

Be Ready
Every Day.



Let's start today.

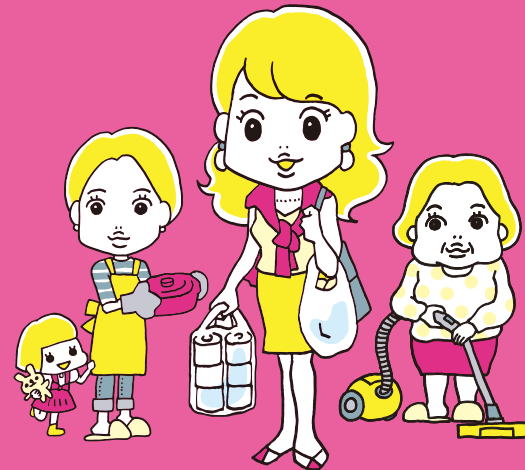
 TOKYO METROPOLITAN GOVERNMENT

Disaster Readiness Guide

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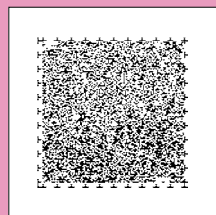
Prepare Yourself and
Your Family



Uni-Voice Audio Code

Prepare yourself and your family.

This book has a Uni-Voice audio code printed on the bottom right of every other page. Use the Uni-Voice smartphone app or other readers to listen to the contents.



Introduction

What's the main purpose of preparing for a disaster? It's to save lives. Are you taking action in preparation for a major earthquake? As a survey conducted by the Tokyo Metropolitan Government shows, there may be those of you who are not taking measures because you aren't sure what specific measures to take.

Disaster Readiness Guide: Prepare Yourself and Your Family was created to help you start preparing now.

The purpose of this book is to show you how you can prepare for disasters in your everyday life. By being a bit creative and adding some small ideas, disaster preparedness becomes a part of your life.

In order to protect lives and survive in the event of a disaster, turn the pages of this book and take the first step in disaster readiness today.

What's your perception of "disaster preparedness"?



Reasons for not taking disaster preparedness measures

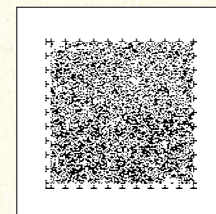
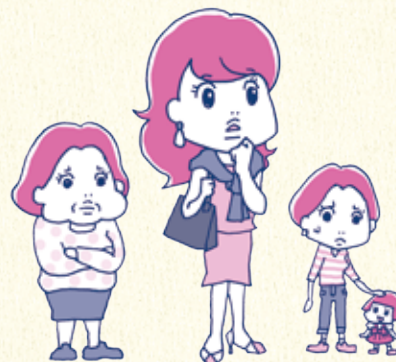
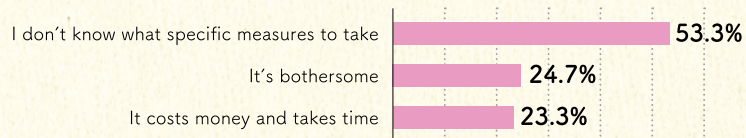


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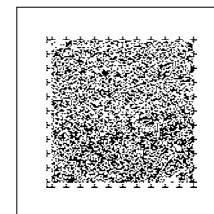


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Character Introduction



Me (Age 26)

Born and raised in Tokyo.
Living happily alone with my cat.
Dating a nice guy.
I live for the day and am totally unprepared
for a disaster.

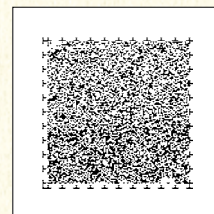
Big Sister (Age 33)

Mother of a four-year-old girl.
She has always been conscious of
disaster preparedness,
but now that she's a mother,
her tendency to worry has intensified.



Mother (Age 62)

With her daughters no longer living at home,
it's just her and her husband, a retired teacher.
She's a former nursery teacher
who likes looking after others.
When she thinks about
what might happen,
she worries about her daughters.



Disaster Preparedness in Daily Life

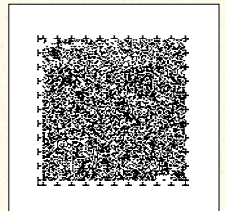
15

Things You Can Do Now

Just a small bit of effort in your daily life
will be a huge help during a disaster.
These are some things you can start doing now.



BOUSAI
LIFE
TOKYO



* "Bousai" is Japanese for "disaster preparedness"

When you go out,
check emergency exits
in buildings

(→ P. 20 for details)



01

04

Put away knives immediately
after using

(→ P. 35 for details)



02

Close the curtains
before going
to sleep

(→ P. 30 for details)



05

Lie down
and search for hazards

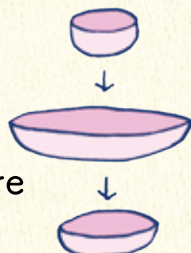
(→ P. 28 for details)



03

Change the way
you stack tableware

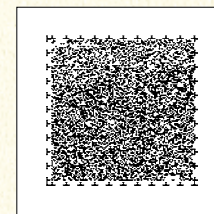
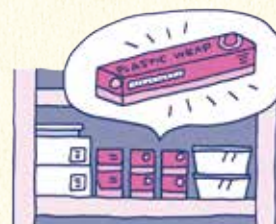
(→ P. 35 for details)



06

Stockpile daily necessities

(→ P. 47 for details)





07

Use the restroom
when you can

(→ P. 52 for details)

Stock up on
sanitary items

(→ P. 52 for details)



08

09

Decide on a meeting place
for when a disaster occurs

(→ P. 68 for details)



10

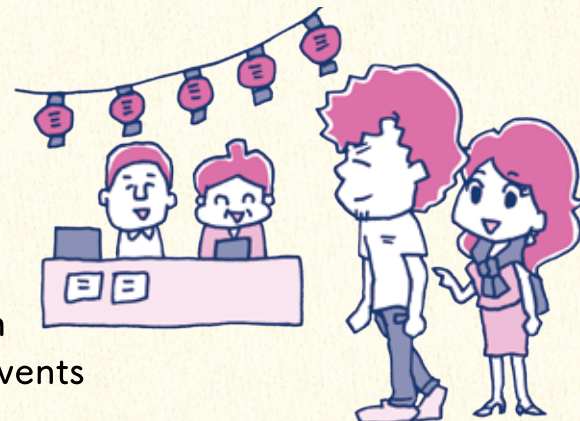
Teach your child
how to use a pay phone

(→ P. 77 for details)

11

Participate in
community events

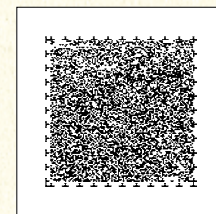
(→ P. 69 for details)



Find somebody
who can take care of
your pet in the event
of a disaster

(→ P. 155 for details)

12



13



Always replenish
your diaper bag

(→ P. 78 for details)

14



Carry sweet snacks
like chocolate or
caramels in your bag

(→ P. 107 for details)

15

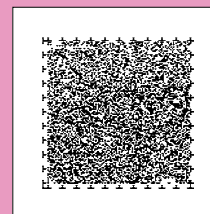
Read *Disaster Readiness Guide:
Prepare Yourself and Your Family*



Chapter One

Let's Start Preparing Today

Revise your daily life, just a little bit.
Take it easy and do it at your own pace.
The following are things you can do
little by little in your everyday life.



This book has a Uni-Voice audio code printed on the bottom
right of every other page. Use the Uni-Voice smartphone
app or other readers to listen to the contents.

When going out

Imagine the dangers here if an earthquake hits now...

Dangers lurk in the part of town you're visiting or your regular route to school or work, with objects that can tip over or fall from strong tremors.

Try imaging what risks could occur if a strong earthquake hits now.

This small habit could save your life during a disaster.

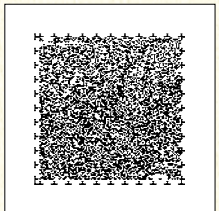


SURVIVOR ACCOUNT

Walls next to me collapsed and several streets were blocked. (40s)
(2016 Kumamoto Earthquake)

SURVIVOR ACCOUNT

The roads were cracked and buckled. The city's transformation was terrifying. (70s)(2016 Kumamoto Earthquake)



⌚ Do right now

Three things to be aware of:

- Objects that could topple over or fall on you
- Places to take cover if needed
- Evacuation routes

Be aware of your surroundings when you go out. Make note of objects that could topple over or fall, and where to take cover. Check the location of emergency exits and stairs, wide streets, and other routes that could be used to escape.

Doors to places you normally visit alone, such as restrooms, could also become jammed or blocked. Letting family and friends know where you are going ahead of time leads to better disaster readiness.

《 Things to be aware of outdoors 》

Old buildings and wooden houses could collapse.

Broken glass and signs could fall.

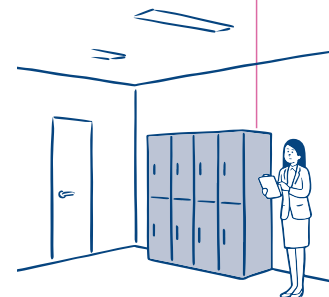
Utility poles, block walls, and vending machines could topple over.



At commercial facilities, large glass doors could break and decorative objects fixed to the ceiling could fall down.



At your workplace or gym, lockers could topple over and block the exit.

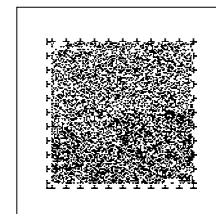
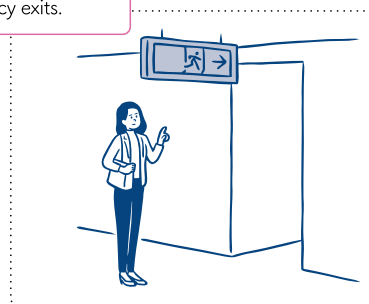


《 Things to be aware of indoors 》

At restaurants, objects could fall and tableware could come flying out of cabinets.



Always check the location of emergency exits.





Incorporate into your daily life

Naturally incorporate peace of mind into your everyday style

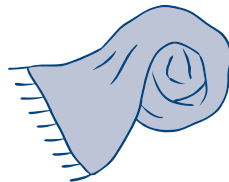
Wearing nonrevealing clothing and comfortable shoes, and selecting a bag that frees up your hands complete a look that contributes to greater safety when you go out.

Though it may be difficult to incorporate every aspect of this look, seek ways to incorporate at least one.



Flat shoes

Choose shoes that will allow you to comfortably go down multiple flights of stairs and walk long hours when a disaster strikes. If that's not possible every day, consider leaving a pair of sneakers at the office.



Large shawl

Highly versatile in times of disaster, a shawl can protect you from dust when evacuating, and can even be used as a mask, bandage, sunshade, blanket, or in place of a partition at evacuation centers.



Backpacks and shoulder bags

A bag that leaves your hands free to move will make it easier for you to ensure your safety. Eco-friendly bags, which can be compactly folded and carried with you, are also recommended.

Essential items for expectant mothers

Always carrying your maternity mark tag and Maternal and Child Health Handbook with you while you are pregnant will give you greater peace of mind.



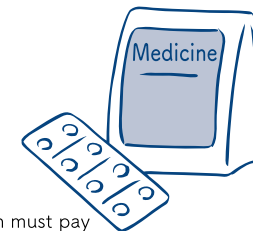
Maternity Mark

Have your maternity mark ready to display even if you do not normally use it.



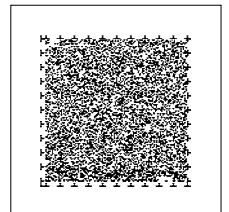
Maternal and Child Health Handbook

Even in the event it is not possible to see your usual doctor when a disaster strikes, the handbook will accurately inform other medical institutions about the progression of your pregnancy. You can also carry photocopies of the pages that have been filled in or use a Maternal and Child Health Handbook smartphone app to store your data.



Medications

Later on in pregnancy, women must pay close attention to any abdominal tightness or cramps. If you have been prescribed medication for any condition, you should always carry it with you since you may not be able to return home for some time following a disaster.



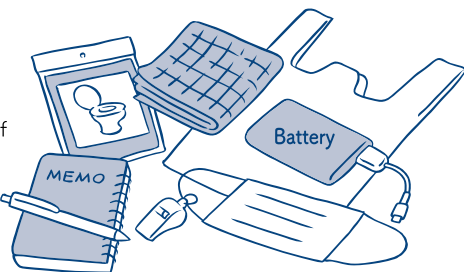
Plan ahead

Imagine what a disaster would be like and choose useful items to have on hand

Think of items you would like to carry in preparation for a disaster. Picture specific difficulties you might encounter when a disaster strikes, such as not being able to contact family and friends and being trapped in an elevator, and choose the items that are right for you. Put the items into the bag you use every day for easy access.

Examples of useful items

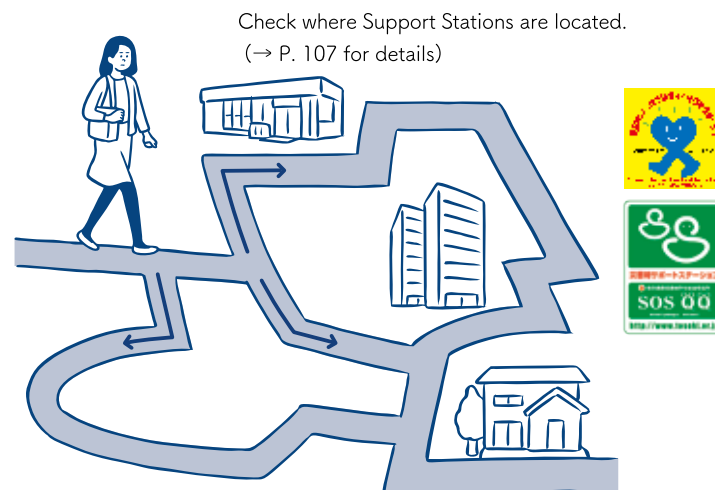
- Cell phone charger
- ID
- Writing utensils, a memo pad
- Family picture
- Mask
- Bandages
- Eye drops
- Plastic bag
- Pocket warmer or cooling towel
- Emergency toilet supplies
- Safety alarm or whistle
- Flashlight
- Wet wipes
- Body wipes
- Sanitary products
- A large handkerchief
- Hair accessories (pins & hair bands)
- Snacks, candy, etc.
- Jelly-type drink



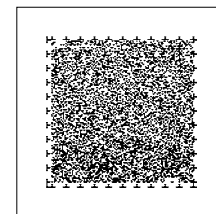
Simulate walking home

If transportation shuts down when a disaster strikes, as a general rule, you should avoid undue movement around the city. However, once things have settled down, walking home is also an option. Conducting simulations in advance, such as seeing how far you can walk at a time, will also be helpful in determining whether to walk home or not following a disaster.

《 Points to include in your simulation 》



Since dangerous conditions may cause some streets to become impassable, plan multiple routes.



When you go to sleep

A safe bedroom can help you stay alive

When we're asleep, we are all very vulnerable. We can't dodge falling objects or quickly escape. Understanding potential dangers in the bedroom, a place where we spend a good portion of each day in a vulnerable state, and eliminating those worries beforehand are key to surviving a disaster.

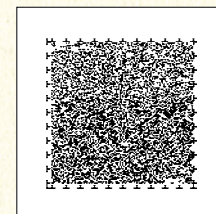


SURVIVOR ACCOUNT

Things were scattered all around where I slept. This caused me to step on a shard of glass and injure myself when evacuating. (40s)
(1995 Great Hanshin-Awaji Earthquake)

SURVIVOR ACCOUNT

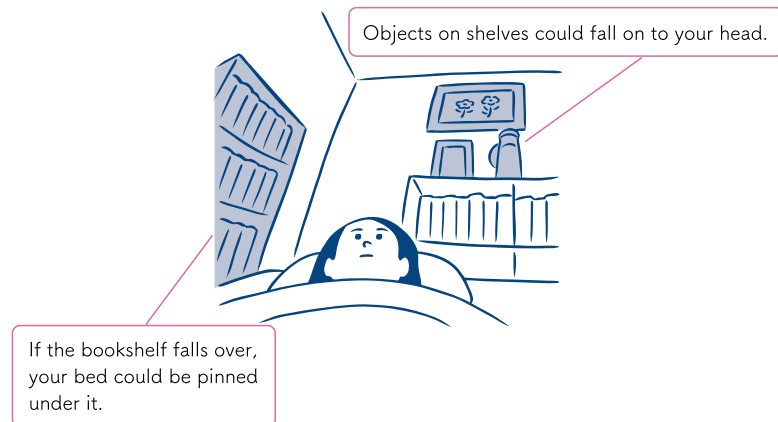
We lost power right after the earthquake, and in the darkness, I heard the sound of things falling and my house creaking. It was terrifying. (50s)
(2016 Kumamoto Earthquake)



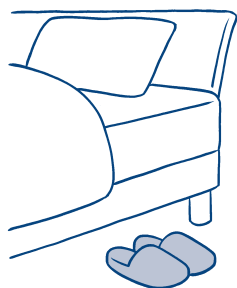
⌚ Do right now

Lie down where you normally sleep and look for dangers

Think about how the shaking of an earthquake could cause interior furnishings and accents to tip over and fall, and check to see if there are any areas to be concerned about.



Walking around barefoot in a room where things are scattered about could lead to injury

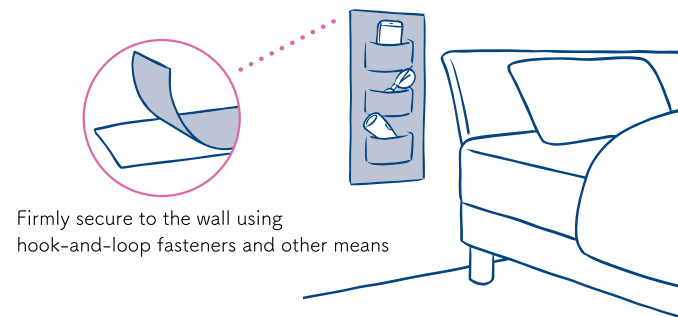


Feel more secure just by placing thick-soled slippers or shoes that you seldom wear near where you sleep.

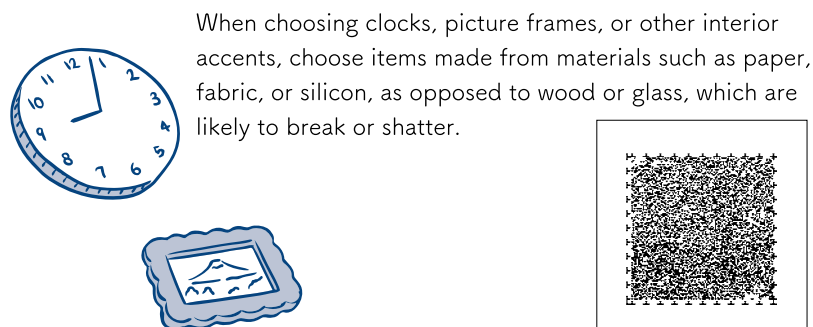
🏠 Incorporate into your daily life

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

Always put the essential items that support your needs next to your bed. If items are not secured, however, the shaking of an earthquake could send them flying into the air. Devise a method to secure the items such as placing them on an anti-slip sheet or inside hanging storage pockets fixed to the wall.



Choose room accessories made from materials unlikely to shatter



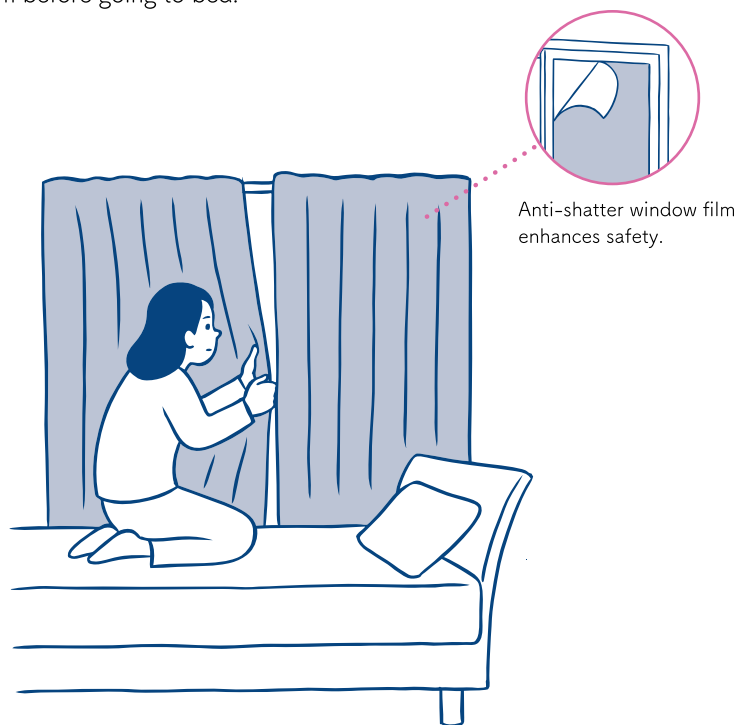
Plan ahead

Apply anti-shatter film to windows

Place your bed or futon as far away from windows as possible.

If your bed or futon must be near a window, make sure to apply anti-shatter film.

Closing the curtains is also effective in preventing shattered glass from flying through a room. Make it a habit to close the curtains in every room before going to bed.

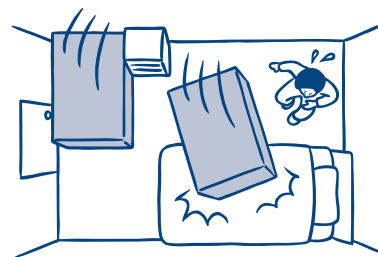


Prevent furniture from toppling over on to your bed or futon

While it would be ideal to sleep in a room void of any items that could topple over, that may not be realistic.

In positioning furnishings, take care to ensure furniture will not topple over on to where you sleep, items will not fall down, and objects will not shift and topple over, blocking your exit.

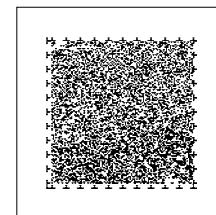
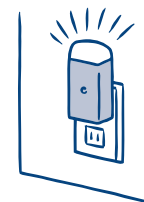
Once the room has been arranged, it is time to consider measures to keep furnishings firmly in place. (→ P. 39 for details)



Secure back-up lighting for a disaster that occurs at night

Flashlights and night-lights that automatically turn on when a power outage is detected are useful. Rechargeable lights that stay plugged into electrical sockets or battery-powered lights are available. Place them in every room, as well as in hallways, for greater peace of mind.

If you don't have automatic back-up lights, be sure to put a flashlight where you can easily locate it during a quake, even in the dark. Hands-free lights, such as headlights, are also handy.



Tidying up

Your cleaning routine makes your home safer

Ridding rooms of unnecessary items, cleaning up when things get cluttered—such ordinary actions actually enhance safety inside your home.

You can start little by little.

Your regular cleaning routine is the first step to protecting yourself from dangers.

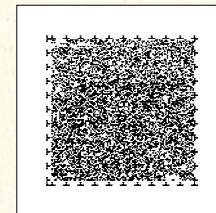


SURVIVOR ACCOUNT

My door was blocked by furniture that shifted and couldn't be opened. (40s)
(2011 Great East Japan Earthquake)

SURVIVOR ACCOUNT

My TV was tossed about and the drawers flew out of my dresser. (70s)
(2016 Kumamoto Earthquake)

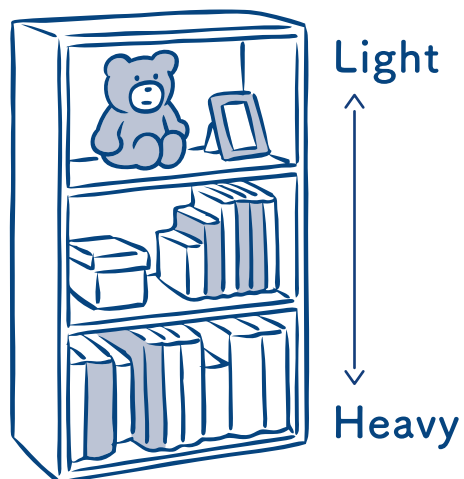


🕒 Do right now

Ensure safety by keeping your home tidy and organized

Declutter and organize your home on a regular basis, leaving out only the items you need.

Keep objects in rooms and hallways to a minimum to create spaces and escape routes that function safely even in the event of an earthquake.

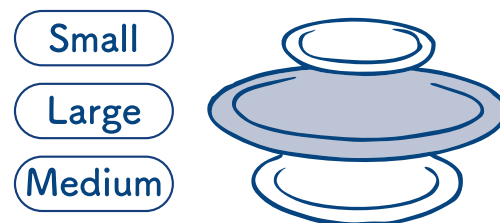


Place heavier items on bottom shelves, light items on upper shelves

Just rearranging shelves to ensure they are not top-heavy is an earthquake-smart storage method. Place heavy, hard, and fragile objects on the bottom shelf, and items that are light and won't hurt if they fall on to you on upper shelves.

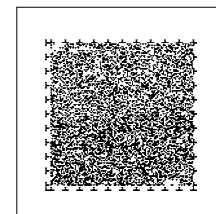
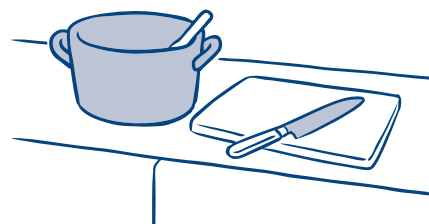
Easy stacking technique prevents tableware from falling

Don't pile dishes too high. To create a stable, shake-resistant pile, stack large plates on top of medium plates and place small plates on the top.



Leaving cooking utensils out is actually dangerous!

Cooking utensils such as knives and heavy pans can fall down or fly into the air, causing serious injuries. Put away utensils as soon as you finish using them.



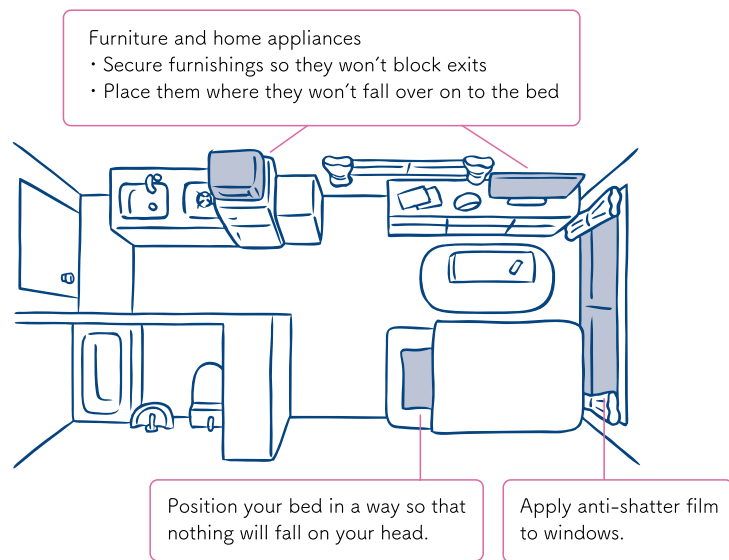


Incorporate into your daily life

Creating a safe home based on your lifestyle

Once you've tidied up, it's time to check the layout.

In addition to securing an exit, there are other points you should consider based on the room's purpose and your lifestyle.



《 Studio apartments 》

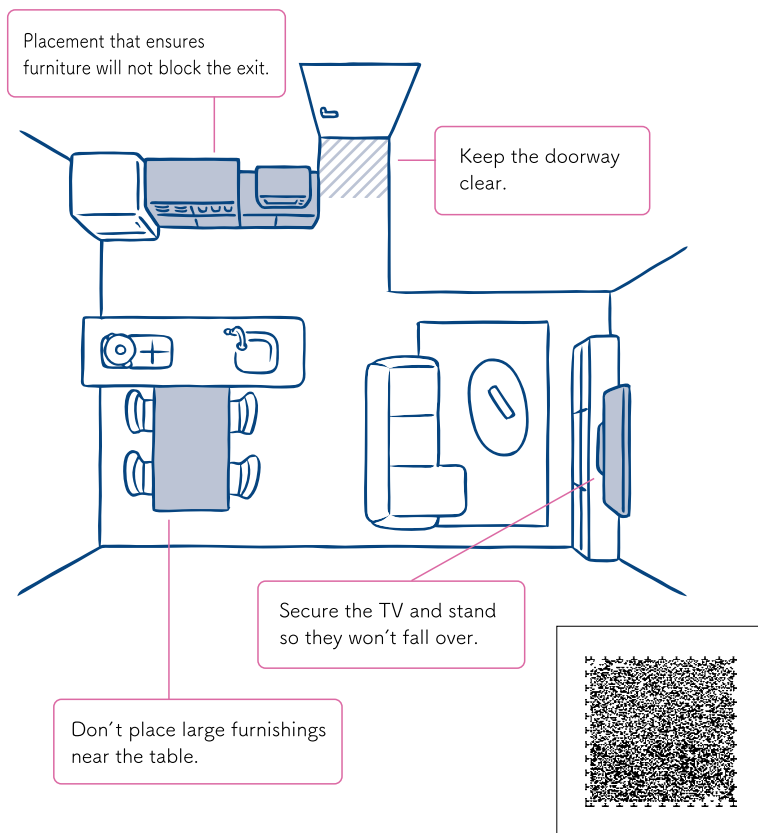
Since the limited space of studio apartments can easily become full of objects, including furniture and home appliances, prioritize and position the items you need accordingly.

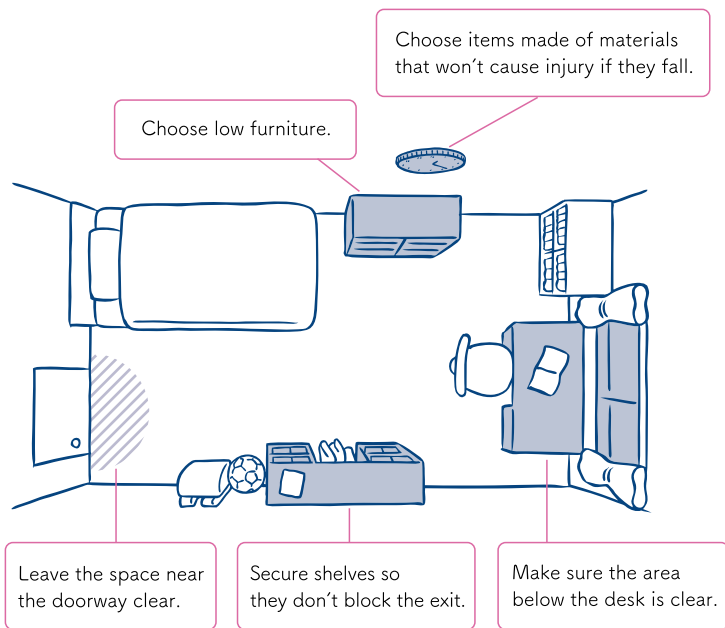
By carefully arranging furnishings and appliances, you can be safe.

Living room Dining room Kitchen

In the living and dining area where your family gathers, arrange cupboards and large pieces of furniture and home appliances so they won't fall over near the table.

Be careful where you set down your shopping bags and other items to ensure you can easily make it to the hallway.





《 Children's rooms 》

There are many potential dangers in your child's room where items easily accumulate. It's important to secure a place for your child to take cover, so don't put things under their desk. Confirm dangers with your child and secure items such as furniture to prevent them from falling and blocking the exit. Selecting wall clocks, lighting, and picture frames made of materials such as paper and fabric, which are unlikely to cause injury even if they fall, will give you peace of mind.



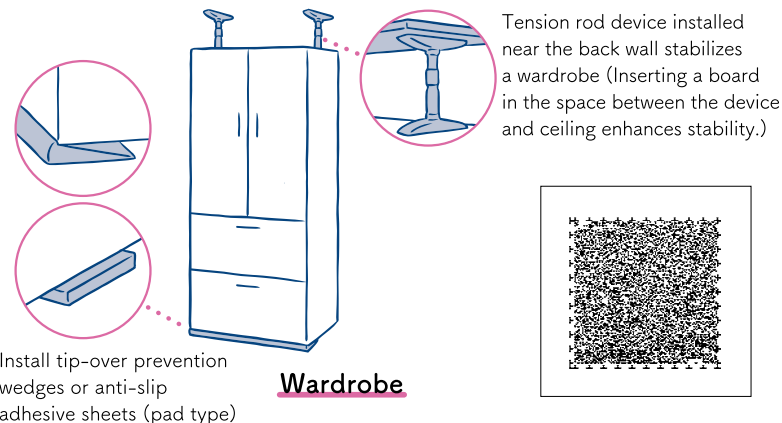
Plan ahead

Measures to stabilize furniture and home appliances for an earthquake can be done along with your "spring cleaning"

Measures to prepare your home for an earthquake that seem daunting include stabilizing furniture and appliances. Spring cleaning is a great time to make your home safer. Put down anti-slip sheets as you clean shelves. Stabilize furniture and appliances while you vacuum the floor. Start preparing your home by being conscious of earthquake safety while you do a thorough house cleaning.

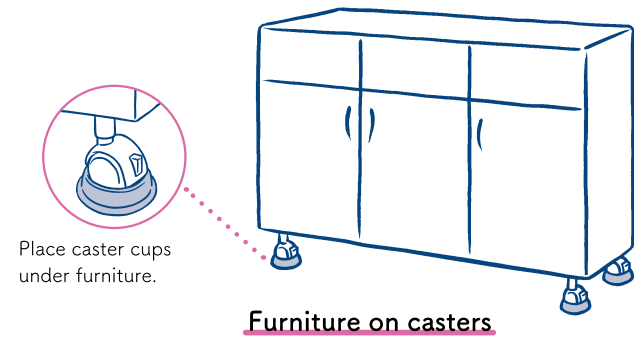
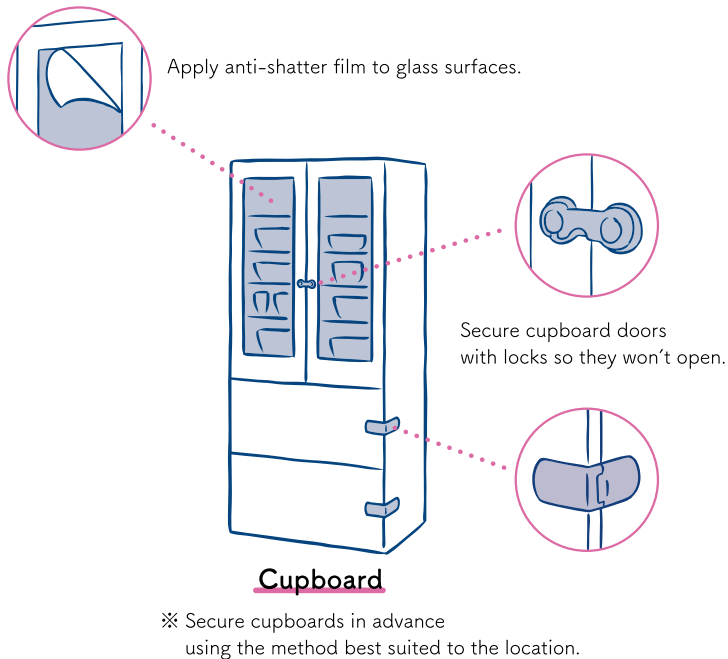
Secure furniture and appliances from tipping over and sliding without making holes in the wall

Although using screws to secure furniture and appliances is most effective, if making holes in the wall is not an option, installing tension rods in the space between the furnishing/appliance and the ceiling would be effective to a certain extent. Using a combination of two or more tip-over prevention methods will boost effectiveness.



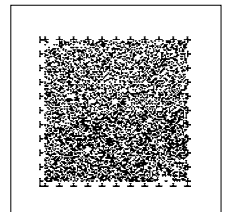
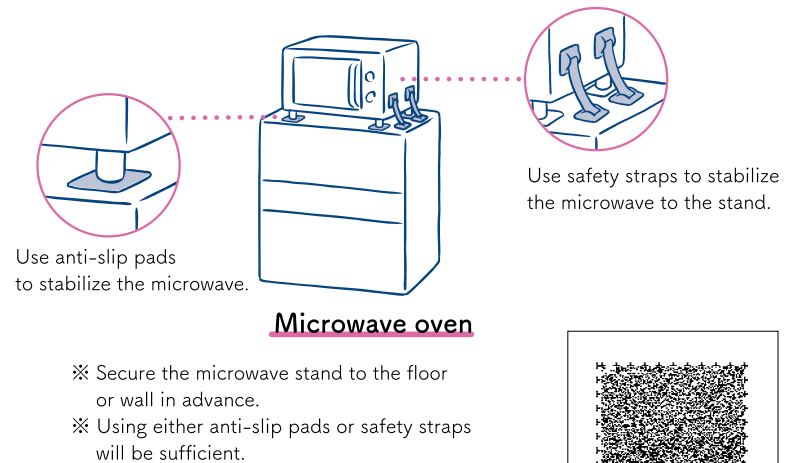
Prevent injuries and also save yourself the trouble of cleaning up

It's necessary to devise ways to keep items placed on top of shelves that can't be put away, such as microwave ovens, from falling. To prevent tableware from flying out of the cupboard and breaking, install cabinet locks to prevent the doors from opening on their own and apply anti-shatter film to glass. These measures will not only prevent injuries, but also save you the trouble of cleaning up after an earthquake.



Use caster cups to prevent furniture and appliances on casters from moving

Be aware that furniture and appliances on casters are easily put into motion by the shaking of an earthquake. When you're not moving furnishings, lock the casters and set them on caster cups.



Measures to prevent electrical fires

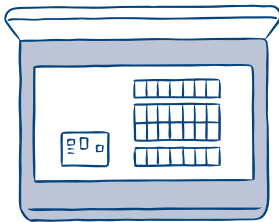
Install an earthquake-tripped circuit breaker

It is said that a majority of fires triggered by earthquakes are electricity-related, occurring when shaking causes electrical appliances to catch fire or when power is restored following an outage. One method of preventing such fires is to install an earthquake-tripped circuit breaker, which shuts down the power when it detects strong shaking.

However, some devices will shut off all electricity at the same time an earthquake occurs. If an earthquake occurs at night, you may be forced to evacuate in complete darkness. Prepare lights that automatically switch on when the power goes out or flashlights.

If you have medical equipment, it's crucial to have extra batteries in case of a blackout. Know and fully understand the features of each product and what to be aware of.

Types of earthquake-tripped circuit breakers

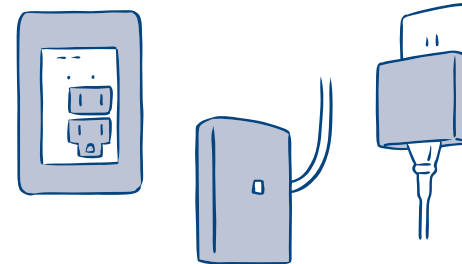
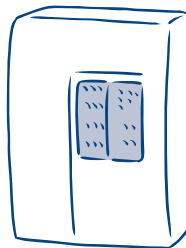


Distribution switchboard type (built-in)

When the built-in sensor detects strong shaking, it shuts off the breaker and flow of electricity after a certain amount of time has passed (about three minutes).

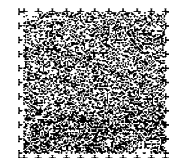
Distribution switchboard type (external device)

This type is fitted with an external device that carries out the seismic functions. When the sensor detects strong shaking, it shuts off the breaker and flow of electricity after a certain amount of time has passed (about three minutes).



Electrical socket types

Built-in sensors detect shaking and cut off electricity to that outlet. The flow of electricity to outlets that are not equipped will not be stopped.



When shopping

Buy a little more than you need before you run out of an item. Just doing so will help you stockpile necessities.

Before running out of the food and essentials you use on a daily basis, buy a little extra and stockpile. Maintaining this cycle will help you establish a more prepared lifestyle, which will be to your advantage in an emergency. Just by slightly changing the way you shop, you can easily prepare for a disaster.

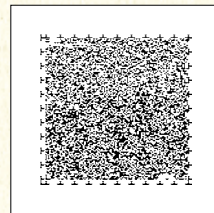
SURVIVOR ACCOUNT

For two to three days after the earthquake, I had a difficult time because hardly any drinking water or food could be found at any of the convenience stores. (60s)
(2016 Kumamoto Earthquake)



SURVIVOR ACCOUNT

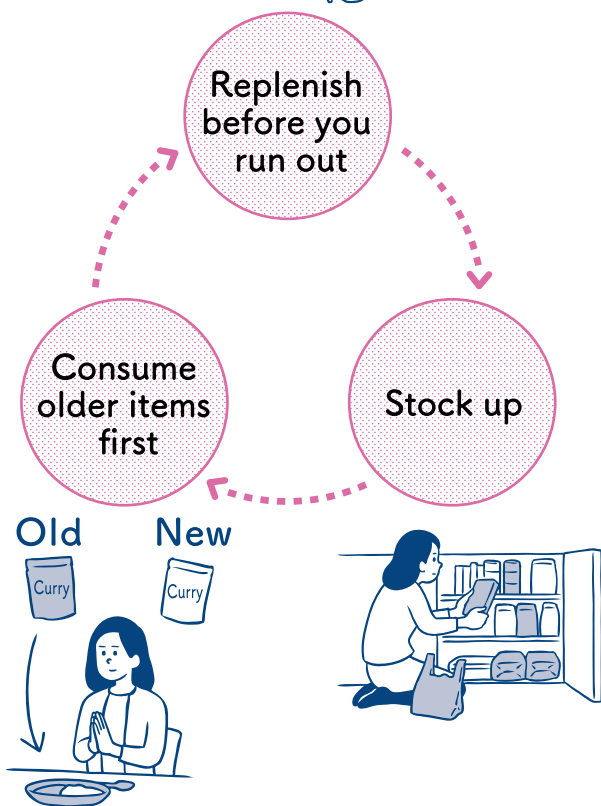
Some people even lined up overnight at supermarkets to get their hands on what few items were available. (30s)
(2011 Great East Japan Earthquake)





Daily stockpiling at home

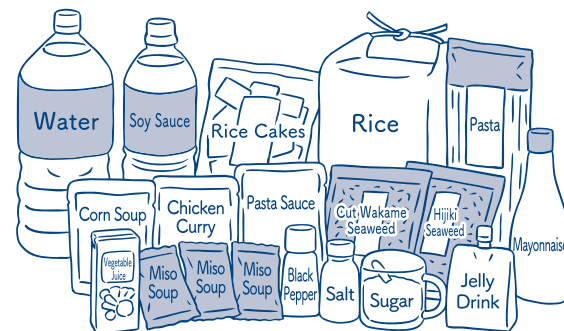
“Daily stockpiling” refers to buying a little bit more of what you normally use to create an emergency stockpile. It’s not necessary to prepare anything special, so you can begin right away.



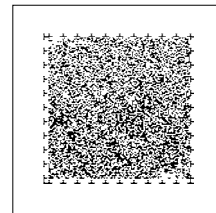
The three types of “daily stockpiles”

Following a disaster, distribution will come to a halt and store shelves may even become empty for a while. It’s important for you to consider what you need and then prepare those items so you don’t have trouble when a disaster strikes.

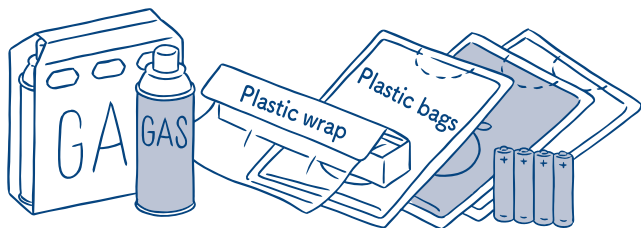
1 (Food and Drink)



Buy a little extra of the foods you’re accustomed to and like, and stock these foods at home. Eat items with short expiration dates first and then replenish what you have eaten. First aim to stock three days’ worth of food, then a week’s worth, and then try stocking enough for even longer periods. Be careful not to stock too much or waste uneaten food.



2 ((Daily items))



Items such as plastic wrap, plastic bags (also prepare high-density polyethylene bags), and garbage bags (black colored bags are also handy) have a variety of uses in evacuation life and will be very valuable in an emergency.

3 ((Personal hygiene products))



Buy an extra pack of toilet paper or tissues when these products are on sale. Items such as wet wipes, soap, hand disinfectant spray, and sanitary pads would also be useful.

Buy more of the products that work for you

During evacuation life, it will be hard to get items such as medicine, the right cosmetics for your skin type, and vitamin supplements.

If there are specific items that you can't do without, make sure to stock extra.

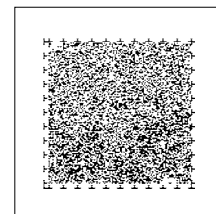
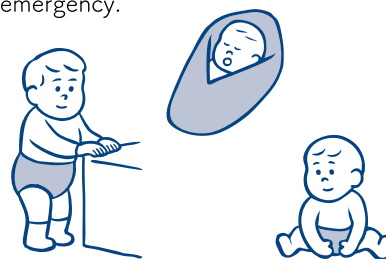


Regular delivery service options are helpful for pregnant women and the elderly

You can also schedule regular deliveries of heavy items such as rice and bottled water. This option achieves two goals at once as it also helps to keep you from forgetting to buy an item.

It's important to stock baby products and the items that you currently use

Having the items you use on a daily basis, including your baby's diapers, undergarments, and baby food, already prepared, will also be valuable in an emergency.



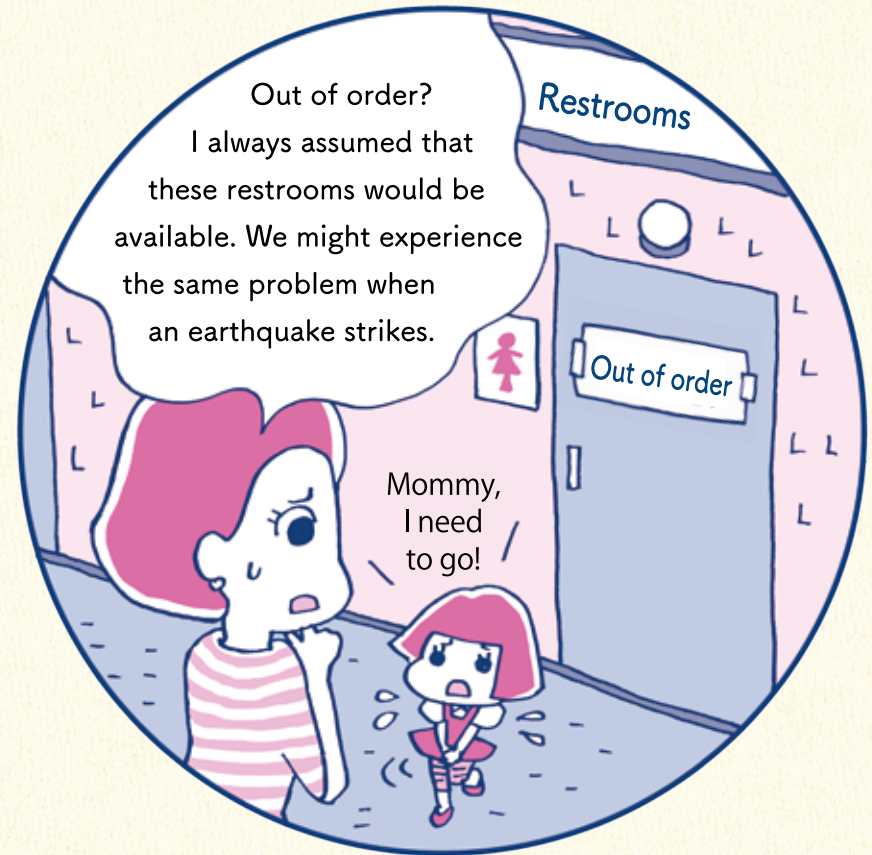
In the restroom

Even if toilets are not functioning, your body can't wait forever

The restrooms we use are usually clean and comfortable. But what if restrooms become unusable for a long period of time due to power and water outages, or broken sewer lines caused by a major earthquake? It is necessary to prepare for what could happen to the toilets we always expect to be functioning at home or in town.

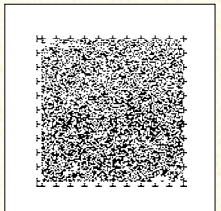
SURVIVOR ACCOUNT

Garbage bags for diapers with odor control came in very handy. I shudder at the thought of not having them to dispose of the trash that continued to accumulate. (30s)(2011 Great East Japan Earthquake)



SURVIVOR ACCOUNT

The line for the restrooms was terribly long. I had to relieve myself using the adult diapers that were handed out. (40s) (2016 Kumamoto Earthquake)





Use the restroom when you can

It may become difficult to access a restroom immediately following a disaster. Get into the practice of going to the restroom as often as you can.

Stock up on extra sanitary products

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.



Preparing for other female concerns

Stocking up on feminine cleansing wipes and cotton cleansing pads will help suppress any discomfort. Another alternative is to use a portable bidet filled with purified water to dampen hygienic paper.



Three methods of preparing for unpleasant odors when a disaster strikes

Following a disaster, you may be troubled by foul odors from sources such as non-functioning toilet facilities. You can reduce stress if you make firm preparations for odor control. Materials such as saw dust and pet litter are also effective in eliminating odors. (Do not flush materials such as pet litter down the toilet.)

Odor control methods

Contain odors

You will want to have odor control trash bags on hand for storing waste at your home. These bags will help prevent odors from leaking.



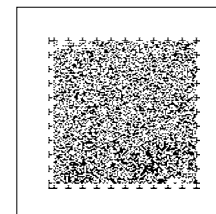
Eliminate odors

Air deodorizers will be useful at home, as well as at evacuation centers. One spray will help reduce bothersome odors.



Block odors

Wearing a mask that contains one or two drops of aroma oils highly effective in eliminating odors, such as peppermint and eucalyptus, will help ease stress brought on by unpleasant odors.



What do you need when toilets are not working?

If the pipes in your home or underground sewer lines are damaged by an earthquake, waste could back up or even stream forth from the damaged area. In apartment complexes, especially, there is the possibility of sewage backing up from the unit below. When a disaster strikes, do not use the toilet until you are sure that the pipes in your home have not been damaged. To that end, preparing emergency toilets is crucial. In addition to emergency toilet kits available for purchase, the following method can be used to make a makeshift toilet.

(Items to prepare)

45-liter garbage bags

Black bags will mask the waste inside, reducing your stress. (Average needed per day: a few bags)



Materials that absorb and solidify feces

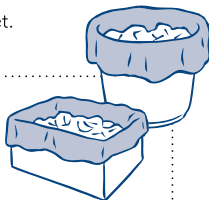
In addition to treatment agents sold on the market, materials such as newspapers and disposable diapers can be used. (Average needed per day: enough for 5-7 uses per person)



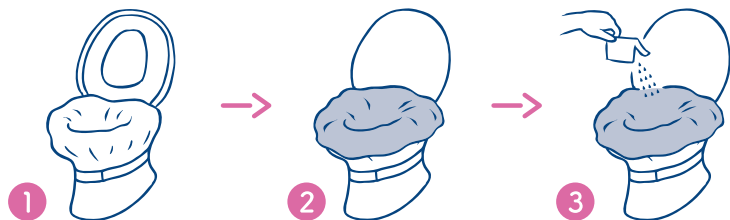
※ Materials cannot be flushed down the toilet.

When the toilet itself is damaged

Thick cardboard boxes or large buckets can be used instead.



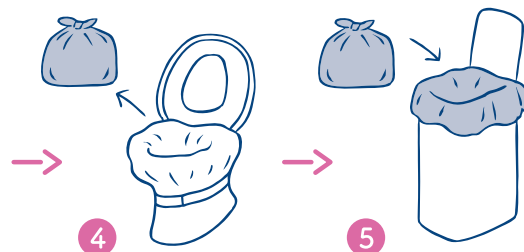
How to make an emergency toilet



1 Lift the seat and cover the bowl with a 45-liter garbage bag. (Leave the water in the bowl as is.) If you have masking tape, secure the bag by taping it to the toilet.

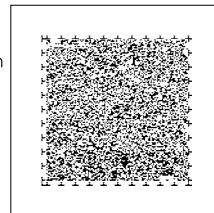
2 Lower the seat and cover the seat and bowl with a bag to catch the waste. (Use a bag of a size that can be set in the bowl.)

3 Before using, place newspapers or disposable diapers inside the waste bag to absorb the feces. Or, pour store-bought coagulant over the waste after you're done.



4 Remove the waste bag and close the bag tightly.

5 Put the waste bag in a black garbage or odor control bag and store it until the appropriate trash collection day. (Dispose of waste bags according to the rules of your municipality.)



Food and meals

Stockpile food to protect yourself and your family

Following a disaster, consuming an unbalanced diet and unfamiliar foods can go on for some time, causing stress to build up, and some people may even become ill. Stocking up on the foods you normally eat and love will put your mind at ease. Make the appropriate preparations so you can be self-sufficient and protect yourself.

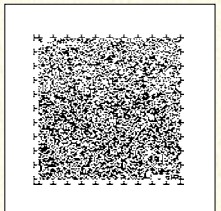
SURVIVOR ACCOUNT

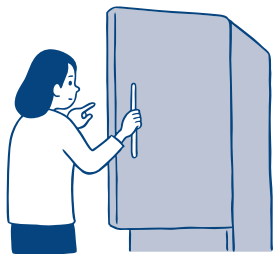
I felt bad because I could hardly eat the food neighbors brought me or anything due to my allergies. (30s)
(2011 Great East Japan Earthquake)



SURVIVOR ACCOUNT

Since they only handed out box lunches, which lacked vegetables, I had to find a way to supplement my diet. (70s)(2016 Kumamoto Earthquake)





When a disaster strikes, use the food in the refrigerator too

In an emergency, the everyday contents of your refrigerator will serve as an important part of your food stockpile. Since power outages may occur, however, you should consume perishable items first.

A lack of vegetables affects nutritional balance

After a disaster, vegetables may be hard to come by, resulting in a lack of vitamins, minerals, and fiber. Having a supply of vegetable juice, vegetable soups, canned fruit, and supplements at home will help you maintain a balanced diet in times of disaster as well.



Your favorite food and drink will energize you

It is precisely when you are feeling down, physically and mentally, that eating your favorite foods can give you a boost and reduce stress. Be sure to stockpile your favorites, including snacks and coffee.



※ For details, search “Emergency Water Supply Stations” online.

Use emergency water supply stations

During a water outage, you can get water from emergency water supply stations. In addition to the over 200 water supply points in Tokyo, distribution points will also be set up using water transport trucks and fire hydrants with special attachments. Before going to get water, you will need to devise a way to carry it back such as placing empty plastic bottles in a backpack.



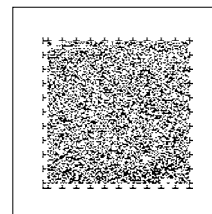
Be ready to inform others of food allergies

If you have allergies, stock food accordingly. Making a list of what triggers your allergies ahead of time can also be helpful in informing others at locations such as evacuation centers. Prepare a bib or tag which shows the foods your child is allergic to and put it on them during evacuation life so that other people can see right away.

Tokyo Allergy Portal Site

The site provides information on what to do in an emergency such as accidental ingestion of a food allergen, as well as measures to prepare for a disaster. (Some portions of the website are in Japanese only.)

<http://www.fukushihoken.metro.tokyo.jp/allergy/en/index.html>



Maintaining your health

Tips for maintaining your health also useful in an emergency

When a major earthquake occurs and the infrastructure ceases to function, extreme cold and heat, as well as unsanitary conditions, may make you feel unwell. Knowing how to protect your body in your daily life will also help you during a disaster.

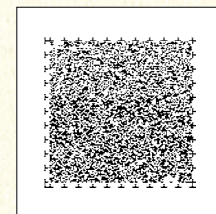
SURVIVOR ACCOUNT

I evacuated with only the clothes on my back.
Since I had nothing to keep me warm,
I rolled up in the blanket I was given and
somehow got through the night. (70s)
(2011 Great East Japan Earthquake)



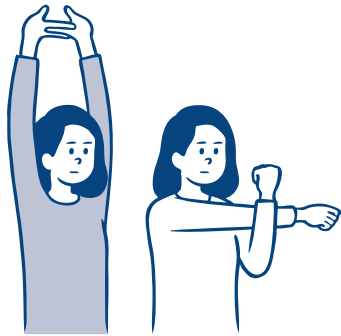
SURVIVOR ACCOUNT

Since I lived out of my car,
I couldn't stretch my legs and also suffered
from back pain. (60s)
(2016 Kumamoto Earthquake)



Get enough sleep every day

A lack of sleep can lower your stamina and ability to think, making it difficult for you to make prompt decisions and take action in an emergency. The quality of your sleep every day also contributes to better disaster preparedness.



Learn how to alleviate various conditions

Conditions such as insomnia, irregular menstrual cycles, and menopausal disorders have a tendency to worsen in the tough environment created by a disaster. Learn ways to relax your body and mind such as diaphragmatic (abdominal) breathing, exercises, massage, and aromatherapy.

Maintain personal hygiene using items that are disposable

Clean undergarments are especially important for women to prevent conditions such as feminine itching and irritation and bladder infections from developing. During evacuation life, however, it may not be possible to do laundry or find a place to hang laundry to dry at an evacuation center. Preparing the disposable items that meet your needs, such as panty liners and disposable underwear, will be helpful to you.



Always have your prescription information ready

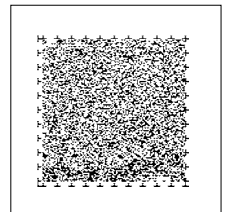
If you're taking medication, consult with your doctor regarding the possibility of getting an extra supply.

It's important to properly know the name, dosage, and method of administration of each of your medications. You can also take pictures of your prescription records or medicine labels and store them on your cell phone or utilize apps capable of looking up information on prescription medications and managing your dosage schedule.



Washing and disinfecting hands is key to preventing infectious diseases

In an environment where there is no running water, infectious diseases such as influenza can spread. Frequent washing of hands with soap and running water is key to preventing infectious diseases. To prepare for when that is not possible, make sure to have alcohol-based hand sanitizer and disinfecting wipes ready to use.



Protecting yourself from the heat and cold is key to maintaining your health

Knowing how to stay warm or keep cool in the harsh environment that follows a disaster is essential to maintaining your health.

《 How to deal with the cold 》

One of the causes of health-related concerns or symptoms reported by women during evacuation life is inability to maintain proper body temperature. Since pregnant women may experience abdominal tightening or cramps, it is especially important for them to stay warm.



Wear a down jacket close to your skin

Body heat causes the down to spread out and create a layer of air, generating an insulating effect.

Select wind-resistant material for your outermost layer of clothing

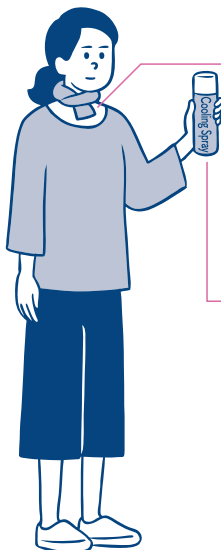
Your outermost layer of clothing should be made from a material that protects you from the wind and retains heat. It would also be a good idea to have clothing that is waterproof to be prepared for rain.

It's dangerous to stay in wet clothing. Change clothes promptly.

Whether you are wet due to rain or sweat, thoroughly towel off your body and hair, and change into dry clothes. As moisture evaporates, body heat is lost, increasing the risk of hypothermia.

《 How to deal with the heat 》

If a disaster occurs in the summer and it is not possible to run air conditioning systems sufficiently, indoor temperatures can easily rise, making it necessary to take precautions against heat stroke. Advance preparation is important so you can overcome the heat even when the power is out.



Cooling these six spots will effectively lower body temperature

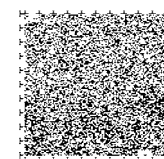
Cooling the large blood vessels located near the surface of the skin on both sides of the neck, armpits, and groin will effectively lower body temperature.

Stock items to help you endure the heat

It's reassuring to have items on hand that will help you endure the heat even if there is no power, such as cooling sprays, cold packs, and folding fans.

Wear loose, airy clothing

When it's hot, light, loose-fitting clothing is recommended. You can also cool off by splashing yourself with water and then using a Japanese fan.



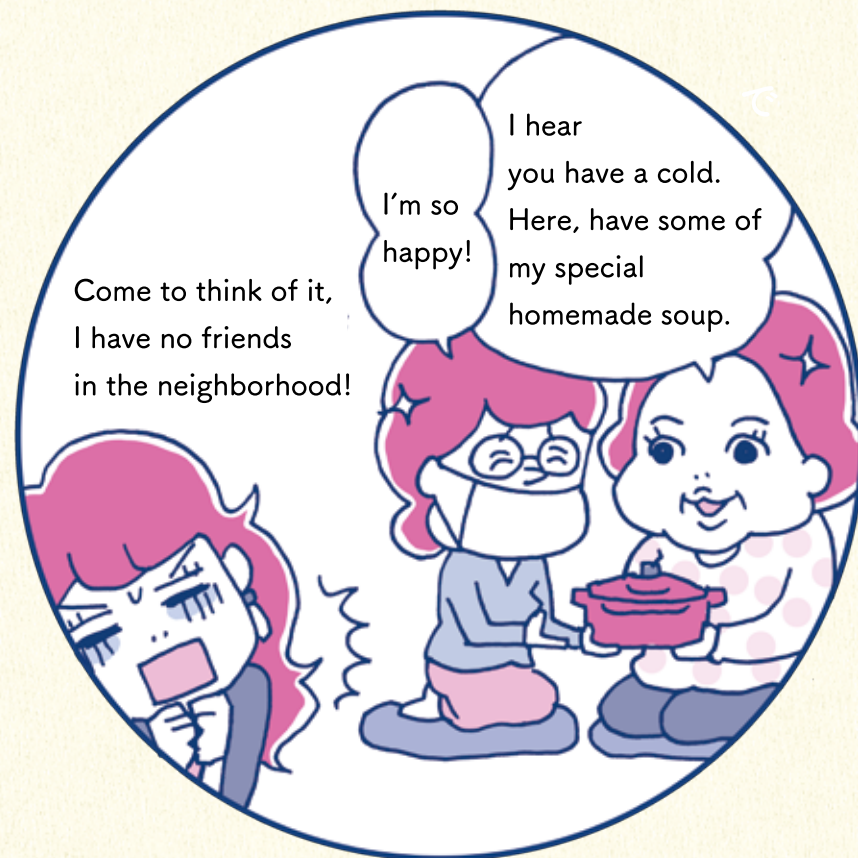
Building communication

Everyday relationships will serve as a source of support in times of need

The importance of preparing in advance does not only apply to things. It also applies to communication. By building relationships, not only with your family, but also with friends and neighbors, you will form a group that can come together to support each other in an emergency.

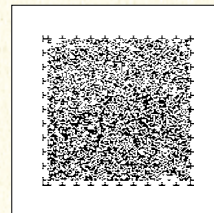
SURVIVOR ACCOUNT

Right after the earthquake, families gathered in the area, using flashlights to light the way for each other, but I was all alone. At that point, I truly felt that I should have socialized with my neighbors regularly. (40s) (1995 Great Hanshin-Awaji Earthquake)



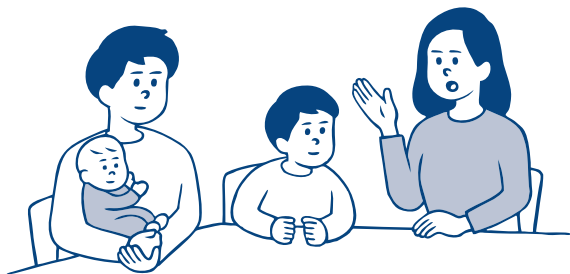
SURVIVOR ACCOUNT

Several people in the neighborhood worked together to rescue an elderly woman who didn't emerge from her home after the quake. (70s) (2016 Kumamoto Earthquake)



《 With your family 》

Things you should decide on prior to a disaster



① Decide on multiple methods of communication for when a disaster strikes

For the possibility that a disaster strikes when your family is apart, decide on multiple methods to get in touch with each other, such as the Disaster Emergency Message Dial service, Disaster Message Board services (→ P. 108 for details), and SNS sites.

It is also important to discuss contact numbers and in which order you will contact each other ahead of time. Get into the habit of telling each other where you're going when you leave home.

② Be specific about when and where to meet

If a disaster strikes when you are away from your family, you may not be able to see them again for several days. By being specific about your designated meeting place other than your home, the chances of successfully meeting your family will increase. For example, "Let's meet at the south gate of such-and-such elementary school" and "We will wait there for ten minutes at 9 am and at 5 pm."

《 With friends 》

Friends who help each other out during tough times will also reassure each other when a disaster strikes

If a major earthquake occurs and you are living alone, you may feel a sense of hopelessness. At such a time, getting a group of friends together and staying at home is an option. Building mutually supportive relationships ahead of time and telling friends where you live, among other efforts, will be helpful in an emergency.



《 With neighbors 》

Neighbors will be there for you in an emergency

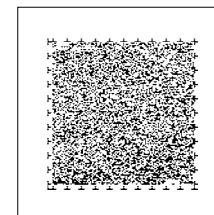
Making regular efforts to get to know your neighbors will put your mind at ease. The first step to becoming acquainted is greeting each other. If you have the chance, try participating in local festivals and events, or hobby clubs.



《 With out-of-town friends 》

When an earthquake causes widespread damage, you can even rely on friends who live out of the area

In addition to your out-of-town family, having mutually supportive relationships with out-of-town friends will give you a sense of security. Make a habit of keeping in touch, so that you can contact them in an emergency.



Install apps useful in a disaster

Smartphone apps, which assist with gathering disaster information and show the way to evacuation areas, are indispensable in an emergency. It's also useful to have a cellphone charger with you.

Apps that show nearby evacuation facilities

An app that comes in handy when you're in an unfamiliar place or traveling. Some apps show how to get to nearby evacuation facilities.

Apps that share your location

Apps share information on your location with people you have designated in advance.

SNS apps

SNS apps help you communicate with friends and acquaintances as well as gather information.

Survival apps

Protect yourself from danger when a disaster strikes using first aid and flashlight apps.

Local government disaster preparedness apps

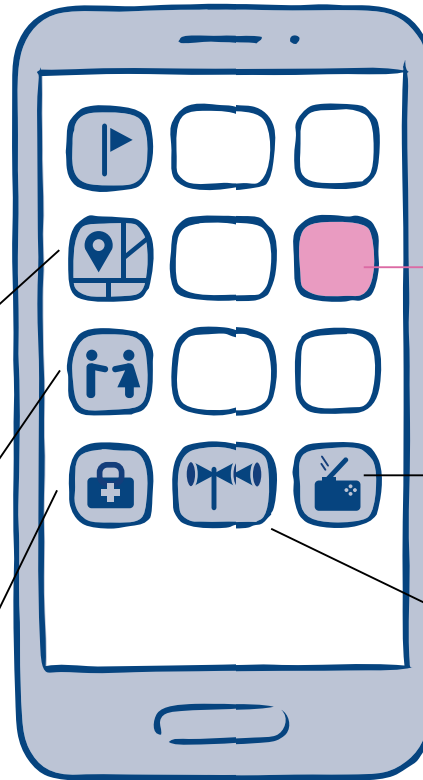
Use apps, such as the Disaster Preparedness Tokyo App created by the Tokyo Metropolitan Government, to learn about local hazards and getting ready for a disaster.

Radio apps

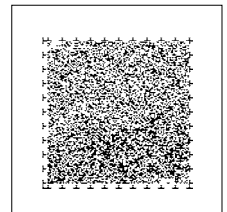
If you can't carry a radio around, using a radio app on your smartphone to tune in is a good idea.

Disaster information apps

Apps that send Early Earthquake Warning and other push notifications to smartphones are convenient.



※ Depending on the state of cell phone service, you may not be able to send or receive data.



Tokyo's initiatives

Join the volunteer fire corps

Did you know that volunteer fire corps are actively working to raise local disaster preparedness capabilities with the aim to protect their own communities? Members of the volunteer fire corps actively contribute to ensuring the safety and security of their community, while holding regular occupations and caring for their families. Why not try utilizing your skills to support disaster readiness in your community?

Volunteer fire corps and volunteer disaster response groups help strengthen local disaster preparedness

In cooperation with the local fire department, volunteer fire corps undertake activities, such as firefighting, rescue, and administering first aid, when a disaster strikes. In normal times, the groups also help spread awareness among local residents regarding fire safety and disaster readiness. Healthy citizens 18 years old and over can join the volunteer fire corps in the area where they live or where their workplace is located.

There are also volunteer disaster response groups such as women's fire safety clubs. Members of such groups acquire knowledge and skills related to fire prevention and disaster preparedness, and undertake a range of activities as disaster preparedness leaders at home and in the community.

Call your neighborhood association or local fire department for details.

What prompted you to join?

- I joined because I wanted to help people in whatever small way I can.
- There was a volunteer fire corps facility near my home, and I was impressed when I observed them training. Just as I wished that women could join too, they started recruiting female members, and I became a member.
- I joined the volunteer fire corps because I felt an obligation to protect my own community.
- I joined the volunteer disaster response group to revitalize the community and improve disaster preparedness.

Comments from female volunteer fire corps and volunteer disaster response group members

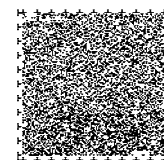
What are the attractions of participating and when do you feel your efforts are worthwhile?

- When I feel that my participation helped the community even in the smallest way.
- I was able to gain knowledge and learn about disaster readiness measures, which I couldn't achieve just through everyday life.
- When someone who wasn't interested in disaster readiness participates in a related event, becomes interested, and starts participating in activities with us.
- When children and people in the community thank me for my service.

Joining a volunteer fire corps

After confirming the appropriate point of contact on the Tokyo Metropolitan Government's Disaster Prevention website, contact the local fire station or government office nearest to you.

For details, search "Tokyo Metropolitan Government Volunteer Fire Corps" online.



Preparing with your child

Prepare with your child as a part of your everyday routine

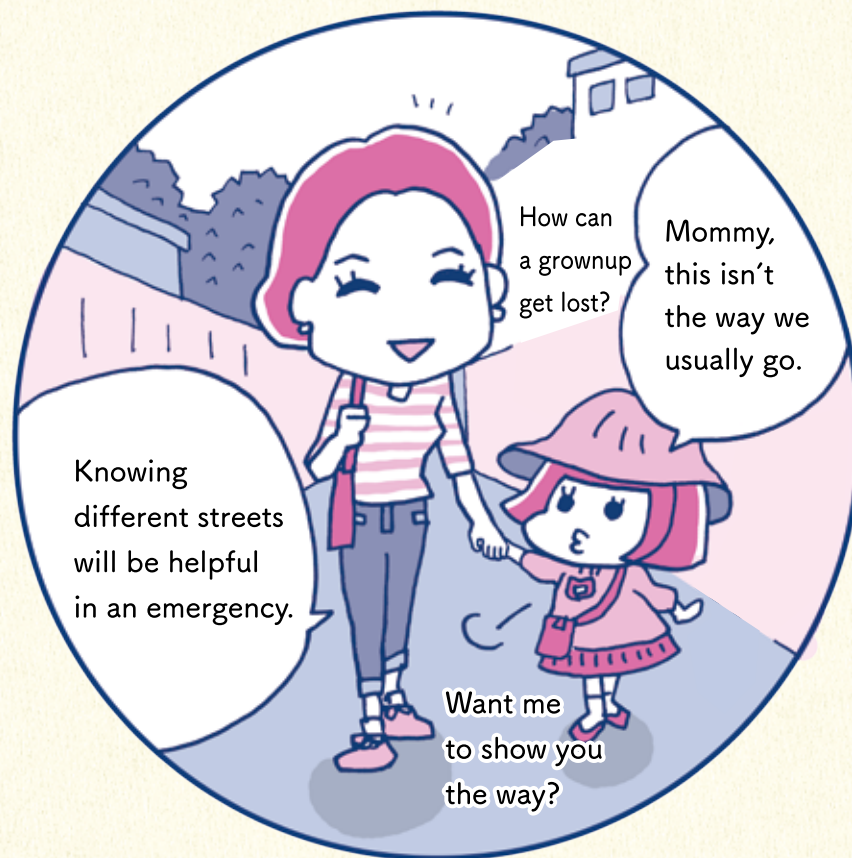
What if you and your child come face to face with a disaster? What if the disaster occurs when you are apart from your child?

Check potentially dangerous areas inside your home, on the way to kindergarten or school, and prepare together for a disaster.

Try adding a disaster preparedness perspective to your usual style of child rearing.

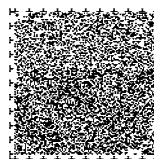
SURVIVOR ACCOUNT

There were times when my child wouldn't eat snacks that were unfamiliar. (30s)(2011 Great East Japan Earthquake)



SURVIVOR ACCOUNT

Since there were a relatively high number of earthquakes where we lived, we always talked about where to evacuate during an earthquake. (40s)
(2011 Great East Japan Earthquake)





《 When taking a walk 》

Have a baby carrier with you

When hurrying to evacuate, it's dangerous to push a stroller on debris-filled streets or through crowds.

Always have a baby carrier with you when taking a walk. Front carriers make it easier to protect the baby's head.

《 When going to daycare, kindergarten or school 》

Confirm disaster plans

When a disaster occurs, you may not be able to leave your office or location right away to pick up your child.

Confirm disaster plans with your child's elementary school, daycare center, or kindergarten in advance, such as where your child will be evacuated to and how to be in contact with the school. Having a shared understanding of plans will help you calmly take action when a disaster strikes.



《 When your child goes out 》

Know where your child is going

Call and e-mail functions on cell phones may not work when a disaster strikes. Make sure to ask your child where they are going and who they are meeting when they go out. This information will be helpful in rescuing or confirming the safety of your child in an emergency.

《 When playing outside 》

Simulate what it would be like when a disaster strikes

If you want to make practicing for a disaster fun, playing outside provides a chance to do so. Try it and then incorporate what you notice into your preparations.

Inviting other parents to join you in practicing for a disaster, and having fun as you do so, could provide the opportunity to discuss how you could help each other in an emergency.



Try eating emergency food on plates covered in plastic wrap.



See if your child can use a whistle.

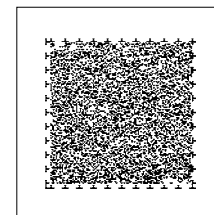


Try using public toilets and Japanese-style toilets on a regular basis.

Teach your child how to use a pay phone

Pay phones are a useful means of communication during a disaster. If your child doesn't know how to use one, have him or her practice.

You feel more at ease when you have your child carry change to make calls, memorize your phone number or carry a note with your number on it.

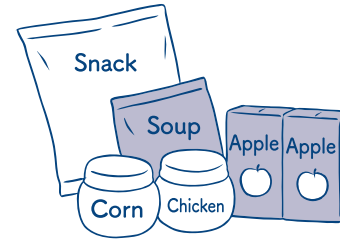
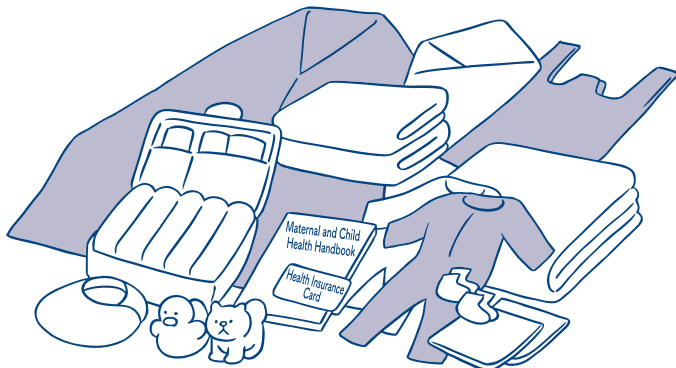


The diaper bag you use every day will also serve as your baby's emergency bag

Diaper bags stocked with the items babies need when going out will also help tremendously when a disaster occurs. Always immediately resupply what you have used, and store it where it's easily accessible.

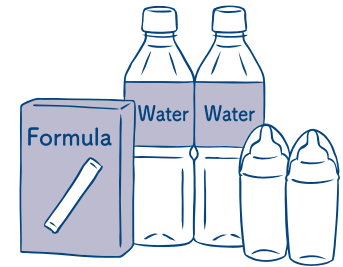
An everyday diaper bag

- Pouch for diapers and baby wipes
- Breastfeeding cape
- Change of clothes
- Bib
- Towels or gauze handkerchiefs
- Plastic bags
- Maternal and Child Health Handbook and health insurance card
- Blanket
- Toys
- Swaddle blanket



Prepare three meal's worth of baby food, snacks, and boxed drinks

Making sure your baby likes these foods will give you greater peace of mind. Also put in the sippy cup, fork and spoon, and other utensils your baby is used to.



Baby formula set (formula, baby bottles, bottled water)

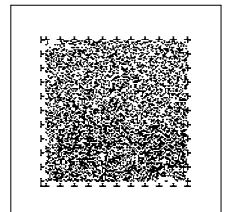
Formula in pre-measured powder packs or cubes and compact disposable baby bottles that don't require sterilization are convenient. Those who are breastfeeding should also prepare such items, just in case.

《 Stock extra to prepare for emergencies 》



Items you will want to stock more of

Change of clothes (for when the baby sweats or gets it dirty), disposable diapers (aim to always have at least one pack), and plenty of baby wipes.



Tokyo's initiatives

Let's learn about ready-to-use infant formula

Breast milk is the optimal source of nutrients for infants, but when breast milk isn't enough or cannot be given, an option would be to use breast milk substitutes (powdered baby formula).

The usefulness of liquid baby formula in times of disaster is now attracting attention as another substitute for breast milk.

What is ready-to-use (liquid) formula?

It's a pre-mixed, liquid, manufactured milk sealed in packaging that can be stored at room temperature for an extended period of time. Unlike powdered milk, it's ready-to-use and does not need to be dissolved in hot water.



Characteristics of Liquid Baby Formula

Advantages

- **Reduces the burden of childcare**

Makes feedings easier at night, in households where both parents work, and when the mother is away.

- **Convenient when away from home**

The effort required to make milk is eliminated, and there are fewer items to carry when you leave home.

- **Can also be used as part of preparations for a disaster**

No hot water is needed to make the formula. Baby bottles are not needed when the milk is packaged in ready-to-use bottles. Since the formula is already mixed, there is a lower risk of contamination.

Disadvantages

- **Cost in comparison to powdered milk**

Since the manufacturing process is more complex than powdered milk, it costs twice as much or more, even in European and U.S. markets.

- **Mother or infant preferences**

Some may feel uncomfortable feeding it to their baby for various reasons such as the color. Babies may not like aspects such as the flavor of the formula or temperature when it is served at room temperature.

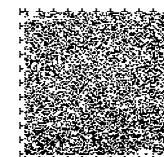
Sources:

Prepared from

- "Issues and measures to change the lifestyles and perceptions of men: Men taking part in housework and child care will pave the way for the future" (Cabinet Office, Government of Japan)

http://www.gender.go.jp/kaigi/senmon/kurashikata_ishikihenaku/pdf/0310honbun.pdf

- Materials by the Liquid Baby Milk Project



My children are now two and five years old, and I used it to feed both children when we traveled. It's more expensive than powdered formula, so I didn't use it every day, but it was convenient to use on long outings, trips, and in emergencies.

I was mainly breastfeeding, but I occasionally used formula. I used liquid baby formula more often than powdered formula. After my child reached six-months-old, I used only ready-to-use formula when we were away from home. Although the formula can be given at room temperature, if you're concerned that this could affect digestion, you can always get a cup of hot water to submerge the bottle in and warm it to body temperature whether at home or outside the home.

Comments from actual users (overseas)

Excerpt from a survey conducted by the Liquid Baby Milk Project

I was mainly breastfeeding, but I used ready-to-use formula in various situations such as when the baby began crying in the child seat when we were in the car, and when I couldn't breastfeed or prepare powdered formula.

I was breastfeeding exclusively. But, when I suddenly fell ill after giving birth and couldn't breastfeed, ready-to-use formula was a great help since my husband and in-laws, who weren't used to giving the baby milk, were able to feed the baby without any trouble.

The situation with regard to liquid baby formula in Japan

The national government has advanced initiatives to establish regulations on liquid baby formula, and in August 2018, the regulatory requirements and other standards for its manufacture and marketing were established. Liquid baby formula then became available in Japan in March 2019.

Examples of use in areas affected by major earthquakes

Example 1

When the Great East Japan Earthquake struck in 2011, ready-to-use formula was sent to devastated areas in the Tohoku region upon the suggestion of Japanese mothers living in Finland.

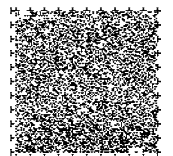
Before the domestic manufacture and sale of liquid baby formula was approved, formula was provided from overseas for use in disaster-affected areas. The Tokyo government concluded an agreement with private companies to quickly procure liquid baby formula in times of disaster.

Example 2

When the Kumamoto Earthquake occurred, a Finnish company made a donation to daycare centers and other facilities in Kumamoto Prefecture upon request by the Japan-Finland Parliamentary Friendship League.

Example 3

At the time of the 2018 torrential rainfall disasters and the Hokkaido earthquake, Tokyo received requests for baby formula from the local governments. Applying the above agreement, liquid baby formula was quickly imported from Finland and distributed to Hokkaido, Ehime Prefecture, and Kurashiki City in Okayama Prefecture.



In the bathroom

How to prepare your bathroom for when a disaster strikes and what follows

What if an earthquake strikes when you're in the bath? What if you're not able to bathe for a week? Here are the important points to remember when preparing your bathroom—a room with a surprisingly high number of things to be concerned about.



For when a disaster strikes

Where should you put your change of clothes?

Make a habit of placing your clothes or bathrobe where you can easily reach them. Walking barefoot is dangerous. Have slippers ready in the changing room.

Bath relaxation goods could turn into weapons

Choose aroma candles and oils in containers that are unlikely to break even when dropped. Mirrors can also fall and shatter, so it is better to apply anti-shatter film.

Don't leave items out in the changing area or on the vanity

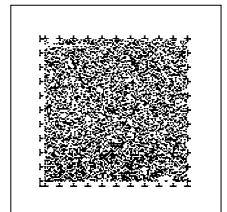
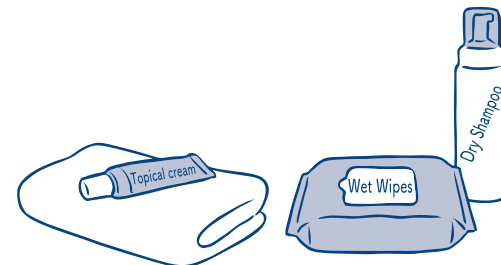
Cosmetic bottles, hair dryers, and other items are not only dangerous when they shatter, but can also injure children when they fall. Make it a habit to put them away in drawers or cupboards.



For after the disaster

Preparing to stay clean when you can't take a bath

When a disaster strikes and you can't bathe or shower, you may even have difficulty sleeping due to itching. Having items such as dry shampoo and wet wipes would be helpful. There are also many large, gentle, and thick baby wipes, which could also be used by adults to freshen up. People with skin conditions such as eczema should prepare items that suit them, such as towels, water, and topical medications.



Preparing an emergency bag

Create your own emergency bag just by adding items to your travel bag

An emergency bag is not a special bag. You can arrange your usual travel items to create a useful emergency bag.



We're preparing for a disaster.

Where are we going?

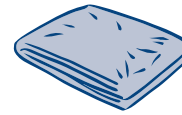
Prepare to spend time in any environment

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

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, 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.

Examples of emergency items to add



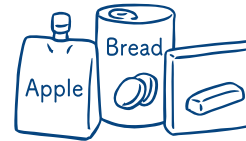
• Emergency blanket



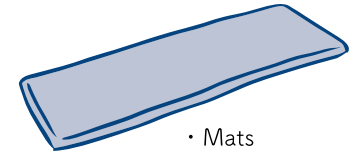
• Headlamp



• Towels



• Food that requires no preparation



• Mats



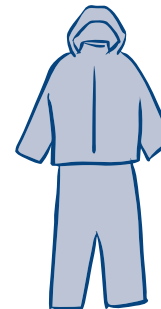
• Foldable helmet



• Portable toilet



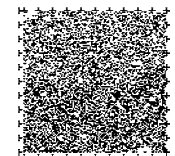
• Bottled water
(one or two 500ml bottles)



• Rain gear
(rain suit)



• Garbage bags



Once you've got the basics down, personalize the contents

Add items you need for a certain purpose or to match your lifestyle. Think of what you would need personally, aside from what is mentioned here. It would be nice to have items that help you relax such as a favorite book.

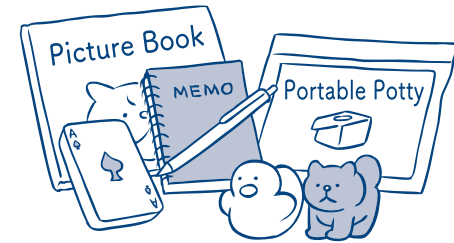


Ideas for women

Add items you think are essential to you, as well as items that help you relax.

Examples

- Mirror
- Pouch
- Feminine hygiene items (pads, underwear, portable bidet, etc.)
- Everyday items (masks, a hat, hair bands, skin lotion, moisturizing cream, cosmetics, lip balm, cleansing sheets, etc.)
- Personal safety alarm or whistle
- Your favorite fragrance (aroma oil, perfume, etc.)
- Tea bags



Examples

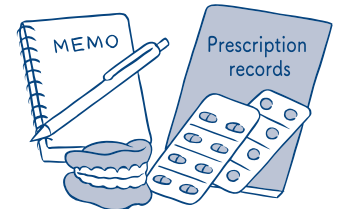
- Notepad with essential information
- Portable potty
- Favorite toys (include those that don't need batteries)
- Snacks

Ideas for parents and guardians

Pack a notepad with information such as your name and your child's allergies, as well as some of your child's favorite items. Review the contents as your child matures.

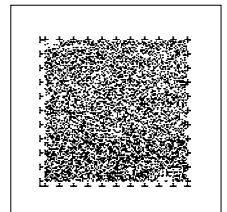
Examples

- Notepad with essential information
- Standard medicines
- Prescription records, prescriptions
- Dentures and denture cleaner
- Extra batteries for your electric wheelchair, hearing aid, etc.



Ideas for senior citizens

If you live alone, you will feel reassured if you pack a notepad containing information such as emergency contact numbers and, if you have a condition, the name of the doctor treating you.



Preparing in your community

Know the hazards in your area

In taking the appropriate steps
to prepare for a disaster, it is important
to know ahead of time
what kind of disasters
could occur in your area.

So, this is
what it's like
around here!



Check 1 Community

Utilize hazard maps which are designed to keep you safe

Hazard maps (name differs by municipality) are useful in confirming disaster risks in your community. Maps have been created for different types of disasters, each indicating information such as hazard zones and evacuation sites for the area. Consider evacuation routes and methods while referring to the map, and try walking potential routes beforehand.

Check the risk level in your community

The Tokyo Metropolitan Government assesses the risk of building collapse and fire spread due to a major earthquake for each community as part of its Community Earthquake Risk Assessment Study.

Types of Hazard Maps

Flood Hazard Map

Shows information such as areas at risk of floods and how much flooding is expected in the event of heavy rain or a typhoon

Sediment Disaster (Landslide) Hazard Map

Shows sediment disaster hazard areas where landslides brought on by heavy rain or an earthquake may occur

Volcano Hazard Map

Shows the areas at risk for disasters caused by large volcanic rocks, pyroclastic flow, volcanic ash, and volcanic gases released by a volcanic eruption

Tsunami Hazard Map

Shows areas at risk of flooding and other disasters when a tsunami occurs, estimated flood depth, and the time required for a tsunami to reach designated points, as well as evacuation centers, evacuation routes, and other information

※ Hazard maps can be obtained at local municipality offices. Maps can also be viewed or downloaded online.

Check 2 Housing

Observe and research to gather information

When you're getting ready to move and choosing a place to live, be sure to look at information gathered from a disaster readiness perspective as well.

《 Observe 》

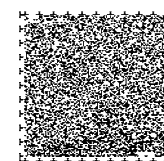
Check for cracks in walls, damage to balconies, sloping floors, and tilting columns.

《 Confirm 》

Ask the real estate agency or responsible party to confirm matters such as whether the building was certified as meeting the new building code for seismic resistance, which came into effect on June 1, 1981, whether or not it has been subject to a major disaster, or if seismic reinforcement measures have been taken.

《 Research 》

Research disaster risks in the area, including past disasters that have occurred.



Tokyo's initiatives

Creating a disaster-resilient city

There is a 70 percent chance of a major earthquake directly striking the southern Kanto area within the next 30 years. A major earthquake directly hitting Tokyo is estimated to result in as many as 9,700 deaths, mainly due to fire and damage to buildings caused by the tremor. With this in mind, the Tokyo Metropolitan Government is promoting the development of communities that don't burn or collapse.

Measures to remove utility poles

When a major earthquake occurs, severe damage is expected, including utility poles toppling over and blocking roads.

In addition, utility poles that line sidewalks not only block the smooth passage of pedestrians and wheelchairs, but the poles, along with power lines, also spoil pleasant urban landscapes, making it increasingly important to eliminate them.

On September 1, 2017, a metropolitan ordinance aimed at promoting the removal of utility poles went into effect, and the Tokyo Metropolitan Government is working to advance further efforts.

Tokyo's initiatives to advance fire resistance "A fire-resistant city"

In Tokyo, many districts with close-set wooden houses are situated around the outer perimeter of the Yamanote Line. These districts contain a high concentration of aging wooden structures with the potential to spread fire when a major quake strikes, and are also expected to sustain severe damage when an earthquake directly hits Tokyo.

In January 2012, the Tokyo Metropolitan Government formulated the "Ten-Year Project to Advance Fire Resistance in Close-set Wooden Housing Areas," and is advancing efforts to develop fireproof zones and designated routes for improvement* in especially vulnerable areas.

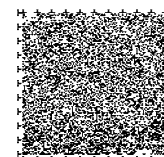
※ City-planned roads which are highly effective in enhancing disaster resistance, such as roads that prevent the spread of fire in built-up areas.

Main forms of support for the creation of fireproof zones

- 1 Subsidies to cover demolition costs for old buildings
- 2 Subsidies for the design and construction supervision costs required to rebuild
- 3 Tax reductions or exemptions (fixed asset tax, urban planning tax) for rebuilt houses that meet requirements (maximum of five years)

※ Support varies by special ward. For details, please contact the special ward where you reside.

※ The support program is available to FY2025.



Tokyo's initiatives to advance seismic reinforcement "A city that won't collapse"

The Great Hanshin-Awaji Earthquake claimed a great number of lives, with over 70 percent of lives lost by building collapse. Many of the buildings that collapsed were constructed before the amendment of the Building Standards Act in June 1981, which greatly strengthened seismic building codes. Since it is highly probable that buildings certified before June 1981 lack seismic resistance, owners should work to make buildings seismic resistant. The following subsidies are available for seismic resistance assessments and retrofitting.

Subsidies for seismic resistance assessments and retrofitting

The Tokyo Metropolitan Government and municipalities are working together to implement the following to reduce financial burdens on building owners.

- 1 Subsidies for making homes earthquake-resistant
- 2 Subsidies for making buildings along designated disaster response routes earthquake-resistant
- 3 Subsidies for making apartment complexes earthquake-resistant, etc.

For details, access the Tokyo Metropolitan Government Seismic Resistance Portal Site.

(Japanese only) <http://www.taishin.metro.tokyo.jp/>

If you live in an apartment building, access the following site for details.
(Japanese only)

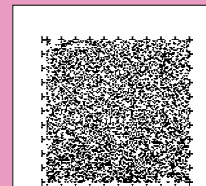
<http://www.toshiseibi.metro.tokyo.jp/mansion-tokyo/taishinka/index.htm>

※ For details, contact your municipality.

Chapter TWO

Fundamental Knowledge for When Disaster Strikes

When an earthquake strikes,
protecting yourself is top priority.
Gain the knowledge needed to act calmly
in times of disaster.

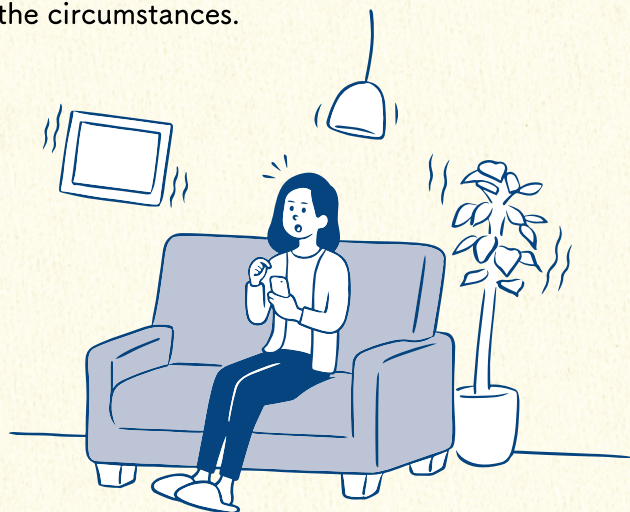


This book has a Uni-Voice audio code printed on the bottom right of every other page. Use the Uni-Voice smartphone app or other readers to listen to the contents.

When an earthquake strikes

How to stay alive when an earthquake strikes

When an earthquake occurs, you might panic and become unable to act quickly. Learn what actions you should take to calmly assess the situation and protect yourself in a way that suits the circumstances.



Protecting yourself [The basics]

Stay calm and deal with flames

If you were using an open flame, calmly confirm the situation after the shaking subsides. If a fire has broken out, remain calm and extinguish it. If the flames are reaching the ceiling, or if you feel endangered, evacuate quickly.

Protect your head with objects around you

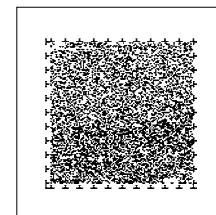
If you're at home, stay away from dangerous objects and take cover under a sturdy table. If you don't have a sturdy table, crouch down to avoid being knocked over and cover your head with items like cushions or magazines. If you're outdoors, cover your head with your handbag or other things, and protect yourself from falling objects such as building masonry and signs.



When the shaking stops, open doors and windows to secure a way out



So you can evacuate at any time, after the shaking stops, open windows, doors, and your front door to secure a way out.

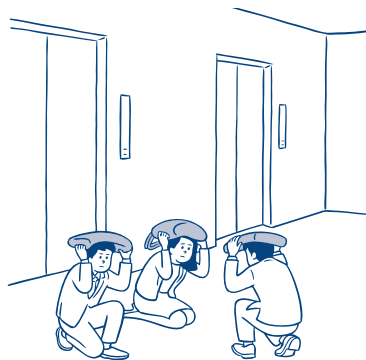


Protecting yourself [Away from home]

《 At the office 》

Stay away from windows and office equipment

In an office, file cabinets could fall over and copy machines could move in unpredictable directions. Windows could also shatter, strewn glass, so quickly evacuate to a place such as an elevator hall, where nothing will fall, tip over, or move toward you.



《 Inside an elevator 》

Press all the floor buttons

When you feel the tremors, press all the floor buttons and get off at the first floor the elevator stops at. If you're trapped inside, use the intercom and call for help. Stay calm and wait to be rescued.

《 Inside the train 》

Watch out for falling objects and grab a strap or handrail

When an earthquake occurs, the train will come to an emergency stop. Watch out for falling objects and grab a strap or handrail so that you don't fall over. Even if there is a blackout, batteries will keep the interior lights on. Don't rush outside. Stay calm and wait for an announcement.

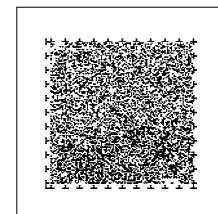


《 Inside supermarkets and convenience stores 》

Stay away from the shelves and go to stair landings or near pillars

Heavy bottles and cans may fly toward you, shelves may tip over, and showcases may shatter, so take cover in an open space or near a pillar.

If you're unable to move, protect yourself by covering your head with a shopping basket or your bag, and crouching low.



Protecting yourself [At home]

《 If you are cooking 》

The kitchen is a danger zone, so quickly move to a safe spot

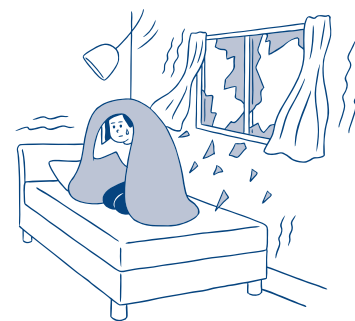
The refrigerator could fall over and pans with boiling water or oil might come flying at you. Instead of rushing to turn off the flame, place top priority on protecting yourself and move away from the kitchen.



《 In the bedroom 》

**Protect yourself
with a pillow or quilt**

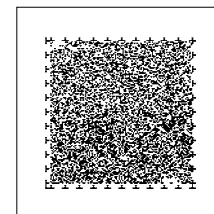
Shards of glass from the window may scatter, and lamps and furniture could tip over, so cover yourself with a pillow or bed quilt until the shaking stops. After the tremors subside, secure an exit while being careful of glass shards and scattered objects.



《 If you're with your child 》

**Assume a position that protects
you and your child**

When the shaking starts, face your child and curl up in a ball so that you are covering his or her head with your stomach. If your child is not near you, your safety comes first. Calling your child's name may cause him or her to move around, which is dangerous. Go to your child after the shaking stops.



Immediately after an earthquake

For safe actions right after an earthquake

It is natural to panic when an earthquake occurs. But no matter how urgent the situation is, be sure to check your surroundings and act calmly.

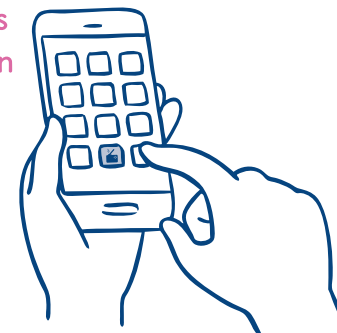


Use your eyes and ears to check for hazards

If you're with your family or friends, confirm their situation after the shaking stops. Then, check for risks such as building collapse, fire, or landslides, and that you have an exit route.

Use public information sources to confirm the general situation

Once you have confirmed the safety of those around you, get information from TV, radio, the wireless emergency alert system of municipalities, and public authority websites.



If necessary, head to the temporary evacuation area or evacuation area

Local governments have designated temporary evacuation areas and evacuation areas such as parks and public spaces nearby, where you can evacuate when there's the danger of a fire or when evacuation instructions are issued. Check the locations beforehand on a map.

Places to Evacuate

Temporary Evacuation Area

A location where evacuees gather temporarily to assess the situation before heading to the evacuation area. (e.g., schoolyards, neighborhood parks)

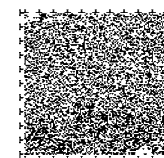
Evacuation Area

A place to evacuate to stay safe from spreading fire and other dangers. (e.g., large parks, public spaces)

Evacuation Center

A place that temporarily accommodates disaster victims. (e.g., schools, community centers,)

※ Evacuation methods differ depending on where you live, so check with your local government office.



When evacuating

Don't panic in underground malls. Act calmly.

You could be injured if people panic and stampede to the emergency exit. Underground malls have emergency exits every 60 meters, so don't panic. Stay calm and evacuate.



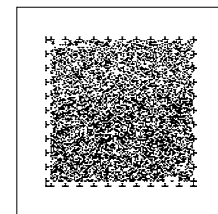
Don't use an elevator, even if it's operating

You may get trapped inside due to aftershocks and blackouts. Instead of using the elevator, go to the emergency exit and use the stairs.



Do not use your car to evacuate

The use of passenger vehicles will block the path of emergency vehicles. There's also the danger of secondary disasters such as car accidents due to damaged roads and broken traffic lights. If you're driving during an earthquake, stop the car on the left side of the street and wait until the shaking stops. After that, try to park your car somewhere other than on the street, and evacuate.



If you can't go home

If you're outside and unable to go home

After an earthquake, public transportation might stop operating and you may not be able to go home for a while.



Don't attempt to go home immediately after a disaster

If streets become packed with people after a disaster, ambulances and fire trucks won't be able to pass through, obstructing rescue and life-saving activities.

There is also the possibility of aftershocks occurring during your walk home, making it quite dangerous to head home immediately after an earthquake. Instead of rushing home, remain in a safe location, such as your workplace or school.

Assuming that you may not make it home for a while, decide beforehand on how to confirm the safety of your family.

If disaster strikes when you're away from home

In the event of a major earthquake or other disasters, temporary shelters will be opened for stranded persons.

If disaster strikes when you're away from home, stay at a nearby temporary shelter. When using the facility, be considerate of the elderly and people with impairments.

It's also important to actively take part in the operation of the facility and to help each other.

※ For details, search "temporary shelters for stranded persons".

Utilize support stations for people returning home

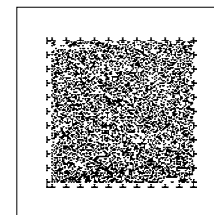
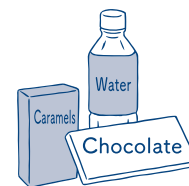
Once the situation calms down, walking home is an option. In principle, support stations for people returning home (convenience stores, gas stations, etc.) will become available from four days after the disaster to provide those walking home with tap water and lavatories. If you decide to walk home, use these support stations.



Preparing for this situation

Assuming that an earthquake may hit when you're away from home, carry around small snacks like chocolates or caramels as well as water and a map with you.

Be prepared to walk home by keeping a pair of sneakers and clothes to protect you from the cold in your locker at work.



Confirming the safety of others

How to check if your family and friends are safe

A concentration of calls could overload phone networks. To check the safety of others, use the Disaster Emergency Message Dial or Internet services. Refrain from making unnecessary calls immediately after a disaster.



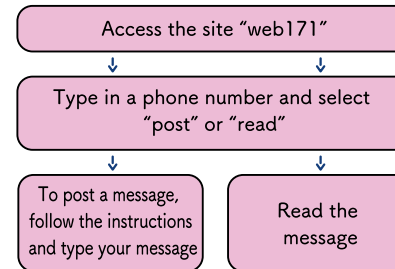
Use social media to confirm safety

Social media and text messages are effective ways to inform your family and friends that you're safe. Prepare several communication methods in case some don't work.

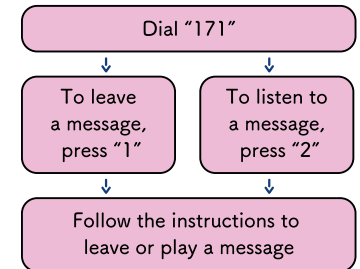
Learn how to use the Disaster Emergency Message Dial (171) and Disaster Message Board (web171)

Have members of the family confirm how to use safety confirmation methods such as the Disaster Emergency Message Dial (171) and Disaster Message Board (web171), which become available when phones have difficulty connecting due to an earthquake or other reasons, and become prepared to use them.

How to use the Disaster Message Board (web171)



How to use the Disaster Emergency Message Dial (171)



※ These services can be tested on the 1st and 15th of each month, from January 1 to 3, during Disaster Preparedness Week (August 30 to September 5), and during Disaster Preparedness and Volunteer Week (January 15 to 21). You're recommended to give it a trial run.

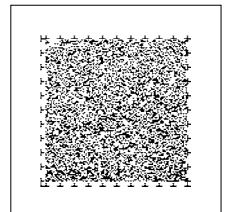
※ Cell phone carriers also provide disaster message boards where you can leave and read messages to confirm each other's safety during a disaster.

A convenient collective search by accessing "J-anpi" from your computer or cell phone

J-anpi allows you to check safety information posted on various disaster message boards as well as on sites operated by cooperating companies, organizations, and local governments through a search by phone number or name.



※ See "J-anpi" for details.



Gathering and sending information

Exercise caution when using social media

Social media is convenient for gathering and sending information. However, immediately after disasters, unreliable information can spread, fueling chaos. Be sure to be extra cautious about information concerning a disaster.



Make it a habit to question information and verify accuracy

It's important not to automatically believe all the information that comes in, but to verify it yourself. Check whether the source of that information is trustworthy and of a highly public nature. Information that appears to mean well, may not necessarily be true. Even if it's a piece of information from a friend, make sure to check the source and confirm the information at several sources. During a disaster, a piece of information from the day before may already be old. Be sure to confirm whether yours is the latest information.

Don't spread rumors

When people are in anxious mental states during a disaster, they tend to be fooled by false rumors. False rumors could give rise to new disasters, so take care not to spread uncertain information.

When you are spreading information, be careful to send the original information as is, without altering it. If you summarize or use extracts from the original source, the message may be conveyed inaccurately.

Beware of the following kinds of information during a disaster

Beware of "Spread the word" or "Tell your friends"

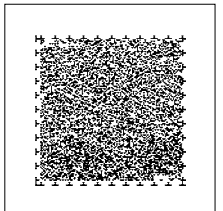
A feature often seen in false rumors that appear to have been spread out of kindness is that the message starts by urging readers to spread the information. Also beware of hearsay and advice by those who claim they are speaking from experience.

Don't be fooled by information that goes out of the way to fuel anxiety

Don't automatically believe information predicting the next disaster or exaggerating the scope of damage, but check several news sources to confirm whether it's true or not.

Beware of reports on crime that lack concrete details

Information on reports of criminal and dangerous acts that don't exist tends to spread quickly during a disaster. As such reports fuel distrust toward others, don't believe or spread such information rashly.



During disasters other than earthquakes



Many potential disasters lurk in Tokyo

Disasters are not limited to earthquakes. Your everyday life may also be affected by typhoons, torrential rain, heavy snow, and volcanic eruptions. Having knowledge of disasters and the measures to take could save your life.

How to protect yourself from floods and strong winds

Pay attention to weather reports

To protect yourself from typhoons and torrential rain, it's important to gather correct information.

Weather Information

Advisory

Issued when there is the possibility of a disaster caused by heavy rain, floods, strong winds, etc.

Warning

Issued when there is the possibility of a major disaster caused by heavy rain, floods, strong winds, etc.

Emergency Warning

Issued when heavy rain of a level observed only once every few decades is forecasted, or when there is an extremely high possibility of severe disasters such as flooding and sediment disasters.

Sediment Disaster Alert Information

Issued under a heavy rain (sediment disaster) warning, when the risk of a sediment disaster has become higher.

Pay attention to evacuation information issued by your local government

When there is an imminent risk of strong wind, flood, or sediment disasters, local governments will issue evacuation information.



Evacuation Information

Evacuation Preparation Alert / Early Evacuation for the Elderly

Make preparations to evacuate at any time. Those who require time to evacuate, such as the elderly, should begin evacuating.

Evacuation Advisory

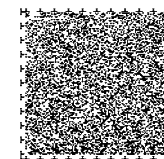
Start evacuating quickly. If going outdoors puts your life in more danger, evacuate to somewhere safe nearby or evacuate to a higher location inside your home.

Evacuation Order (Emergency)

Evacuate to the evacuation area immediately. If there is no time to evacuate, take the minimum actions required to save yourself.

※ Evacuation information may not be issued in the above order, so stay alert to the latest information.

※ Even if no evacuation information has been issued, start evacuating when you feel that your life is in danger.



Evacuate quickly

During a typhoon or torrential rain, the situation can become dangerous very quickly.

When your local government or fire department urges you to evacuate, promptly do so. It's also important to frequently check the weather information.



Evacuate from basements or semi-basements

Houses with basements or semi-basements are prone to flooding, and there is the risk that you may not escape in time. Pay attention to the weather information. If you feel a potential risk, quickly evacuate to an evacuation center or a sturdy building that is over three stories high.



During heavy rain, stay away from rivers and low roads

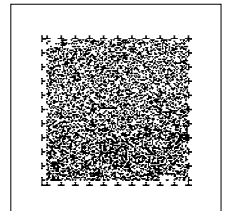
The water level of a river can rise very quickly and overflow. When evacuating, take a safe route, avoiding areas near rivers and canals, roads that slope down, and underpasses.



Beware of submerged roads

Submerged roads are dangerous since there is no telling how deep the water is and the covers of manholes and gutters may be missing. If your only option is to walk through a submerged zone, use an umbrella, walking stick, or any kind of pole or stick to feel your way as you walk.

Rain boots can easily slip off if water collects in them, so you should try to wear sneakers.

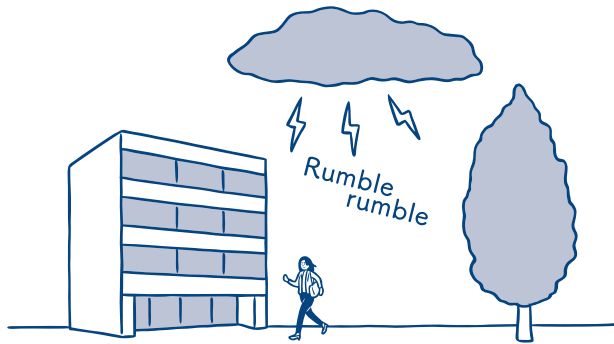


Protecting yourself from other disasters

Lightning

Stay away from tall objects that may be struck by lightning. Be especially careful in open spaces such as playgrounds and golf courses.

Evacuate to a safe location such as a reinforced concrete building or your car.



Heavy snow

Public transportation may stop operating and roads may become impassable.

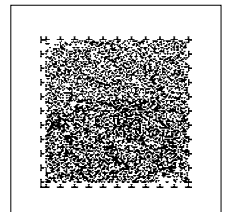
When heavy snow is expected, return home as soon as possible and avoid going out. If you must leave home, wear slip-resistant shoes and be careful not to slip and fall.



Volcanic eruptions

When a volcano erupts, there is hardly any time to evacuate before it spews out large volcanic rocks and pyroclastic flows. Pay close attention to volcanic alerts and prepare to evacuate before the eruption.

If an eruption occurs, cover your head and wear a mask to protect yourself from volcanic ash and gas.



In an armed attack

What to do when a ballistic missile strikes

A ballistic missile could strike in a very short time after being launched.

When there is the possibility of a missile striking Japan, emergency information will be provided by the J-ALERT system, which will send a message through the municipalities' wireless emergency alert systems (including public loudspeakers) along with a special siren sound, and through e-mail alerts. Remain calm and take action immediately.



What is J-ALERT?

J-ALERT is a system by which the national government instantly provides information on situations that allow no time to respond, such as ballistic missile attacks, through the municipalities' wireless emergency alert systems and e-mails sent to cell phones using the Area Mail Disaster Information Service, etc.

《 If a message comes 》



When you're indoors

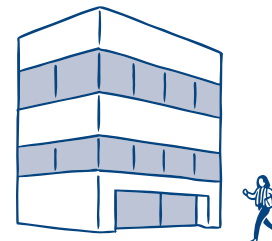
Move away from the windows or go to a room without windows.



When you're outdoors

Evacuate inside a nearby building or to the basement.

※ A sturdy building is best, but if there isn't one nearby, any building will do.



When there are no buildings

Hide behind something or get low and protect your head.

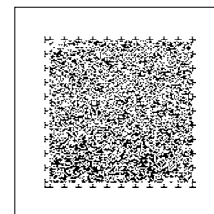
《 If a missile strikes nearby 》

When you're outdoors

Cover your mouth and nose with a handkerchief, quickly move away from the site, and evacuate to a sealed room or upwind

When you're indoors

Turn off ventilation fans and close and seal the windows to seal off the room.



Rescue and relief

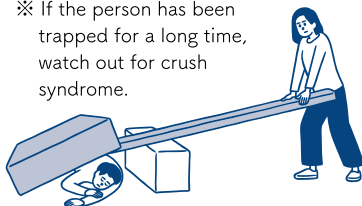
Use objects nearby for rescue and relief

Objects around you can be used as tools to rescue people.

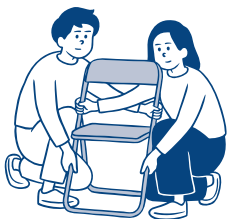
Rescuing someone who is trapped

When rescuing someone who is trapped under furniture or other heavy objects, first secure your safety and then call for backup. Furniture can be lifted by using a car jack or using timber and applying the principle of leverage. During the rescue procedure, talk to the person so that he or she will feel safe.

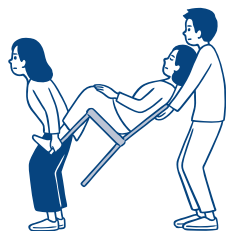
※ If the person has been trapped for a long time, watch out for crush syndrome.



When the rescuers are on both sides of the chair



When the rescuers are at the front and back



How to transport an injured person

Even without a stretcher, you can carry an injured person using a chair. Be sure to use a chair with a backrest.

※ Aside from chairs, blankets and other large pieces of cloth can be used to carry a person.

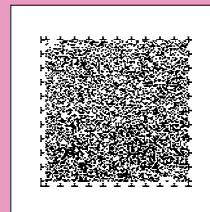
Chapter

Three

Visualize

Post-Disaster Life

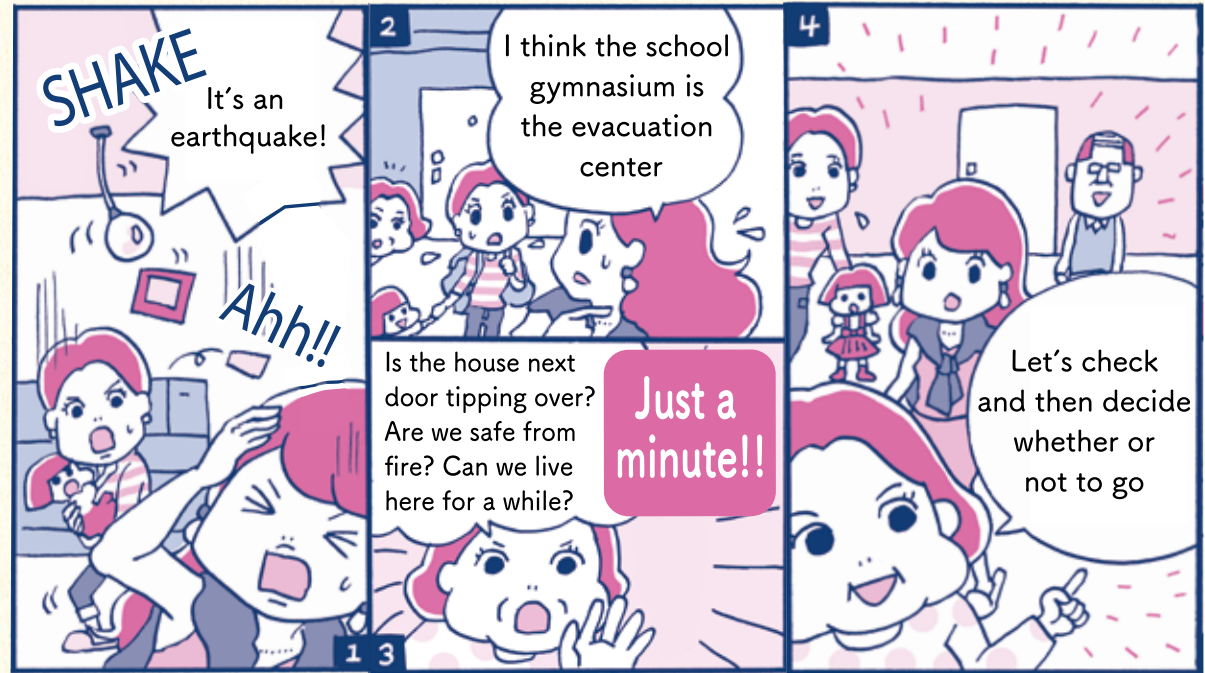
Imagine what it would be like if the everyday life that you take for granted suddenly disappears. This chapter provides tips on how to make life amid the harsh post-disaster situation a little more safer and secure.



This book has a Uni-Voice audio code printed on the bottom right of every other page. Use the Uni-Voice smartphone app or other readers to listen to the contents.

Where should you live?

Stay at home?
Go to an
evacuation center?
Points to consider
when deciding
where to live.



Do you think that you'll have to live at an evacuation center after an earthquake?

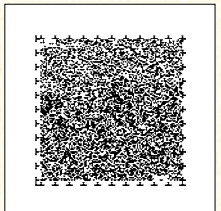
Actually, that's just one option.

At an evacuation center, you must live with strangers and there's hardly any privacy.

If your home is safe to live in, you can choose to stay at home.

Another option available once the situation calms down, is to evacuate to somewhere far that wasn't affected.

Before a disaster strikes, you should consider what options are available and be aware of what's important in deciding where to live after a disaster.



Take a two-step approach to decide where to live

Your local government will conduct an emergency building assessment to determine if your home is safe to live in or not for the time being.

If there are no instructions from the local government, take a two-step approach to decide whether to stay at home after a disaster. In addition to evacuation centers, you may also want to consider temporarily staying with an acquaintance who lives far away.



Step ① Assess the risk

Points to check

- Is your home damaged? Could it collapse?
- Could your home be affected by the house next door collapsing or other impacts?
- Is there the possibility of secondary disasters such as fire, tsunami, or liquefaction?

If there is no danger, go to Step ②

Step ② Confirm if you can manage living at home

Point to check

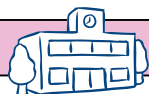
- Would you need the help of others to live at home?

If you have no worries, stay at home

Stay at home



Evacuation center



※ If the emergency assessment determines that your home is unsafe to live in, please follow the instructions.

Confirm before evacuating

Before evacuating to an evacuation center, etc., don't forget to do the following.

Turn off the circuit breakers

If an electrical appliance that is switched on has overturned, it could cause a fire from a short circuit when the power is restored.

Turn off the main gas and water valves

Shut down the supply of gas and water to prevent leaks.

Double-check the locks

Take measures to prevent crime such as burglary. In addition to locking your front door and all windows, close the curtains. Repair broken windows as much as possible, including covering them with tarp.

SURVIVOR ACCOUNT

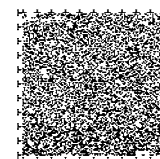
There were people who decided to stay at home because their locks were broken or because they couldn't leave their pets behind. (30s)
(2011 Great East Japan Earthquake)

SURVIVOR ACCOUNT

The first evacuation center we went to was a gymnasium, but we couldn't get in due to broken glass. The next place was overflowing with people, so we couldn't stay there either. (40s)
(1995 Great Hanshin-Awaji Earthquake)

SURVIVOR ACCOUNT

My house was swept away in the tsunami. On the first and second day, we slept in our car. On the third day, we were finally able to evacuate to my wife's family home. (40s)
(2011 Great East Japan Earthquake)



Staying at home and tidying up

Secure one room
where you can
stay safe

SURVIVOR ACCOUNT

The apartment building wasn't damaged,
so I decided to stay home,
but the rooms were a mess. (30s)
(2011 Great East Japan Earthquake)

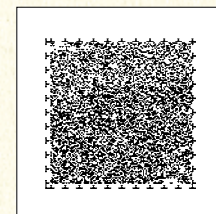


If you're not properly prepared, your house will be a mess after a huge earthquake occurs, with toppled furniture, shattered glass, and household items scattered about.

When cleaning up your home, be careful of injuries.

Clear one area where you can go about your daily lives safely.

Once the situation calms down, start cleaning a wider area, bit by bit.



When tidying up the room

Dress appropriately to prevent injury, such as wearing sneakers and gloves. When cleaning up, rechargeable vacuum cleaners, brooms, adhesive rollers, and packing tape, which can be used when there's no power available, will come in handy. The garbage from your cleanup should be separated accordingly and stored at home until your local government sets up a temporary dumping site.

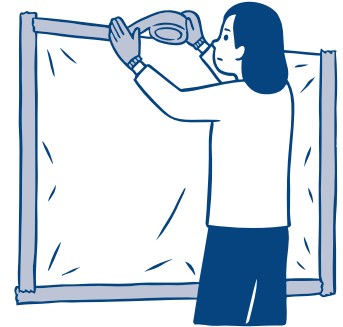
Cleaning Kit

- Gloves
- Newspapers and garbage bags for the disposal of broken objects
- Broom
- Dustpan
- Rechargeable vacuum cleaner
- Adhesive roller
- Tarp, curing tape
- Packing tape
- Cardboard



Temporarily fix broken windows

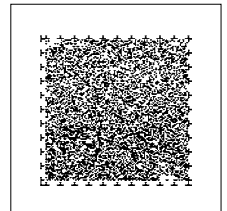
If there's a broken window, remove the shards that may fall off from the window frame. Use strong adhesive tape to attach tarp, picnic sheets, or cardboard to cover the window.



Receive the help of volunteer workers

When cleaning up your home, you can ask volunteer workers to help you.

※ For details, contact your local government office, the Social Welfare Council, or other relevant organizations.



Staying at home and preparing meals

Important tips on meals for survival

When you eat a warm meal
you feel warm inside, too!



Until support systems and distribution systems for the stricken area are established, food will be limited.

Electricity might shut down for about 7 days,
water and sewerage for 30 days, and gas for 60 days.

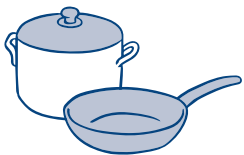
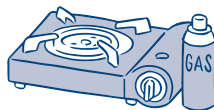
The following tips on preparing meals will help you and
your family survive until life returns to normal.

Cooking utensils that are useful during a disaster

These three utensils are useful for cooking at home.

A portable gas stove and gas canisters

You can cook warm meals even when electricity
and gas services are down during a disaster.



A pot and deep frying pan

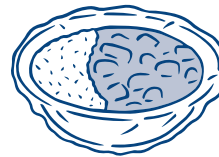
These can be used in multiple ways. Can also be
used for cooking with a plastic bag. (→ P. 132 for
details)

A peeler and kitchen scissors

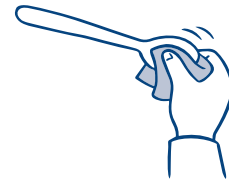
You can prepare food without using a cutting
board, which can easily become unhygienic.



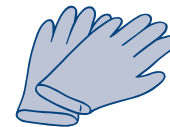
Cover your plates
with food wrap



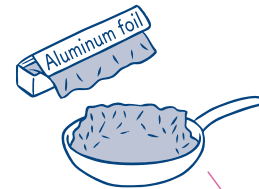
Use wet wipes
to clean spoons



《 When you can't use water to wash things 》



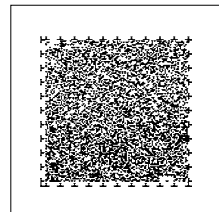
Wear disposable gloves
when cooking



Lay aluminum foil
on the frying pan

Try water-saving cooking and cleaning methods

To save water, try water-saving cooking
and methods that don't require you to wash
dishes.



Water-saving cooking using plastic bags



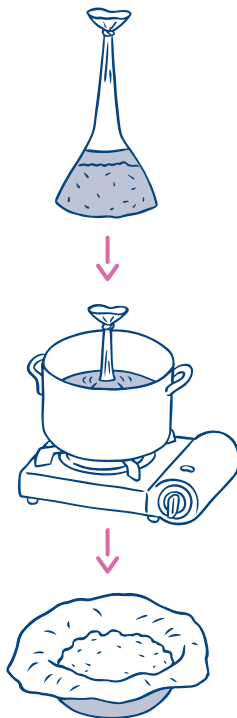
Placing food in plastic bags for heating in hot water makes it unnecessary to wash dishes and pots, and the hot water in the pot is reusable. This is a very effective way to save water. Several plastic bags can be heated at the same time to cook several dishes, such as rice and heat-to-eat curry in pouches, simultaneously.

※ Remember to use “high-density polyethylene” plastic bags made for food.

Cooking Rice

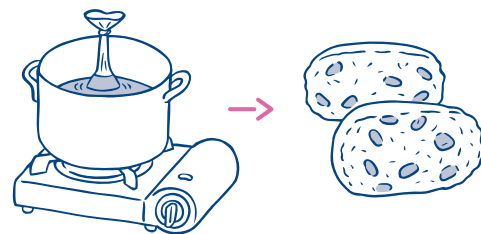
- 1 Put half a cup of rice (one serving) and slightly more water in a plastic bag, and let it sit for over 30 minutes.
- 2 Remove air from the bag and tie the bag at the very top.
- 3 Fill 60 percent of a pot with water, place a plate at the bottom of the pot, and heat. After bringing the water to a boil, turn down the heat to medium, and place the bag of rice on the plate.
- 4 After heating it for 30 minutes, turn off the heat and let it steam for 10 minutes.
- 5 Place the plastic bag in a dish, cut the top open, fold the bag down, and it's ready to eat.

※ The rice doesn't need to be washed.
※ If the rice is still hard after the required cooking time, heat it for a little longer.
※ Make sure the plastic bag doesn't touch the bottom of the pot or other parts of the pot that are extremely hot.



Making Steamed Bread

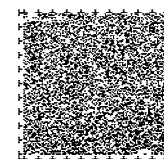
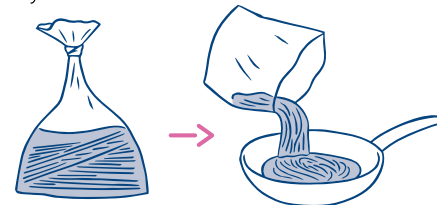
- 1 Put one bag of pancake mix and a slightly less amount of water into a plastic bag, and add about two tablespoons of mayonnaise.
- 2 Add whatever ingredients you wish such as raisins, corn, sausages, etc., and knead the bag to thoroughly mix the ingredients.
- 3 Remove air from the bag and tie the bag at the very top.
- 4 Boil water in a pot in the same way as explained for rice, and heat the bag for about 20 minutes over low heat. If you flip over the bag once, it will heat more evenly.



Other Cooking Methods

Cooking Pasta

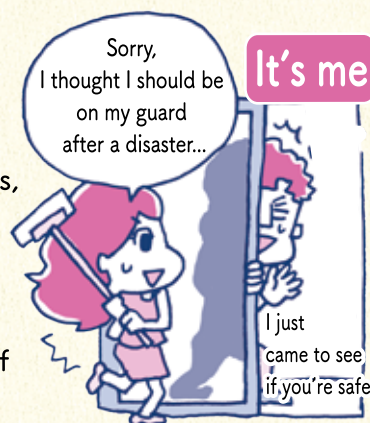
- 1 Break long pasta in half, put it in a plastic bag, pour in enough water to cover all the pasta, tie the bag, and let it sit for one hour.
- 2 Empty the soaked pasta and water into a pot, bring it to a boil, and heat it for one to three minutes while stirring occasionally.
- 3 Drain the water well, add ready-made pasta sauce etc., and it's ready to eat.



Staying at home and preventing crime

How to stay safe from crime at home

Taking advantage of the chaotic situation at disaster-stricken areas, criminal acts such as break-ins and burglaries, and fraud, can occur. If you decide to stay at home, be extra aware of measures to prevent crime.



Prevent break-ins by actively showing that you're at home

Show that you're living at home to discourage burglars. Install battery-operated motion sensor lights outside your front door to discourage intruders. When you have to leave home for a short time, hang your laundry outside on the balcony. It will also be effective for women to hang men's clothing outside. However, be careful. Leaving the laundry out for too long will indicate that you're not at home.



SURVIVOR ACCOUNT

I remember being frightened by rumors about burglars and robbers pretending to deliver packages. (30s) (2011 Great East Japan Earthquake)

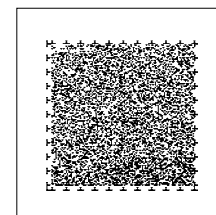
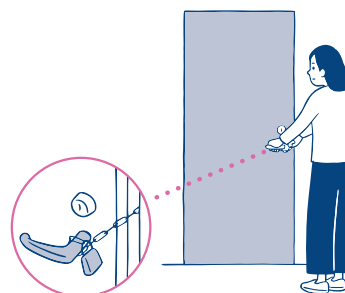
Beware of sudden visitors

There have been past reports of fraud and scams taking advantage of an earthquake disaster. Damages included highly overpriced bills for gas and electricity inspection and home repair shams. Do not let a sudden visitor enter your home right away. Keep your guard up and ask for identification. Remember not to deal with a visitor alone and don't make decisions on the spot.



When leaving home, double-check the locks and be especially careful

When you leave your home, take every measure possible. Cover broken windows so that they're not visible from the outside. If the frame of your front door has been distorted and won't shut, attach a chain and padlock to lock the door. Keep the room lights on. Women and children should avoid going out alone, and should carry around a personal safety alarm or whistle at all times.



Life at an evacuation center

Creating a living environment at an evacuation center



SURVIVOR ACCOUNT

I couldn't take a bath or change clothes for two weeks. I had just one blanket to sleep on. (60s) (2016 Kumamoto Earthquake)

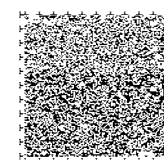
SURVIVOR ACCOUNT

There were no partitions, so it seemed very stressful for my 6th grade grandchild to change clothes. (70s) (2011 Great East Japan Earthquake)

Much of the stress of living at evacuation centers comes from the poor living environment and trouble getting along with others.

At an evacuation center, you must live with complete strangers, forcing you to put up with and tolerate many things.

Here are some important points to remember if you have to stay at an evacuation center.



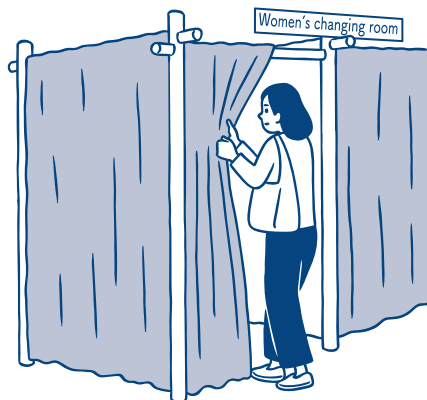
Respect the privacy of others, be courteous and follow the rules

When living in a group, it's important to respect each other's privacy and observe manners. During recent disasters, there were many problems with people unable to sleep due to others playing handheld games or using their smartphones after the lights went out. Be sure to follow the rules of the evacuation center regarding matters such as disposal of garbage, turning the lights off, and receiving relief goods.



Change your clothes and dry your laundry in designated areas

Change your clothes in designated changing rooms and dry your laundry at drying areas within the evacuation center. These are manners to be observed when living in a group.



Evacuees should also help each other by sharing roles

In order to help each other during evacuation life, evacuees should also share roles as much as possible, taking an active stance to help by doing what they can or are good at doing. If you can, take the initiative and participate in the operation of the evacuation center to help create a better living environment.



Examples of women taking part in evacuation center operations

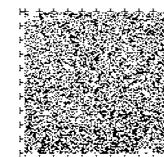
- The mood was, "If you can do it, do what you can, just as much as you can."
- To prevent isolation and promote interaction, common areas ("Community Café," "Children's Corner," "Consultation Corner," "Study Room") were created.
- There were always designated spaces for families with infants and toddlers, and for women (shower rooms, spaces to change and wipe down their bodies).

Source:

Prepared from "Survey on response to the 2016 Kumamoto Earthquake from the perspective of gender equality"

(Cabinet Office, Government of Japan)

http://www.gender.go.jp/research/kenkyu/kumamoto_h28_research.html



Consideration at evacuation centers

Thoughtfulness and assistance are especially needed during disasters

Be mindful of giving consideration and support to new and expectant mothers, children, the elderly, foreigners, LGBT people, people with impairments, as well as those who differ from you in customs, religious beliefs, views, and backgrounds.



Actively approach those in need

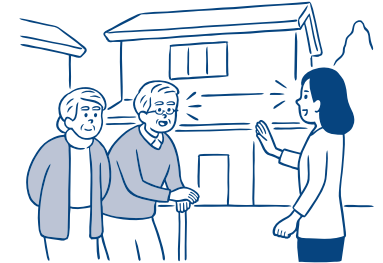
Children tend to develop different symptoms than adults. The change of environment could also cause the elderly and impaired to feel poorly physically and/or mentally. Actively approach them, and ask if they are troubled or need some help. Sometimes it's hard to tell if a person needs consideration or assistance from external appearances alone. Take note of tags such as the "Help Mark" tag used by people with conditions that aren't outwardly apparent.



Help Mark

Get to know your neighbors in daily life

Senior citizens, expectant mothers, and people who are seriously ill or have impairments may have a difficult time evacuating quickly. While getting to know them in your daily life, if you discuss matters concerning disaster response, such as evacuation areas, evacuation methods, and things to take when evacuating, they will feel safer during a disaster.

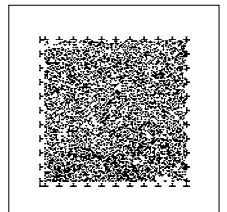


Help foreigners feel safer

Foreigners visiting from a country that never has earthquakes may be feeling very anxious after experiencing an earthquake for the first time in their lives. Being thoughtful and speaking to them using simple phrases could help relieve their anxieties. Apps that can translate multiple languages may come in handy. Using "simple Japanese" with foreigners may communicate the message better.



※ Japanese using simple words and sentence construction that may be easier for foreigners to understand.



Maintaining your health at evacuation centers

Maintaining a healthy body and mind in an unfamiliar environment

Evacuation life can affect your physical and mental health in various ways. Here are tips on how to stay as healthy as possible at an evacuation center.



Don't refrain from drinking fluids to avoid going to the restroom

A lack of fluids causes many problems, not just dehydration. Don't attempt to drink less to reduce the number of times you need to go to the restroom. Be sure to drink fluids frequently.

Move your body to prevent deep vein thrombosis ("economy class syndrome")

Staying in the same position in a small space such as a car for a long period of time reduces blood circulation in the legs, and could cause a blood clot to form. In a worst case scenario, the blood clot can be life-threatening by traveling to the lungs. Learn how to prevent that from happening.

Leg exercise to prevent deep vein thrombosis

Move your heels up and down (about 20 to 30 times) once every hour.



Conditions caused by a lack of fluid

- Dehydration
- Heart attack
- Stroke
- Deep vein thrombosis (economy class syndrome)
- Hypothermia
- Constipation
- Bladder infection



Instead of brushing your teeth

Gargle with a little bit of water, swishing it in your mouth

Maintain oral hygiene to prevent cavities and gum disease

During evacuation life, you are more likely to get cavities and gum disease due to unbalanced meals, lack of fluids, stress, and other factors.

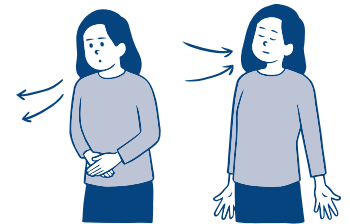
If you don't have a toothbrush, gargle with a little water or tea. It's also effective to use a handkerchief or tissue paper to clean your teeth.

Don't try to cope with stress alone.

Talk to somebody.

Much of the psychological reactions in a disaster, such as anxiety, sadness, a sense of loss, blaming yourself, and being angry at others can be experienced by anyone.

Seek the support of somebody you can trust, or healthcare professionals such as doctors, health workers, or counselors dispatched to the evacuation center.

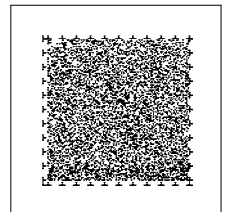


Breathing method to alleviate anxiety and worries

Exhale deeply for six seconds and inhale lightly for six seconds. Do this for five minutes in the morning and evening.

Coping with stress during a disaster

- Take a deep breath.
- Talk to somebody you can trust.
- Smell a fragrance you like.
- Listen to music.
- Eat or drink something warm.



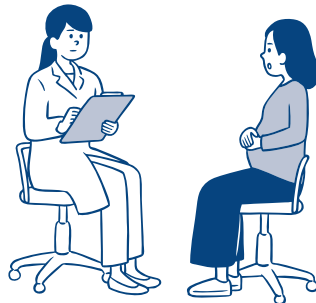
Prenatal and postnatal mothers and babies are delicate.

Don't miss signs of ailments.

Maintaining a sufficiently nutritional diet, staying hydrated, and securing a sanitary environment can be difficult during evacuation life, so carefully monitor the state of your physical and mental health.

Check beforehand with healthcare professionals, such as doctors, or relevant staff of the evacuation center about which medical institutions are available.

If you experience the following symptoms, consult a healthcare professional.



If you experience the following, seek consultation

Expectant mothers

- Changes such as abdominal tightness or cramps, pain, bleeding, change in fetal movement, swelling from water retention, headaches, and vision changes.

Postnatal mothers

- Fever, a sudden increase of lochia (bleeding), wound pain (C-section, perineal incision), breast swelling or pain, and reduction of milk production, etc.

Infant

- Fever, diarrhea, loss of appetite, difficulty latching on or sucking milk, etc.
- Behaving in a different way than usual for a while.

Source:

Prepared from "Maintaining Health in the Devastated Areas" (Ministry of Health, Labour and Welfare)

<http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000122530.html>

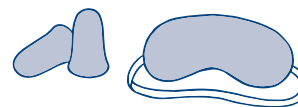
Move as much as you can to prevent reduction of activities of daily living (ADLs)

Since you tend to be physically inactive in an evacuation center, your muscle strength can weaken and joints can stiffen, gradually making you unable to move. Physical inactivity may also make you feel depressed. These symptoms are called the Disuse Syndrome. Prevent it by taking care of yourself as much as possible and by participating in whatever activities you can.

Call upon others and be active together.

Ways to sleep better at evacuation centers

- Wear an eye mask and earplugs.
- Set up partitions for privacy.
- Use cardboard to keep out the chill.
- Set rules for turning off the lights for those who can't sleep with the lights on and those who can't sleep in the dark.



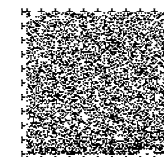
Having difficulty sleeping is a natural reaction to a disaster

Having difficulty sleeping after an earthquake is your body's natural reaction to cope against dangerous situations.

With time, it will become easier for you to sleep.

Things to bear in mind if you have trouble sleeping

- Even when the lights go out, don't feel pressured to go to sleep. Tell yourself, "I'll sleep when I can."
- Separate your daytime and nighttime activities, such as by getting some sun and being active during the day.
- If you get sleepy during the day, go to sleep.



Crime prevention at evacuation centers

Protect yourself from crime at evacuation centers

Various crimes can occur at evacuation centers such as theft, and sex crimes and violence targeting women and children. Everyone should be especially vigilant against such crimes.



Keep your valuables with you, at all times

When leaving your area, be sure to take your valuables with you, or ask somebody you can trust, such as your family, to stay there and watch over them. Also take precautions when sleeping, such as keeping your valuables on you.

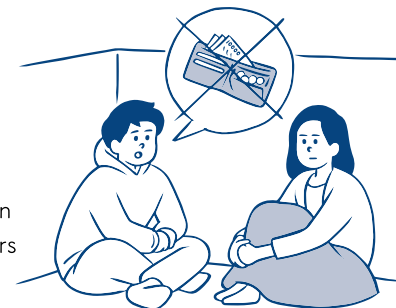


SURVIVOR ACCOUNT

We were robbed at the first evacuation center, as well as at the next center we moved to. (50s)
(2016 Kumamoto Earthquake)

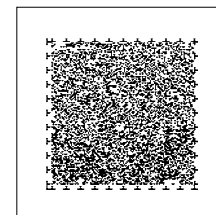
Don't talk about money in front of strangers

At an evacuation center, where all sorts of people live together, you have no idea when or where someone may be listening to your conversation. To avoid trouble, when discussing money or personal matters that you don't want others to hear, exercise caution such as moving to a place away from people.



Move in groups to protect yourselves

To reduce the risk of crimes, to all possible extent, try to avoid acting alone. When you also leave the evacuation center, such as to return home, be sure to have someone like a family member or friend with you, and move in a group. Before using the restroom or changing clothes, check to see if anything is out of the ordinary and take precautions such as having somebody keep guard.



Avoid going near secluded spots

At places that are deserted or secluded, crimes can happen even during the day. When going out, carry a personal alarm with you. If you're alone, stay away from places that are not easily visible.



SURVIVOR ACCOUNT

I didn't want to go to secluded spots like the back of the gymnasium and school building where we were evacuating. (40s)
(1995 Great Hanshin-Awaji Earthquake)

SURVIVOR ACCOUNT

I heard disturbing things, so I was careful not to go to deserted places or walk alone at night. (30s)
(2011 Great East Japan Earthquake)

Don't leave children alone

Both boys and girls can be targeted by molesters, or be yelled at or hit by strangers looking for an outlet to relieve stress. Don't leave children alone. It's important to always have an adult present.



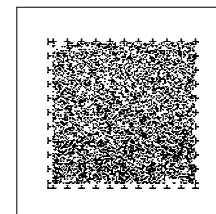
SURVIVOR ACCOUNT

My daughter was hit in the face by a person passing by her at the evacuation center. (40s)
(2016 Kumamoto Earthquake)

Don't turn a blind eye and help one another

If you witness sexual harassment or violence, don't ignore it or pretend that you didn't see it. It's important to think, "What if that was me?" and help that person.

If you experience sexual assault or violence, don't endure it alone. Talk to the police, counseling organizations, or somebody you can trust.



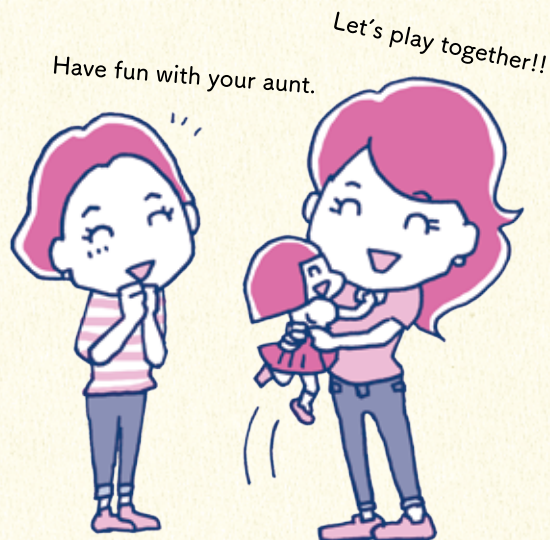
Caring for children at evacuation centers

Adults should cooperate in caring for the mental and physical health of children

Group life at an evacuation center is very stressful for children, too.

An environment for caring for children should be created through discussion among not just parents and guardians, but other adults and the evacuation center staff as well.

If something about a child worries you, consult a healthcare professional.



Accept changes in children and watch over them

The terror and stress a child feels after a disaster appear as changes in his or her behavior.

Parents may feel at a loss when their child starts acting differently, such as continuing to act rowdy even after being scolded. All adults should watch over children with the understanding that such changes are natural ways for them to deal with the situation.

Some effective ways to respond

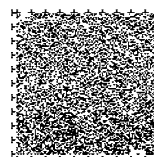
- Make them feel safe through physical contact.
- Give them chores such as helping hand out meals, so they gain a sense of belonging.

SURVIVOR ACCOUNT

PTSD and behaving babyishly were some early psychological changes I saw in the children. We took care of their mental health by making sweets together and playing cleaning games. (40s) (2016 Kumamoto Earthquake)

SURVIVOR ACCOUNT

Our evacuation center was very close-knit. We helped each other, with everyone comforting a baby when he or she was crying. (40s) (2011 Great East Japan Earthquake)



Create a time and space where children can play freely

The space in evacuation centers is limited, but it's important for everyone to discuss how to create a spot where children can play.

From the perspectives of both crime prevention and mental healthcare, try not to leave children alone. You could also ask volunteer workers to play with children.



Nursing the baby in a quiet private space

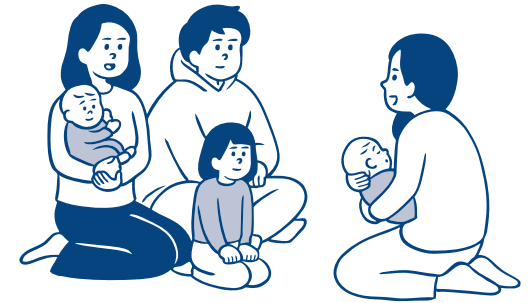
It is important that nursing can be done whenever mother and child wish. Other people should cooperate to create a space where mothers can comfortably nurse their babies, such as a nursing room. Consideration, such as securing lights for nursing at night and establishing the nursing space where it would be easy to enter and exit for preparing baby formula, is also necessary.

What to do when milk supply stops

During a disaster, a mother's milk supply can decrease temporarily. Those around her should cooperate by providing emotional support and giving her priority access to meals and drinks. When using baby formula, if the baby bottle cannot be sanitized, the baby can be fed by using disposable paper cups, disposable spoons, or by soaking the milk in sterile gauze.

Moms and dads in the same situation should support each other

Interacting with others in the same kind of situation, such as those with babies the same age, will be very helpful at an evacuation center. Having somebody you can empathize with will provide you with emotional support.

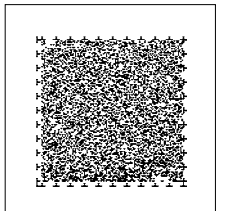


Consideration toward children with food allergies

When handing children food or snacks, do not give it directly to them, but exercise caution by first confirming with their parents or guardians about whether they have allergies or not.

SURVIVOR ACCOUNT

We tried talking to mothers who were stressed and recommended their families to do something to refresh themselves. (40s)
(2016 Kumamoto Earthquake)



Pets at evacuation centers

What you can do for your pet as its owner and family

Humans are not the only ones affected by a disaster.

Even pets are prone to falling ill during the harsh circumstances of evacuation life.

Prepare against troubles at evacuation centers by training your pet in normal times.

It's up to the owners to protect their pets.

Start thinking now about what you should do.



Think about your pet when evacuating

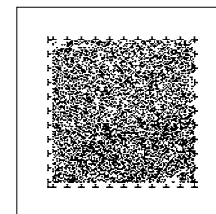
To all possible extent, evacuate with your pet. In this case, however, you must follow the rules of the evacuation center. You may not necessarily be able stay together with your pet, and take note that the evacuation center may find it difficult to accept pets other than dogs, cats, and small birds.

If your home is safe and you're able to return home regularly to take care of your pet, one option would be to not take them to the evacuation center. You might want to prepare by looking beforehand for a place other than an evacuation center or your house where your pet can stay.



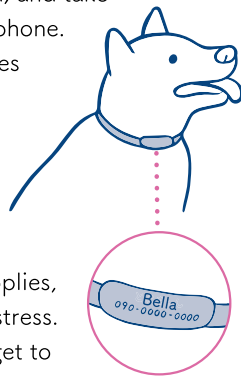
SURVIVOR ACCOUNT

We decided to move into an evacuation center but made a space in our kitchen for our dog and visited every day to take care of her. (60s)
(2016 Kumamoto Earthquake)



Maintaining your pet's health and using ID tags

Evacuation life could also weaken the immune system of pets. Be sure to provide them with routine healthcare, including giving them vaccination shots as well as preventing and ridding them of parasites. Considering that your pet may get lost, it's important to attach a collar tag or have your pet microchipped, and take pictures of your pet and store them on your cell phone. For dogs, be sure to attach a license tag and rabies vaccination tag on their collar.



Stock pet items

Stock up on food, water, medicine, and toilet supplies, as well as your pet's favorite toys to help relieve stress. In preparation for evacuating together, don't forget to have a crate or carrier ready.



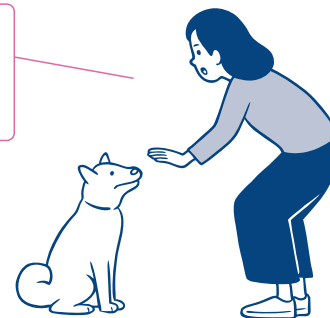
SURVIVOR ACCOUNT

I didn't have a pet crate and had trouble finding a place to keep my pet. (40s)
(2016 Kumamoto Earthquake)

Have your pets trained

It's vital to have your pets trained to avoid trouble. Being trained will also help them cope with stress during a disaster.

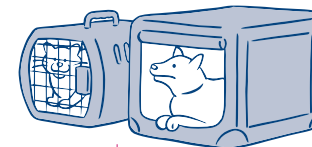
Teach basic commands to dogs such as "stay" and "lay down," and train them to not bark unnecessarily.



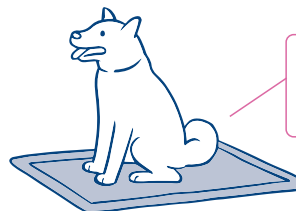
《 Training points 》



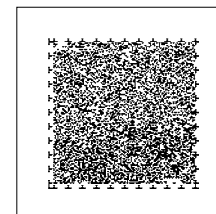
Make sure they're not afraid of or aggressive toward people and other animals.



Have them become used to being placed in crates or carriers.



Train them to go to the toilet at a designated spot.



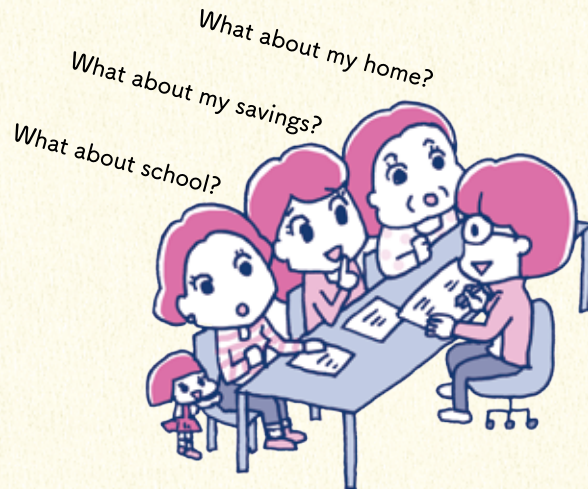
Rebuilding your life

Make use of various programs to help you rebuild your life

Once evacuation life has calmed down, it's time to start rebuilding your life.

There are various programs available for those who lost their homes or jobs in a disaster.

As your community takes steps toward recovery, start reconstructing your life to get back on your feet again.



Damage Certificate Classifications



Total destruction
(50% or more destroyed)

Significant partial destruction
(40% to under 50% destroyed)

Moderate-scale partial destruction
(30% to under 40% destroyed)

Partial destruction
(20% to under 30% destroyed)

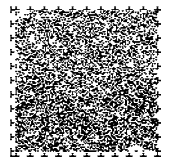
Semi partial destruction
(10% to under 20% destroyed)

Does not lead semi partial destruction (Partially damaged)
(Less than 10% destroyed)



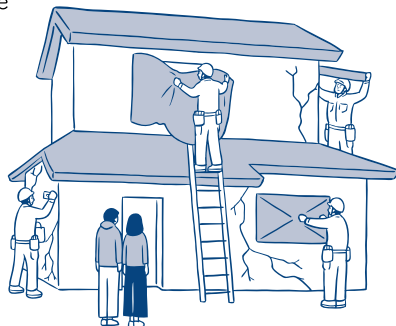
File for a damage certificate

A damage certificate (*risai shomeisho*) is an official certificate issued by your local government, which certifies the degree of damage to homes due to earthquakes, floods, or strong winds, after conducting an inspection. This certificate is necessary for various situations, such as when applying for disaster victim support programs, receiving benefits, and applying to move into emergency temporary housing, so be sure to obtain one.



Utilize financial assistance programs

There are various financial assistance programs, such as condolence money paid if you've lost a family member, a support fund and loan to help rebuild your life, and tax deduction and exemption. If you have earthquake insurance or insurance that covers natural disasters, you can receive insurance benefits and compensation.



Examples of financial assistance programs

Disaster Condolence Money and Disaster Disability Compensation Money

Condolence money is given to the families of victims who lost their lives or are missing due to a disaster. Those who have become severely disabled from an injury or illness due to a disaster can receive disability compensation money.

Support Fund for Disaster Victims to Rebuild Their Lives

This support fund is for those who suffered devastating damage to their livelihoods due to a disaster, such as the total destruction of their homes.

Income Tax Casualty Loss Deduction

When your property such as your home, household furniture, clothing, and other items necessary for your daily life is damaged, you can receive a tax deduction for casualty loss by filing a tax return.

※ For details, contact the local government or tax office of where you were living at the time of the disaster.

Housing assistance such as emergency temporary housing

Those who lost their homes can move into emergency temporary housing built after a disaster, or private housing rented by the local government. As a general rule, they can reside there for two years. There are also loan programs for emergency repairs and rebuilding of homes.

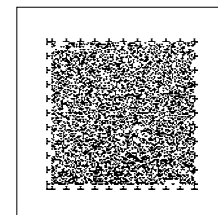
※ For details, contact the local government of where you were living at the time of the disaster.



Return to school through educational support and child care support programs

There are programs to support children in devastated areas return to school such as aid to help cover commuting and school supply costs, measures for reduction of daycare fees and reduction or exemption of tuition fees, and education loans.

Contact your daycare center, kindergarten, school, or your local government.



Disaster Readiness Guide

Prepare Yourself and Your Family

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