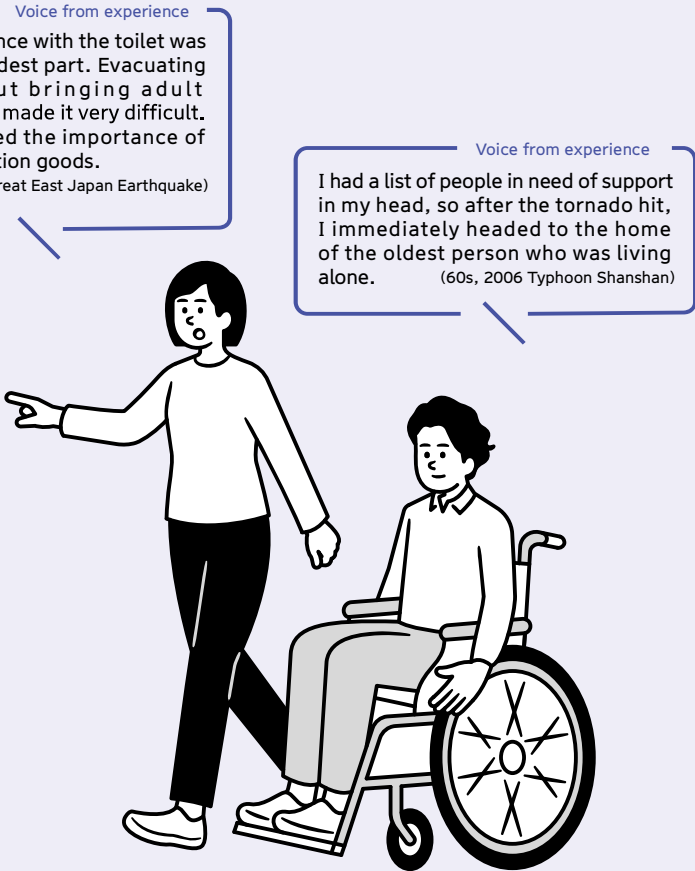


4

Disaster Preparedness for Diverse People

Not only people who need support, such as those with disabilities, but also people without such needs will have to help each other while living together in a large group at an evacuation center. If each person prepares for disaster with a desire to understand others, more lives can be saved and it will lead to smoother care and recovery after a disaster.



Voice from experience
Assistance with the toilet was the hardest part. Evacuating without bringing adult diapers made it very difficult. I learned the importance of evacuation goods.
(60s, Great East Japan Earthquake)

Voice from experience
I had a list of people in need of support in my head, so after the tornado hit, I immediately headed to the home of the oldest person who was living alone.
(60s, 2006 Typhoon Shanshan)

Voice from experience
The toilet was the biggest problem for my daughter, who uses a wheelchair. She had a hard time going to the toilet, and I felt that I should have prepared portable toilets.
(60s, September 2000 Heavy Rain in the Tokai Region)

Source: Edited and created based on Cabinet Office, "One Day Before Project", <https://www.bousai.go.jp/kyoiku/keigen/ichinitimae/index.html>



Daily Measures for People Who Need Support

People who need support are less able to move quickly or make quick decisions, so preparing in advance will help for a smoother life after a disaster. Keep the following points in mind while discussing in advance with the person who needs support, their support persons, family doctor, and welfare facility staff, and create an individual evacuation plan. It is also important for people who need support to assist each other.

Knowledge of evacuation

People who need support require more specific knowledge and preparation that takes into account the characteristics of their disability, etc.



Discussing evacuation

It is essential to have discussions not only with the person who needs support, but also with their support persons, neighbors, and medical personnel (page 195).



Safety check and measures

It is essential for people in need of support, who are unable to take immediate action, that their surroundings be maintained in order to protect their lives.



Prepare evacuation supplies

It is necessary to stock up with enough medicines, medical supplies, etc. to last for three days to one week.



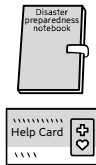
Create an individual evacuation plan

Create an evacuation plan that specifies the necessary medical and welfare care and specifies who will provide support (page 194).



Disaster preparedness notebook, Help Card

Having a disaster preparedness notebook or a Help Card (page 266) that you can carry with you at all times will be useful for life after a disaster.



Interaction with the local community

Proactively create opportunities to interact with your local community on a regular basis to become familiar with as many people as possible.



Participate in disaster preparedness drills

Participating in community and workplace disaster preparedness drills as much as possible will help those around you gain an understanding.

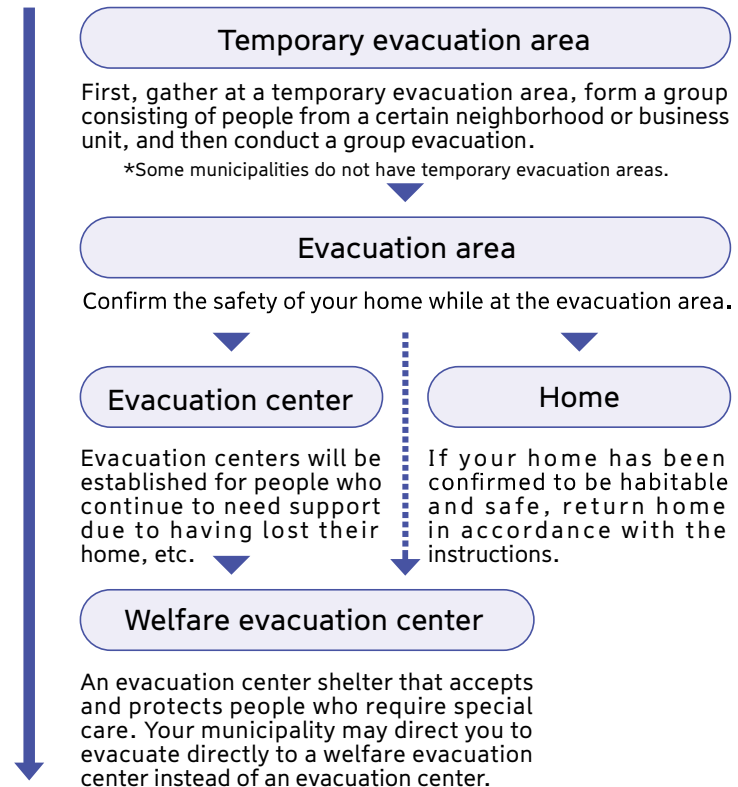


Evacuation Flow Chart for People Who Need Support

Make the decision whether to evacuate based on information provided via your municipality's website, wireless emergency alert system, public broadcast vehicles, etc. Also, decide in advance with your municipality how you will receive information.

Try to Evacuate Early

People who need special care in the event of a disaster will need to begin evacuating at the stage that evacuation information indicates "Evacuation of the elderly, etc."





Creating an Individual Evacuation Plan

An individual evacuation plan is a plan that is created to support the evacuation of a person who cannot evacuate by themselves and requires support to evacuate, such as an elderly person or a person with a disability. In addition to plans created by a municipality, an individual evacuation plan created by the person in question, a relative, or a local organization and is submitted to the municipality can also be treated as individual evacuation plan.

When creating an individual evacuation plan, it is necessary to confirm in advance the location of the evacuation area or evacuation center that the person who needs support will evacuate to, what route from the person's home is the safest to use, whether there are any buildings that may collapse or areas that may have a landslide along the route, and whether it is possible to evacuate to higher ground in the event of a flood, and write these details on an evacuation route map. Also, be sure to consult carefully with the people around you who will provide support.

Points when creating

- Try to use wide roads for your evacuation route, as narrow roads may become impassable due to fallen objects, etc.
- Write down block walls that are considered dangerous, as well as stairs and bridges that should be avoided.
- If possible, prepare several evacuation routes. Also, create an evacuation plan that specifies the necessary medical and welfare care and specifies who will provide support.



Discussing Evacuation

Discuss specific methods

Decide upon the evacuation methods, evacuation routes, communication methods, division of roles, etc. with family, support persons, and workmates.



Share the plan with neighbors

It is essential to have discussions not only with the person who needs support, but also with their support persons, neighbors, and medical personnel.



Considerations for routine treatment

Regularly share information with your family doctor about evacuation methods and responding to an emergency during a disaster.



Rely on relatives and acquaintances outside the disaster area

If it is difficult for an evacuation center or welfare evacuation center to assist you, consider evacuating to a relative or acquaintance's house outside the disaster area.



If a disaster occurs while you are out

If you have difficulty making or receiving contact by yourself, ask your guardian or support person to make contact to confirm your safety. Also, when going out, wear a Help Mark (page 266) or Mark for Expectant Mothers, and also carry a disaster preparedness notebook or Help Card.



Help Mark



Preparations for Managing Health

In a disaster, people's lives and activities may be restricted, their appetite may decrease, and they may become malnourished. Consult a doctor, nurse, or dietician in advance about nutritional balance and easy-to-eat meals.

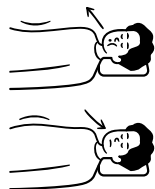
Prevent acute exacerbation of conditions

Physical and mental fatigue caused by the shock of a disaster and sudden change in the environment can cause infections and worsen complications. Consult a doctor immediately if you experience any of the following symptoms in a different manner than usual.

- Sluggishness, severe fatigue, loss of appetite, inability to sleep
- Decreased urine output, swelling
- Palpitations, severe shortness of breath, occasional difficulty breathing
- Fast or irregular heartbeat
- Fever
- Sputum has increased and become colored
- Cold sweat or coldness in the extremities
- Yawning a lot
- Nails and lips have turned purple, etc.



Example of Assistance



In a comfortable position, repeat a pattern of breathing through pursed lips, followed by abdominal breathing.

The support person should spread their hands out to cover the lower ribs.

Put squeezing-like pressure on the person's ribs as they exhale.

It takes practice to master the assisted breathing method described above. It is a good idea to learn it by receiving guidance from a hospital doctor or nurse, or by participating in a respiratory class at a local health and welfare center.



Disaster Preparedness Measures by Group

Elderly people and people with health concerns

Informing not only family members living together and separately, but also neighbors through regular interaction, that there is a person who needs support will be helpful in a disaster. Ensure furniture will not fall over and onto your head in a disaster. Have your bedroom as close to the exit as possible.



Prepare the following items in your emergency bag as necessary

- ◻ Regular medicines (at least 3 days worth)
- ◻ Denture cleaning agent
- ◻ Hearing aid batteries
- ◻ Disposable diapers (quantity needed for a while)
- ◻ Change of clothes (underwear, pants and outerwear)
- ◻ Baby carrier
- ◻ Vinyl sheets (for changing diapers and clothes)
- ◻ Injections (if tube feeding, 5 to 7 days worth)

Points for creating an evacuation plan

- If use of a wheelchair is planned, try actually moving to the evacuation area or evacuation center using the wheelchair. Check to see if there are any obstacles that could hinder evacuation, such as steps, abandoned bicycles, or signs placed on the street, and discuss specific evacuation methods with your local neighborhood association, community association, or your neighbors.
- Set a route that avoids utility poles, buildings, etc. that may fall down in the event of a disaster.
- Leave the map in a visible place, such as near the entrance, so that those who come to the rescue can find it, and also keep a copy in your emergency bag.

Dos and Don'ts at an Evacuation Center

Self

Check whether you can use the toilet by yourself, and if not, ask a member of staff for help. In addition, if the symptoms of dementia become more severe due to changes in the environment, it can be addressed such as by consulting at a consultation desk or first aid station.

Support person

Inform the staff at the reception desk that the person has been certified as requiring long-term care and that they have symptoms of dementia. If they have mobility issues, ask for a place where they can easily go to the toilet.

Visually impaired persons

If the surrounding environment has changed significantly after a disaster, it may become difficult to move around alone. Participate in local disaster preparedness drills with your neighbors on a regular basis and discuss supporting each other in a disaster. Decide on a meeting place with your family that is easy to find.



Prepare the following items in your emergency bag as necessary

- Spares of special lenses, etc.
- Work gloves
- White cane (foldable type)
- Vision explanation card (people with weak vision)
- Braille board
- Food and care items for your guide dog

Points for creating an evacuation plan

- There are two types of maps for persons with severe visual impairments to use to walk: mental maps that are memorized and tactile maps that can be felt with the hands.
- Evacuation areas and evacuation routes should be decided by walking along several routes with someone who can see and have them convey information.

Dos and Don'ts at an Evacuation Center

Self

Seek the necessary support, such as a guide who can tell you about toilets, entrances and exits, changes in conditions, and information about the distribution of food and relief supplies. Be placed in an area that has handrails and is easy to move around.

Support person

It can be difficult to move around in a crowded space, so guide the person to a place where it is easy to move around. Also, when calling out to someone, do not grab their arm directly from behind.

Hearing impaired persons

If using the phone to contact people is difficult, it is important to decide on alternative contact methods. Also, maintain relationships with your neighbors so they can provide you with information that is broadcast on the TV, radio, wireless emergency alert system, etc. in a disaster.



Prepare the following items in your emergency bag as necessary

- Hearing aid batteries
- Written communication tools
- Device that can receive text information
- Portable TV (with subtitle display)
- Armband showing the Mark for the Hearing Impaired
- Food and care items for your hearing dog

Points for creating an evacuation plan

- Use wide roads for your evacuation route, as narrow roads may become impassable due to collapsed buildings, etc.

Dos and Don'ts at an Evacuation Center

Self

Inform staff of your hearing impairment when checking in. Wear an armband showing the Mark for the Hearing Impaired or a sign that indicates that you require interpretation into sign language.

Support person

Write down information about changes in the situation, the distribution of food and relief supplies, etc. Sign language is the preferred method of communication, but there are other ways to convey information, such as gestures and written communication. Written communication can also be done using a smartphone or using a finger to write on your palm.

Persons with a physical disability or intractable disease

If you require medical care, check in at the evacuation center and then go to a first aid station and consult about your condition. Also, decide how you will communicate with your regular medical institution. If you are using medical equipment at home, make sure to set it up so that it will not fall over in an earthquake.



Prepare the following items in your emergency bag as necessary

- Regular medicines (at least 3 days worth)
- Disposable diapers (quantity needed for a while)
- Change of clothes (underwear, pants and outerwear)
- Baby carrier
- Vinyl sheets (for changing diapers and clothes)
- Temperature control items (for those who have difficulty regulating body temperature)

Points for creating an evacuation plan

- If the use of a wheelchair is planned, check to see if there are any objects along the evacuation route that could become obstructions, and discuss specific evacuation methods with the people at your local neighborhood association or community association.

Dos and Don'ts at an Evacuation Center

Self

After checking in, go to the first aid station and inform them about your condition and the medical care you need. Also, check to see whether you can use the toilet provided at the evacuation center, and if not, consult with the staff.

Support person

Prepare a bed and chair that suits the person's body functions. In addition, if they have difficulty regulating their body temperature, guide them to a space with heating and cooling equipment.

Persons with an intellectual disability

Decide on a meeting place and what to do in case a disaster occurs while the person is out alone, or if they become separated from their family or support person during evacuation. It is also important to remind the person on a daily basis that they can ask for help from those around them if they are in trouble.

Prepare the following items in your emergency bag as necessary

- Items needed when taking medication (e.g. wafer to assist swallowing)
- Food that the person can eat

Points for creating an evacuation plan

- Use wide roads for your evacuation route, as narrow roads may become impassable due to collapsed buildings, etc.

Dos and Don'ts at an Evacuation Center

Self

Your days and nights may become reversed and you may become agitated due to being unaccustomed to living in an evacuation center, so consult with the first aid station if necessary. Ask to be able to live in the same area as an acquaintance or friend.

Support person

If the person is unable to show their disability certificate at the reception desk by themselves, help the person search in their belongings to see if there is anything to prove their identity. Describe how to live in the evacuation center using pictures or short sentences.

Persons with a mental disability

Regularly consult with your doctor about your illness and medications, and always carry your medication notebook with you. During a disaster, you may become more anxious and your symptoms may worsen, making it difficult to live in an evacuation center. Discuss how to address this with their doctor in advance.

Prepare the following items in your emergency bag as necessary

- Regular medicines (at least 3 days worth)
- Additional medicines (prepare after consulting with your family doctor)

Points for creating an evacuation plan

- Check with your regular support person about support you may require and who to consult with if your condition worsens.

Dos and Don'ts at an Evacuation Center

Self

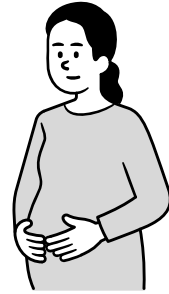
Be sure to remember to take your medication every day. If you receive an emergency prescription that is different from the medicine you usually take, consult with the doctor or pharmacist immediately and ask for an explanation. If psychiatric symptoms appear, take measures such as consulting with a first aid station.

Support person

If the person's condition remains unstable, their symptoms may worsen. Consult so you can be connected to professional support as soon as possible.

Pregnant women

During pregnancy, your physical and mental state may change significantly depending on how advanced your pregnancy is and the surrounding environment. If you are concerned about evacuating, let the people around you know. Even in the early stages of pregnancy, always wear the Mark for Expectant Mothers so that people can recognize that you are pregnant.



Prepare the following items in your emergency bag as necessary

- Maternity record book, health insurance card, hospital registration cards
- Water and food (items that provide nutrition)
- Food (for people with dietary restrictions due to gestational hypertension, gestational diabetes, etc.)
- Items in preparation for giving birth (in the third trimester, from around 28 weeks)

Points for creating an evacuation plan

- Use wide roads for your evacuation route, as narrow roads may become impassable due to collapsed buildings, etc.

Dos and Don'ts at an Evacuation Center

Self

Inform the reception at the evacuation center that you are pregnant. Carry the Mark for Expectant Mothers with you so that people around you know that you are pregnant.

Support person

Guide her to a place that is close to the toilet and distribution area. Prepare a private room or a space where she can lie down, and create an environment that is temperature controlled, clean, well-ventilated, and free from smoking.

Persons with an infant or young child

Discuss with your family and people around you about how to evacuate with your child. If your child attends a childcare facility, etc., discuss with the facility how to contact and hand over the child in the event of a disaster. Make sure that furniture and objects will not fall around the baby's crib.



Prepare the following items in your emergency bag as necessary

- Maternity record book, health insurance card, hospital registration cards
- Powdered milk, infant milk, baby bottles, disinfectant (even if the baby normally drinks breast milk)
- Baby food, snacks, drinks
- Allergy prevention products

Points for creating an evacuation plan

- Use wide roads for your evacuation route, as narrow roads may become impassable due to collapsed buildings, etc.

Dos and Don'ts at an Evacuation Center

Self

Inform the reception of the number of children and their ages. Check the areas for nursing, changing diapers, playing, etc. Inform the reception if your child has any allergies.

Support person

If there are several households that have children, placing them together will improve their convenience, such as ensuring peace of mind and receiving supplies. Be careful not to put any mental burden on children by making them feel guilty or avoiding them when they make noise or cry.

People with language difficulties

To assist foreigners and others who may not be able to communicate smoothly and express their wishes, create a help card in advance and organize the necessary matters. Also, if you have halal or other dietary requirements due to your religion, prepare food that suits your needs.



Prepare the following items in your emergency bag as necessary

- Help card for foreigners that describes the details of support
- Language card, emergency contact card
- Map in the person's language
- Hazard map in the person's language
- Food suitable for the person's culture

Points for creating an evacuation plan

- Check maps written in other languages against a Japanese map.

Dos and Don'ts at an Evacuation Center

Self

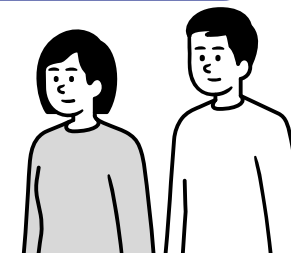
Inform the reception about how much Japanese you can understand. You may be unable to eat the cooked meals or boxed lunches that are provided due to your religion, so you will need to devise options.

Support person

Carefully communicate information such as meal times, when relief supplies will arrive, and how much will be distributed. Distribute translated information and go around the evacuation center with an interpreter.

Persons with concerns about ensuring privacy

Receiving support from friends in the same situation will provide peace of mind, so be sure to check your means of communication. Also carry at least 3 days worth of items and medicines that you need on a daily basis.



Prepare the following items in your emergency bag as necessary

- Regular medicines (at least 3 days worth)
- Sanitary products, underwear, shaver (in case it is difficult to receive supplies)

Points to consider when thinking about evacuation

- Considering that it may be difficult to live in an evacuation center, prepare a place to evacuate, such as a relative or acquaintance's house.
- You may need to provide your real name if your partner or friend inquires about you being missing. Give your name to someone you trust.

Dos and Don'ts at an Evacuation Center

Self

It may be difficult to use the toilets, bathing facilities, and changing rooms for men or women, so some evacuation centers will also have universal facilities. Set up a time slot for when each person can use them alone.

Support person

Consult with the staff regarding how to receive supplies that are based on gender, and devise a way for them to receive it individually. Do not inform others that the person belongs to a sexual minority without the person's consent.