body, and it is possible that a severe allergic reaction could occur. Carefully check that food and snacks do not contain any allergens.

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Dehydration

People may end up chronically dehydrated due to refraining from drinking due to water shortages or dislike of unclean toilets. Be conscious about drinking water.

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Prevent disaster-related deaths with “TKB”

“TKB” in an evacuation center is an abbreviation for “Toilet-Kitchen-Bed.” “Toilet” refers to clean toilets, “Kitchen” refers to providing nutritious meals, and “Bed” refers to preparing the sleeping environment. Improving the living environment can help prevent disaster-related deaths.



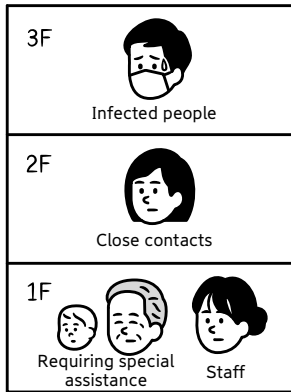
Evacuating with and caring for a pet

As a general rule, people and pets are not allowed to live in the same space at an evacuation center. Owners are responsible for caring for their pets in accordance with the rules of the evacuation center. Take care of your pet’s health and behavior on a daily basis, and prepare emergency supplies for your pet as well.

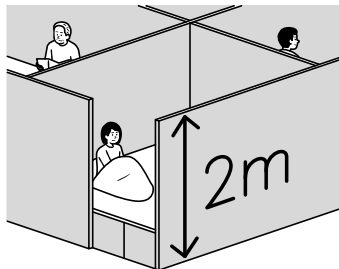


Evacuation Center Management During a Pandemic

Many evacuees living in a large group during a pandemic increases the risk of infection spreading. If living in an evacuation center, you can reduce the risk of infection by taking measures such as avoiding the “Three Cs,” wearing a mask, and getting into the habit of disinfecting with alcohol frequently.



Reduce the risk of infection by zoning of floors and rooms



Prepare 2-meter partitions to prevent droplets from spreading

Items to prepare at an evacuation center

Sanitation

▫ Thermometer (preferably non-contact type)	▫ Alcohol disinfectant	▫ Disinfecting wipes	
▫ Sodium hypochlorite	▫ Kitchen detergent	▫ Drinking water in 500 mL plastic bottles (for hand washing during water outages)	
▫ Paper towels	▫ Wet wipes	▫ Disposable gloves	▫ Garbage bags (45 L)
▫ Plastic bags for dividing up items	▫ Sealable bags with zippers	▫ Soap (hand soap)	▫ Masks (non-woven fabric)
▫ Face shields	▫ Personal protective equipment (gowns)	▫ Trash cans with a lid (foot-pedal type)	▫ Plastic baskets or container boxes (for serving food)
▫ Adhesive cleaning tape	▫ Paper mop sheets	▫ Buckets (for cleaning and disposal of leftover food)	▫ Plastic colander (for leftover food disposal)
▫ Disinfectant spray containers	▫ Vinyl sheets	▫ Poles for vinyl sheets at reception	▫ Plastic wrap (for dividing food into portions and spreading over plates to keep them from getting dirty)
▫ Towels	▫ Polytanks with nozzle (for hand washing)	▫ Newspaper (for disposing of vomit)	

Living space

▫ Partitions (preferably 2 m high)	▫ Fan or circulator (for ventilation)	▫ Cardboard bed	▫ Mattress
▫ Linen such as sheets	▫ Bedding/comforter	▫ Pillow	▫ Blanket (towel blanket in summer)
▫ Humidifier	▫ Temperature and humidity gauge	▫ Colored tape (for partitioning)	▫ Blue sheets (for partitioning)
▫ Strong rope	▫ Portable toilet (preferably automatic wrap type)	▫ Floor-standing handrail	

Communication equipment

▫ PC	▫ Tablet	▫ Mobile phone/smartphone	▫ Wi-Fi
▫ Extension cord	▫ Charger	▫ Copier machine	

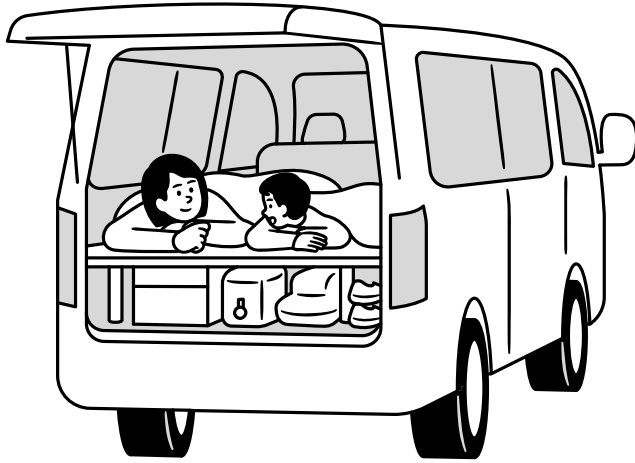
Other

▫ Writing utensils	▫ Markers	▫ Copy paper (A4/A3)	▫ Craft paper
▫ Sticky note paper	▫ Clear files	▫ Binders	▫ Whiteboard/pens
▫ Curing tape	▫ Cloth/duct tape		
▫ Cellophane tape	▫ Laminator sheets (for signboards)		
▫ Stapler and staples	▫ Clips		
▫ Tape measure (at least 5m)	▫ Reading glasses		
▫ Scissors	▫ Cutter knife		

*Created with reference to the “Support Book for Evacuation Life During Covid” produced by the JVOAD Expert Committee on Improving Evacuation Life



Dos and Don'ts when Sleeping in a Car or Tent



Some people choose to sleep in a car or tent following a disaster due to reasons such as evacuation centers being full, heating and cooling issues, and concerns about bringing children or pets with them. If you choose this as a temporary evacuation method, it is important to be fully aware that it carries risks such as economy class syndrome and carbon monoxide poisoning, which can be life-threatening.

Sleeping in a car in the Tokyo metropolis is not recommended

The Tokyo Metropolitan Government does not recommend evacuating by car or sleeping in a car, especially in the city center, from the perspective of securing emergency traffic routes. If it is unavoidable, try to make it only a temporary measure.

Source: Toyota Motor Corporation Social Contribution Promotion Department "Help Book for Sleeping in a Car During Evacuation"

Sleeping in a car leads to disaster-related death

In addition to increasing the risk of economy class syndrome, sleeping in a car can lead to increased stress and the early symptoms of poor health due to reduced contact with other people, which can lead to disaster-related deaths. If it is unavoidable, please note the following points.



Do not leave the engine running

There is a risk of death due to carbon monoxide poisoning. Take measures to protect yourself from the cold, such as covering the car with insulating material.



Lay the seat flat

Make your sleeping area level by placing a towel on the seat. This will reduce the risk of economy class syndrome.



Do not park on a slope

If you cannot avoid parking on a slope, put chocks under the tires and remember to apply the handbrake.



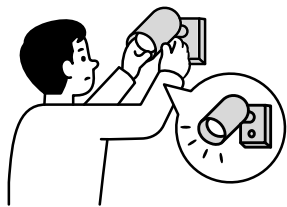
Stop in a populated area

Park your car in a populated area to reduce the chance of your car being broken into or tampered with.

Source: Saga Shimbun, April 13, 2017 (distributed by Kyodo News) "24% of Deaths Related to Kumamoto Earthquake Due to Sleeping in Cars" <https://www.saga-s.co.jp/articles/~98026>

! Crime Prevention During a Disaster

① Burglary, theft



Give the impression that you are home

Make sure to give the impression that you are home to avoid being targeted by burglars. Install a battery-powered security light with a motion sensor near the entrance.



Be more careful about locking doors

When leaving your home, take all possible precautions such as covering broken windows so they cannot be seen from the outside, locking the front door with a door chain and padlock if the door frame is distorted and won't close, and leaving a light on in each room.



Carry valuables with you at all times

Make sure to carry your valuables with you or ask someone you trust, such as a family member, to stay at the home. Also, it is important to keep them close to you while sleeping.

② Sexual assault, abduction



Move in groups and avoid blind spots

Even during the day, there is a risk of being a victim of crime if you are in a deserted place or a place where others cannot see you. Carry a security buzzer with you when you go out. Move in a group and be careful not to approach a blind spot alone.



Don't create an environment where children are alone

There have also been cases of male and female children being molested, and of being yelled at and hit by strangers who are releasing built up stress. It is important not to create an environment where children are unsupervised and to ensure that an adult is always present.

③ Fraud, malicious renovations

Be careful of sudden visitors

In the past, there have also been reports of fraud and unscrupulous business practices that took advantage of earthquake disasters. Some victims were charged large sums of money under the guise of gas and electricity inspections and home repairs.



Returning to Daily Life

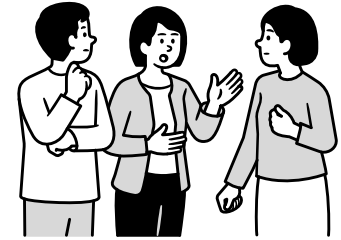


Accepting death

With 19,765 fatalities in the Great East Japan Earthquake (as of March 1, 2023, Fire and Disaster Management Agency), and 6,434 fatalities in the Great Hanshin-Awaji Earthquake (final as of May 19, 2006, FDMA), many people had to accept the death of an acquaintance or loved one. In the event of an earthquake directly hitting Tokyo, it is estimated that about 6,100 people will be killed and 93,000 injured.

Discuss your disaster experience

Talking about experiences of the disaster in everyday conversation is not taboo. Talking about experiences with family, friends, and local people can help reduce stress for both parties. Some people develop PTSD (post-traumatic stress disorder) after a disaster due to the intense experience. It is important to take good care of such stress.



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Measures against stress

In situations where we are prone to both physical and mental stress, we need to maintain our health through self-care. Keep the following points in mind and acquire a mindset for overcoming life after a disaster.

- If you feel worn out, it is time to start taking care of yourself. Start self-care immediately
- Try not to think too much about the future
- Deep breathing is an easy way to relax; take a deep breath and calm your mind and body
- Do not regret past decisions and remember that the decision you made was the best one at that time
- If there are difficulties in relationships with your partner or family, try to keep a comfortable distance from them
- If you are worried about your child's condition, stay with them and communicate with them

Role of disaster volunteers

Disaster volunteer activities refer to all types of volunteer activities that assist in the recovery and reconstruction of disaster-stricken areas after various disasters such as earthquakes and wind and flood disasters. The role of disaster volunteers is to provide a wide range of support to disaster victims, not only by cleaning up and cooking meals, but also supporting the operation of evacuation centers and responding to the needs of disaster victims.

Example of activities

- Removal and sorting of debris
- Mud removal
- Indoor cleaning
- Cooking
- Supporting evacuation center operations
- Supporting delivery and distribution of relief supplies
- Helping with moving
- Helping with mental care
- Supporting event activities, etc.

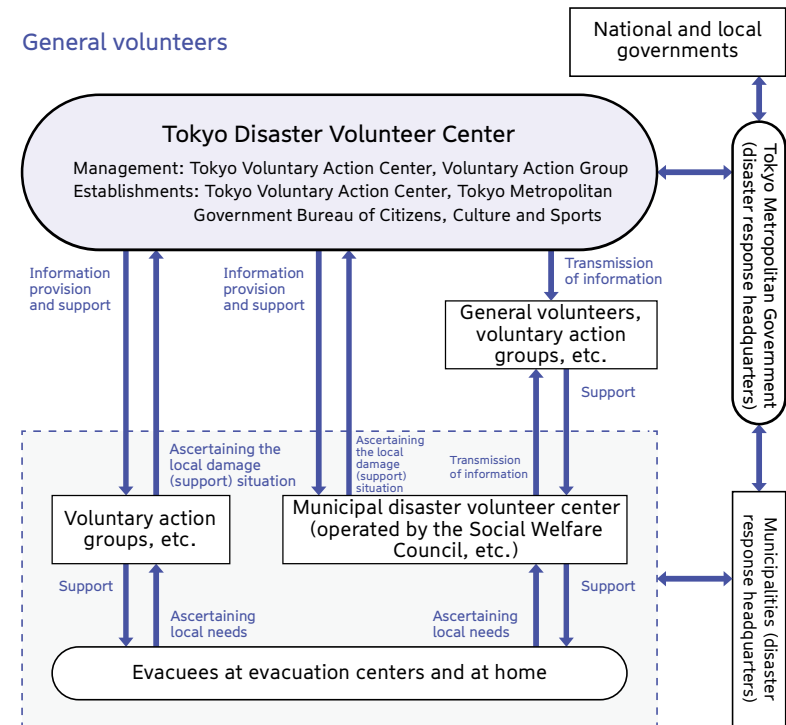


Source: Public Relations Office, Government of Japan "How to start disaster volunteer activities for those who want to support disaster-affected areas"
 Edited and created based on <https://www.gov-online.go.jp/useful/article/201909/4.html>

How to request volunteer support

Generally, in a disaster-affected area, the local social welfare council and government take the lead in setting up a disaster volunteer center, which accepts volunteers and matches them to the needs of disaster victims. If you need the help of a volunteer, first check to see if there is a disaster volunteer center set up in your municipality.

General volunteers



Source: Cabinet Office "Special Edition: Disaster Preparedness Volunteers"
 Edited and created based on
https://www.bousai.go.jp/kohou/kouhoubusai/h22/01/special_01.html



Clean up to rebuild your life

When rebuilding your life after an earthquake, start by cleaning up so that you have space to live in. Wear clothes that will prevent injury, such as work gloves and sneakers, and be careful of fallen furniture, scattered objects, broken glass, etc. when cleaning up.



Moving into emergency temporary housing

If you have lost your home, you can move into emergency temporary housing (for two years in principle; could possibly be extended). Move from the evacuation center to emergency temporary housing, and start on the road to living independently as soon as possible.

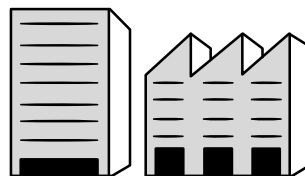
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Moving to the home of a relative or acquaintance

Another option would be for you to move into the home of a relative or acquaintance. It is important to lighten the burden on them by stating that you will only be there until you find a new home.

Starting to Rebuild Your Life



Reopening business

The central government and the Tokyo Metropolitan Government have various programs to support SMEs and agriculture, forestry, and fishery operators in reopening their business. Apply to your municipality to receive such support.

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Resuming work

If you have lost your job due to a disaster, you can look for work at Hello Work (the national government's employment service center) or receive support such as vocational training.

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Resuming school

If you are in financial trouble due to a disaster or your school has been damaged, you can receive emergency scholarships to help cover matters such as school tuition or transfer expenses.

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