

Shinagawa Disaster Prevention Handbook



Learn about your risks
Let's start preparations
for a disaster
at home



Implement disaster preparedness measures at each household



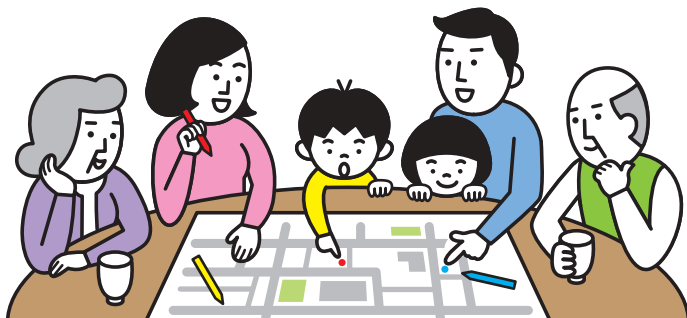
Shinagawa's disaster
prevention mascot
character
Jijo-kun

Disasters have recently occurred in a variety of different areas in Japan. By being prepared for a disaster on a daily basis, you can protect your beloved family.

- What kind of disaster risks are there in Shinagawa?
- What should you do to prepare for a disaster?
- How should you act when a disaster occurs?

Shinagawa Disaster Prevention Handbook helps residents learn about disaster risks and think about disaster preparedness measures that they can implement in their households.

Let's use this handbook and start preparations for a disaster at home!



What's inside the handbook

Shinagawa Disaster Prevention Handbook helps residents consider how to respond depending on your area and household when a disaster occurs and how to prepare themselves for a disaster at ordinary times.

Learn 01

Learn about
disaster risks

You can learn what kind of disaster risks there are in your area and around your home and what kind of disaster preparedness measures to implement for each risk.

Learn 02

Learn about the
measures to implement
when a disaster occurs
and at ordinary times

You can learn how to act when earthquakes, storm and flood disasters, etc. occur and how to get prepared for them at ordinary times.

Review 03

Complete the
review work to get
prepared to take
action

There are pages for the review work to write down what you have learned. By writing it down and reviewing it, you can check how you should act and prepare yourself anytime.

Condominium residents are asked to use the handbook for condominium residents as well.



For all city
residents



For condominium
residents

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Chapter 1

There is an earthquake!



What is going to happen? What should you do?

To prepare for a disaster, it is important to specifically imagine the possible damage.


If an earthquake that directly hits the Tokyo area occurs, how much damage can it cause in the city?



1 Let's learn about the danger of earthquake disasters

1 There is an earthquake directly hitting Tokyo! What is going to happen in Shinagawa City?

The possibility that an earthquake directly hitting Tokyo will occur within the next 30 years is 70% (according to “Predicted Damage to Tokyo from an Earthquake Directly Hitting Tokyo” published by the Tokyo metropolitan government in May 2022). Areas of the city are expected to suffer significant damage, especially if the epicenter is located in the southern part of central Tokyo.

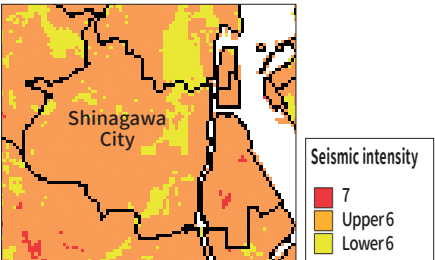


Basic

- ✓ Almost all the areas of the city are expected to experience shaking with a seismic intensity of about 6 upper.
- ✓ Significant damage is expected, including personal and property damage, immediately after a disaster along with lifeline damage while people live as evacuees.

Damage from an earthquake directly hitting the southern part of central Tokyo (magnitude 7.3)

If an earthquake directly hitting the southern part of central Tokyo occurs, almost all the areas of the city are expected to experience very strong shaking with a seismic intensity of about 6 upper. Human and property damage will result, and people will be forced into an inconvenient life for a prolonged period.



Distribution of seismic intensities

How strong is shaking with a seismic intensity of 6 upper?

- It is impossible to move without crawling. People may be thrown into the air.
- Many unsecured pieces of furniture tip over.
- Wooden buildings with low earthquake resistance are more likely to lean or collapse.



A room with objects scattered by earthquake shaking (the 2016 Kumamoto earthquakes)

Estimation of damage in Shinagawa City Earthquake
 directly hitting the southern part of central Tokyo (evening in winter, a wind speed of 8 m/s)

Casualties and physical damage

People killed	Fully collapsed buildings	Number of fires
288	2,892	24
People injured	Half collapsed buildings	Number of buildings destroyed by fire
4,492	6,038	6,286

(excluding the number of collapsed buildings)

The leading causes of death and injuries are fire and building damage caused by shaking. Damage is also expected to be caused by objects stored indoors, block walls, and objects falling outdoors.



A building collapsed due to earthquake shaking (the 2016 Kumamoto earthquakes)

Damage to utilities

Electricity (blackout)	Water supply (water outage)	Sewerage service (damage to pipes)
21.3%	30.2%	6.4%
Gas (outage)	Communication (disconnected)	
60.6%	11.0%	

Evacuees/impact of an earthquake

People stranded with no way home	Number of evacuees evacuated to shelters
233,316	87,418
Elevators with people trapped inside	Disaster waste
887	1.32 million tons

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The city's population is approx. 400,000 and many residents are expected to take shelter at home.

Landslide

Landslides may occur in the sediment disaster prone areas.

Tsunami

The area near the mouth of the Tachiai River may get flooded by tsunami if there is a trench-type earthquake*.

*An earthquake caused by the subduction of an oceanic plate beneath a continental plate.

Areas predicted to be affected by tsunami: colored areas in the figure below. Some parts of Higashioi 2-chome and Minamioi 1-chome



Tsunami hazard map (Nankai megathrust earthquake (a magnitude of around 9))

1 Let's learn about the danger of earthquake disasters

2 There is an earthquake! What should you do?

3 How do you live as an evacuee?

4 Prepare for an earthquake.

5 Expand the network of disaster prevention

2 Regional characteristics of earthquake damage

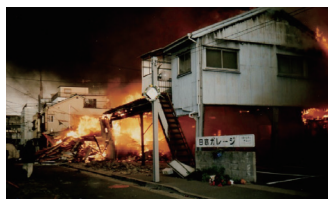
Damage that is likely to be caused depends on geographical characteristics, such as the topography, how the land has been formed, buildings, and roads. You can learn about the damage that may be caused to the area you live in by earthquake disasters and utilize what you learn to implement proactive measures.



Understand the characteristic of the area near your home and use them to plan measures against earthquakes.

Spread of fire (areas crowded with wooden houses etc.)

Areas that are crowded with wooden buildings with low fire resistance, have no parks that stop fires from spreading, and have narrow roads have high risk of fires spreading.



Spreading fire
(the Great Hanshin-Awaji Earthquake)

Collapsed buildings and blocked roads (soft ground, old wooden buildings, etc.)

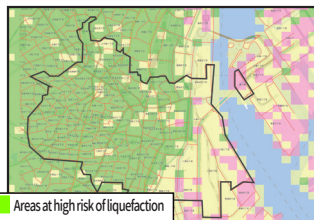
Buildings on soft ground where shaking is likely to be stronger and old wooden buildings are at high risk of collapse. In addition, in areas that have many narrow roads with a width of less than 4 m, roads are at high risk of being blocked from collapsed buildings.



Collapsed buildings
(the 2016 Kumamoto earthquakes)

Liquefaction damage (seaside areas, landfills, etc.)

In seaside areas, areas near river mouths, and landfills, soil liquefaction with sand and water gushing out is likely to cause the settlement and toppling of buildings and pushed up manholes.



Liquefaction hazard map of Tokyo



Areas at high risk of liquefaction
Areas at risk of liquefaction
Areas at low risk of liquefaction

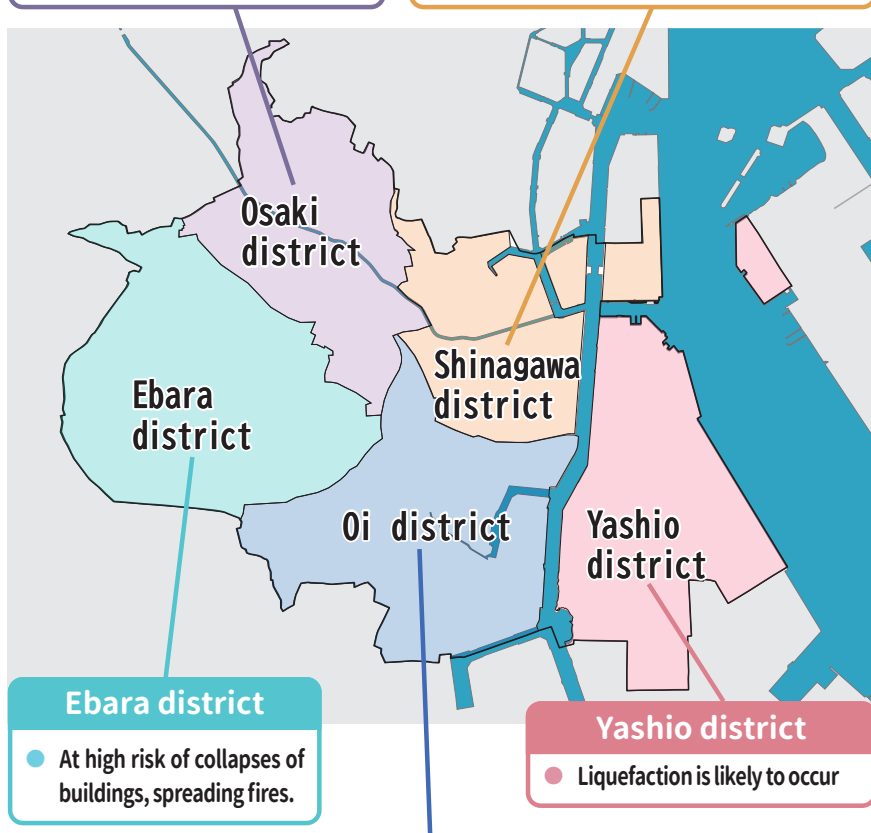
Characteristics of damage caused by an earthquake in each district

Osaki district

- As there are many sediment disaster special warning area in Kamiosaki and Higashigotanda, the area has a risk of landslides.

Shinagawa district

- As there are many sediment disaster special warning area in Kitashinagawa, liquefaction is likely to occur in the coastal areas that have a risk of landslides.



Ebara district

- At high risk of collapses of buildings, spreading fires.

Yashio district

- Liquefaction is likely to occur

Oi district

- The areas crowded with wooden buildings mainly in the southwestern part have a high risk of collapses of buildings and the spreading of fires.
- The area near the mouth of the Tachiai River is at risk of Tsunami (if there is a trench-type earthquake).

*Only the characteristic damage is shown by comparing the predicted damage in each district. Even if there is no description, it does not mean damage will not be caused.

1 Let's learn about the danger of earthquake disasters

2 There is an earthquake! What should you do?

3 How do you live as an evacuee?





4 Prepare for an earthquake.

5 Expand the network of disaster prevention

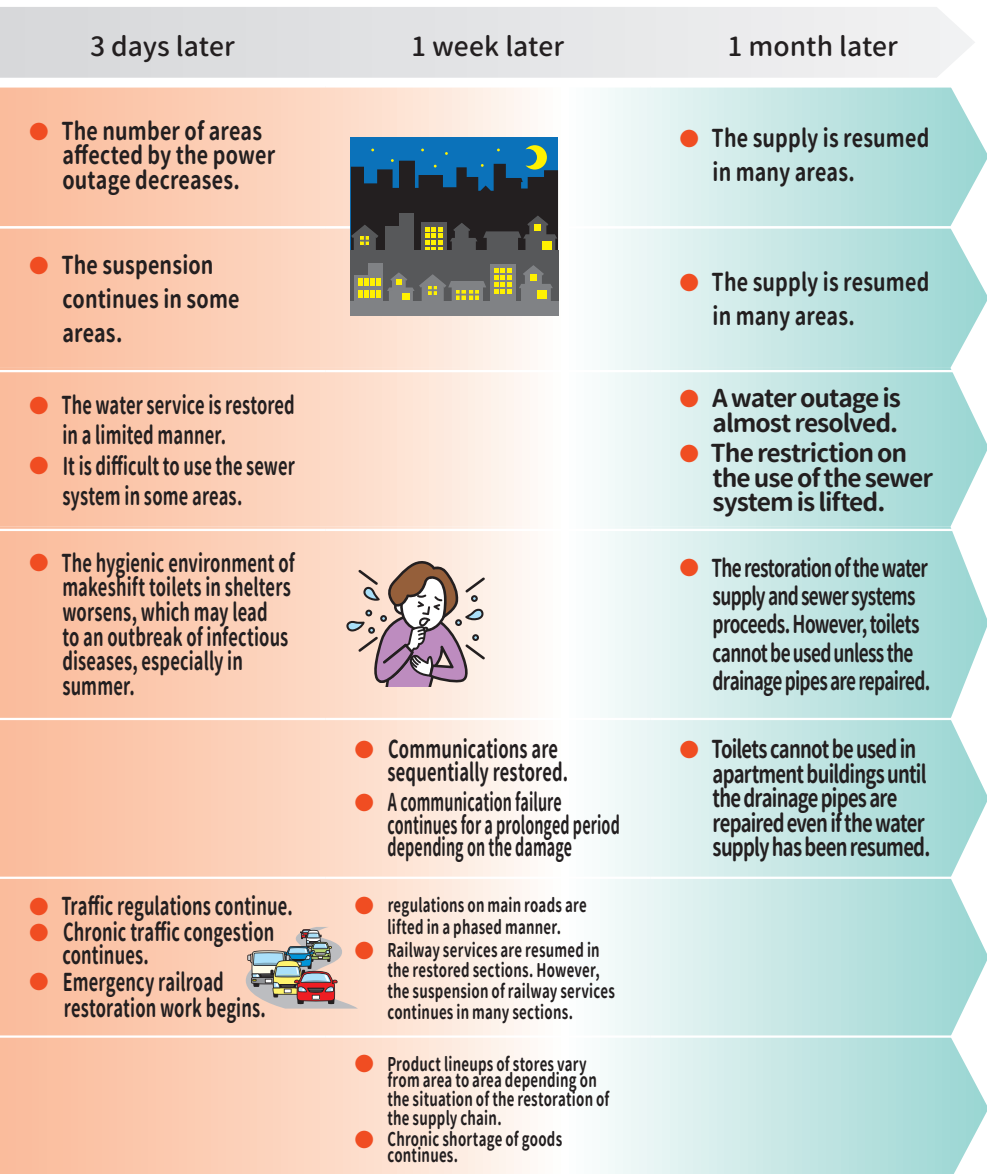
3 What is expected to occur around you

*Created based on “Predicted Damage to Tokyo from an Earthquake Directly Hitting Tokyo” published by the Tokyo Metropolitan Government in May 2022

Immediately after an earthquake hit – one day later

Electricity	<ul style="list-style-type: none">● A widespread power outage occurs	
Gas	<ul style="list-style-type: none">● A widespread suspension of the supply occurs.	
Water supply	<ul style="list-style-type: none">● A water outage occurs.● The use of the sewer system is restricted.	
Toilet	<ul style="list-style-type: none">● It is difficult to use toilets.● It is also difficult to use toilets in public facilities.● Toilets cannot be used in apartment buildings until the drainage pipes are repaired.	
Communication	<ul style="list-style-type: none">● A communication failure affecting voice calls occur● There is a significant delay in communications on social media platforms.● Areas with no communications expand.	
Transportation	<ul style="list-style-type: none">● Traffic of ordinary vehicles is regulated.● Railway services are suspended.	
Logistics	<ul style="list-style-type: none">● It is difficult to secure daily supplies because they are out of stock.	

After an earthquake hit, serious problems such as the disruption of lifelines and public transportation systems may be caused in your living environment for the time being.





Let's check the risks you have at your home!

Work

Let's check what kind of damage is likely to be caused by using the Shinagawa City Disaster Prevention Map and fill in the worksheet.

Seismic intensity

Shaking with a seismic intensity of about 6 upper all over the city

Flooding caused by tsunami

Likelihood of flooding : Likely • Not likely
Flood depth : m ~ m below

Shinagawa City Disaster Prevention Map

Sediment disaster risk

Sediment disaster (special warning area) : Within the area • Out of the area

Shinagawa City Disaster Prevention Map

Risk of liquefaction

High • Possible • Low

Liquefaction hazard map of Tokyo

Degree of regional risk

Building collapse risk : 1 • 2 • 3 • 4 • 5
Fire risk : 1 • 2 • 3 • 4 • 5
Coefficient of difficulty in activities in a disaster : 0-0.1 • 0.1-0.2 • 0.2-0.3 • 0.3-0.4 • 0.4-
Combined risk : 1 • 2 • 3 • 4 • 5

▶ See pages 14 and 15 for danger level in each area

POINT



Check what kind of dangers there are not only at home but also at work and school!

Let's learn about the degree of risk in your area.

The Tokyo metropolitan government has published information on building collapse risk, fire risk, and coefficient of difficulty in activities in a disaster, and combined risk calculated by comprehensively assessing the above. These are used to relatively assess each risk in Tokyo by dividing the districts (chome) of the towns into five ranks. You should learn which kind of risk is higher in your chome than other areas and consider how to evacuate and what kind of preparations are needed.

Building collapse risk

The risk of building collapses and leaning from earthquake shaking is measured.

Fire risk

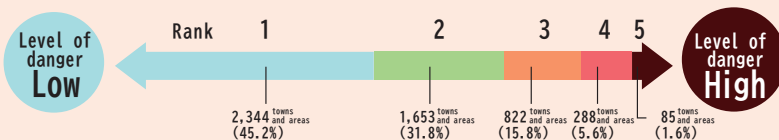
The risk of fire damage caused to a wide area by the spread of a fire due to earthquake shaking is measured.

Coefficient of difficulty in activities in a disaster

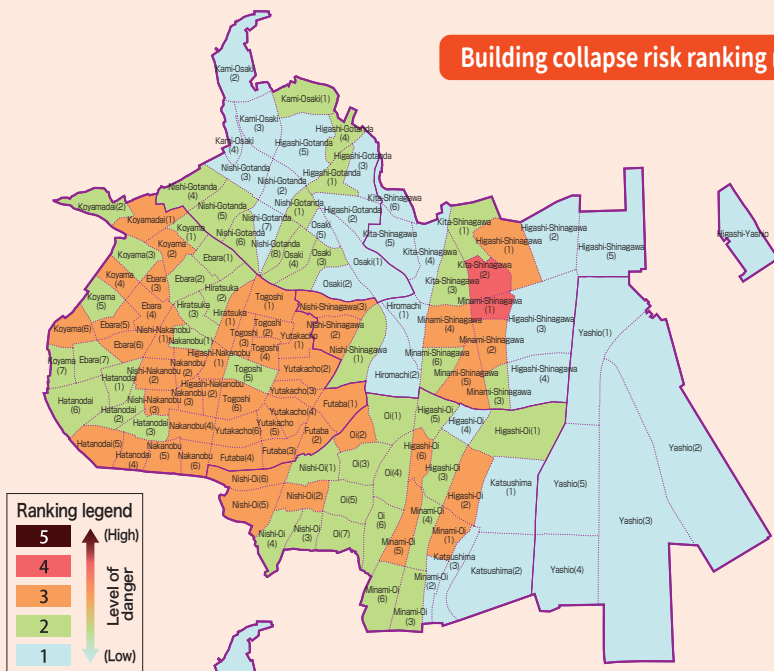
The difficulty in evacuating dangerous areas or engaging in activities in a disaster, such as firefighting and rescue, when there are collapsed buildings and fires caused by an earthquake is measured based on the situation of the maintenance of the road base.

Combined risk

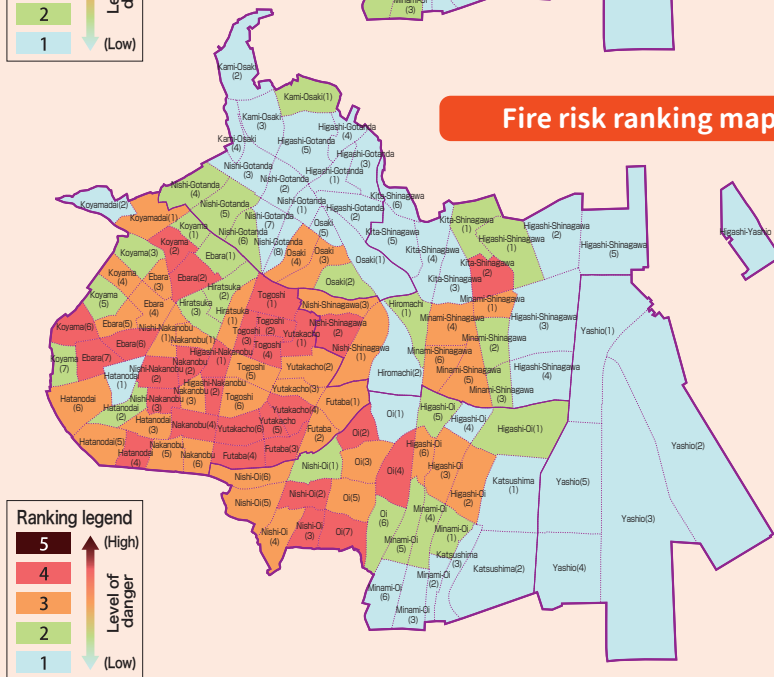
It is an indicator obtained by multiplying the sum of the building collapse risk and the fire risk from earthquake shaking by the coefficient of difficulties in engaging in various disaster response activities, such as evacuation, firefighting, and rescue.



Building collapse risk ranking map



Fire risk ranking map



1 Let's learn about the danger of earthquake disasters

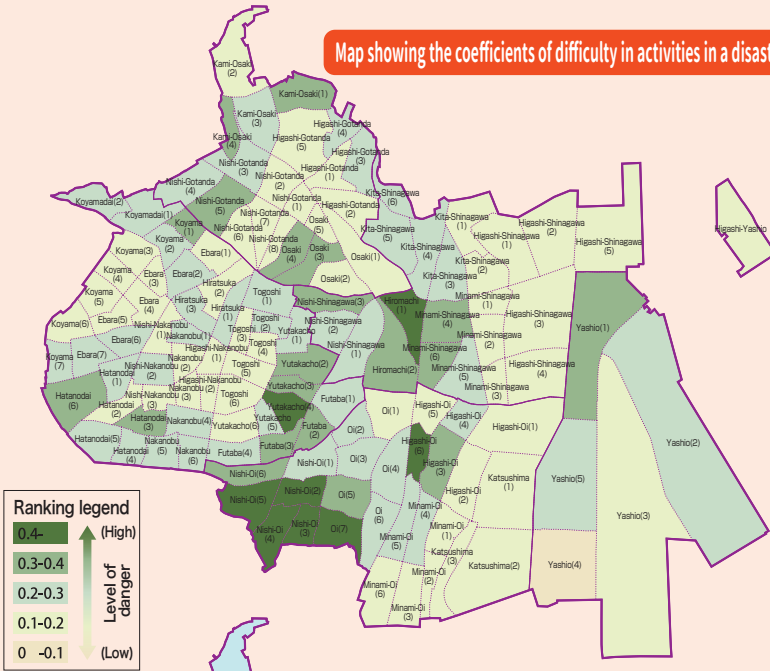
2 There is an earthquake! What should you do?

3 How do you live as an evacuee?

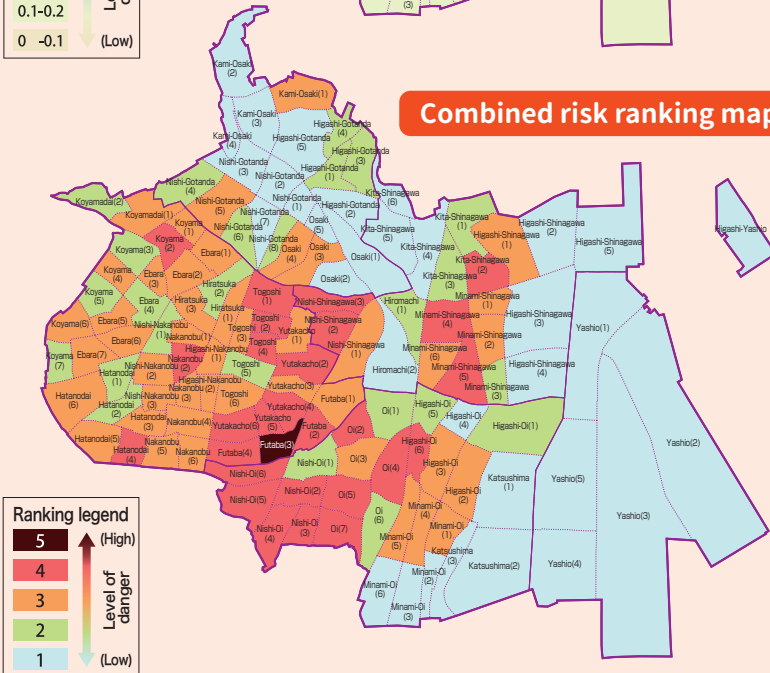
4 Prepare for an earthquake.

5 Expand the network of disaster prevention

Map showing the coefficients of difficulty in activities in a disaster



Combined risk ranking map



There is an earthquake! What should you do?

Occurrence
of
earthquake



When it is shaking

1 Protect yourself

To page 18 ➞



2 Secure your safety

To page 20 ➞



**3 Check the surrounding
conditions**

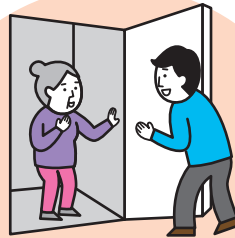
To page 21 ➞

If you feel severe shaking or Earthquake Early Warning (EEW) is issued, you need to protect yourself first. After shaking stops, you should calm yourself down, secure your safety, and check whether your family members and neighbors are okay. When you are in danger, please evacuate immediately.



4 When in danger,
evacuate immediately

To page 24 ➡



5 You and neighbors
help one another

To page 28 ➡



6 Live as an evacuee

To page 34 ➡



1 Let's learn about the danger
of earthquake disasters

2 There is an earthquake!
What should you do?

3 How do you live
as an evacuee?

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disaster prevention

2 There is an earthquake! What should you do?

1 Protect yourself

While it is shaking, protect yourself first. If you are not safe, you cannot save your family members.



- ✓ Always protect your head first to protect yourself
- ✓ Wait in a safe place until shaking stops
- ✓ Act calmly without panic.

When you are in your house (indoors)

- Cover your head with a nearby item such as a cushion. Move to a safe place such as under a desk where nothing could fall off or down.



When you are sleeping

- Cover your head with a pillow or comforter.
- When the shaking subsides, put on slippers to prevent your feet from getting hurt.

POINT



Approx. 30% to 50% of the people affected by the earthquakes that occurred recently got injured due to the toppling, falling, or movement of furniture.

When you are outdoors

- Check over your head and protect your head with your bag from falling billboards or glass.
- Move away from any building, standing billboards, vending machines, or brick walls.



When you are in an elevator

- Press all the buttons and exit at the floor where the elevator stops.
- If you are trapped, press the emergency button.



When you are driving a car

- Avoid the intersection and stop your car at the left side of the road. Collect information from the radio.
- When you continue driving a car, you should pay careful attention to the damaged parts of the road, disabled traffic lights, obstacles on the road.
- If you evacuate, leave your car unlocked with the key in it so that the police can move your car. Leave contact information in the car, take valuables and car registration, and leave the car.



2 Secure your safety

After shaking stops, you should calm yourself down, secure your safety, and check whether your family members and neighbors are okay. When you are in danger, please evacuate immediately.



Basic



Do not move for no reason unless you are in danger (tiles or glasses may fall due to aftershocks).



Be careful of aftershocks and act while paying attention to dangers around you.

Check the fire source / First-aid fire fighting

You should check the fire sources and turn them off to prevent a fire. If there is already a fire, extinguish it while it's a small fire. If you feel danger, evacuate immediately.

- Yell out, "Fire!" and alarm the surrounding people.
- Dial 119 and report the place and condition of the fire and your name.
- Extinguish the fire while it is still small with a fire extinguisher.
- If the flames reach the ceiling or you feel danger, evacuate without hesitation.

POINT



Immediately after the Great Hanshin-Awaji Earthquake hit, fires broke out simultaneously mainly in the areas with larger seismic intensities and continued on and off for more than one hour.

Secure the exit

If the shaking of an earthquake deforms a building, you may not be able to open windows or doors. Secure an escape route just in case of emergency right after the earthquake.

Check the surrounding conditions

Check the surroundings and see if you need evacuation or rescue.

- Check whether your family members or people in the surroundings are hurt.
- Check whether the building or place where you are is safe and whether there is anything dangerous such as things that may fall down.
- When your house is likely to collapse, evacuate while being careful of aftershocks.

3 Check the surrounding conditions

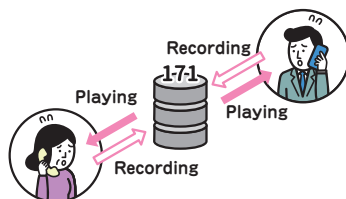
When the shaking has subsided and you have secured your safety, check on your family members. Also, check the information on the disaster and be prepared for the next action while understanding the right status.



- ☒ Check on your family members.
- ☒ Check whether the information is correct.

Confirmation of your family's safety / Registration of your information

When a disaster occurs, communications traffic to affected areas increases and phone calls are unlikely to go through. It is recommended that you prepare several methods to confirm your family's safety status in advance.



Disaster emergency message dial 171

At the time of disaster, if you record your safety information from a landline phone or cell phone, your message can be played from anywhere in Japan.



Disaster message board web171

It is an online message board that enables users to confirm the safety status of people in affected areas via the Internet.

Mobile phone carriers' disaster message boards

Each mobile phone carriers provide services that enable users to confirm their family's safety status.

SNS (LINE, Facebook, X)

Even when phone calls are unlikely to go through, sometimes you are more likely to connect with people on social media platforms. You should prepare yourself by creating a chat group with your family members.

POINT



171 and web171 are available for trial use on the 1st and 15th of every month. Let's try using them with all your family members.

Sources of accurate information

When a disaster occurs, groundless rumors or incorrect information may spread. Try to get the latest correct information from reliable information sources.



Disaster prevention wireless broadcasts



Emergency information is provided using the outdoor loudspeakers placed in the parks in the city. The information announced using the loudspeakers can also be viewed in written form on the city's website.

Disaster prevention wireless broadcasts confirmation dial



By dialing 0120-562-311, you can listen to the information broadcast by the disaster prevention wireless broadcasts within 24 hours.

Cable Television Shinagawa



The disaster information provided by the city is displayed on the ordinary broadcasting screen on Channel 11, a digital terrestrial television channel, as textual information. If you have introduced Shinagawa Television Push, the emergency information screen is automatically displayed even if your TV is turned off.

Radio



You can get disaster information provided by the city on Inter FM (89.7 MHz) and FM Shinagawa (88.9 MHz). In addition, you can also listen to the information broadcast by the disaster prevention wireless broadcasts.

Emergency report area email



Emergency information will be delivered by email to people staying in Shinagawa ward who have mobile terminals of Docomo, au, SoftBank, and Rakuten.

Public relations car



These vehicles are dispatched to areas that are expected to be in danger and provide information using the loudspeakers installed.

Shina mail (Shinagawa information mail)



It is an e-mail service by the city to provide news from the city, emergency information, and disaster and weather information.

Advance registration is necessary.



Emergency notification call for evacuation information



This is a service in which the ward notifies people in areas at risk of tsunamis, flooding, and landslides with evacuation information via e-mail, etc.

Advance registration is necessary.



POINT



In the past disasters, false rumors, such as lions escaping from the zoo, and fake news about the flooded house with a fake picture floated around, increasing the anxiety of the disaster victims and causing social chaos.

Internet



Website of
Shinagawa city
<https://www.city.shinagawa.tokyo.jp/>



X of Shinagawa city
<https://twitter.com/shinagawacity>



Shinagawa City facebook
<https://www.facebook.com/city.shinagawa/>



LINE(Shinagawa City's official account)
<https://www.city.shinagawa.tokyo.jp/PC/kuseizyoho/kuseizyohokoho/20200731170815.html>



Disaster prevention wireless
broadcasts
List of broadcast information
<https://shinagawa-bousai.cts.ne.jp/>



Yahoo ! Disaster
Prevention News
<https://emg.yahoo.co.jp/>
*Set to 'Shinagawa City, Tokyo' as required.



Website of Disaster
prevention information
<https://www.bousai.metro.tokyo.lg.jp/>



X account of the Tokyo
Metropolitan Government
Disaster Prevention Information
https://twitter.com/tokyo_bousai



Website of Japan
Meteorological Agency
<https://www.jma.go.jp/jma/index.html>



X of Japan
Meteorological Agency
https://twitter.com/JMA_kishou



1 Let's learn about the danger of earthquake disasters

2 There is an earthquake! What should you do?

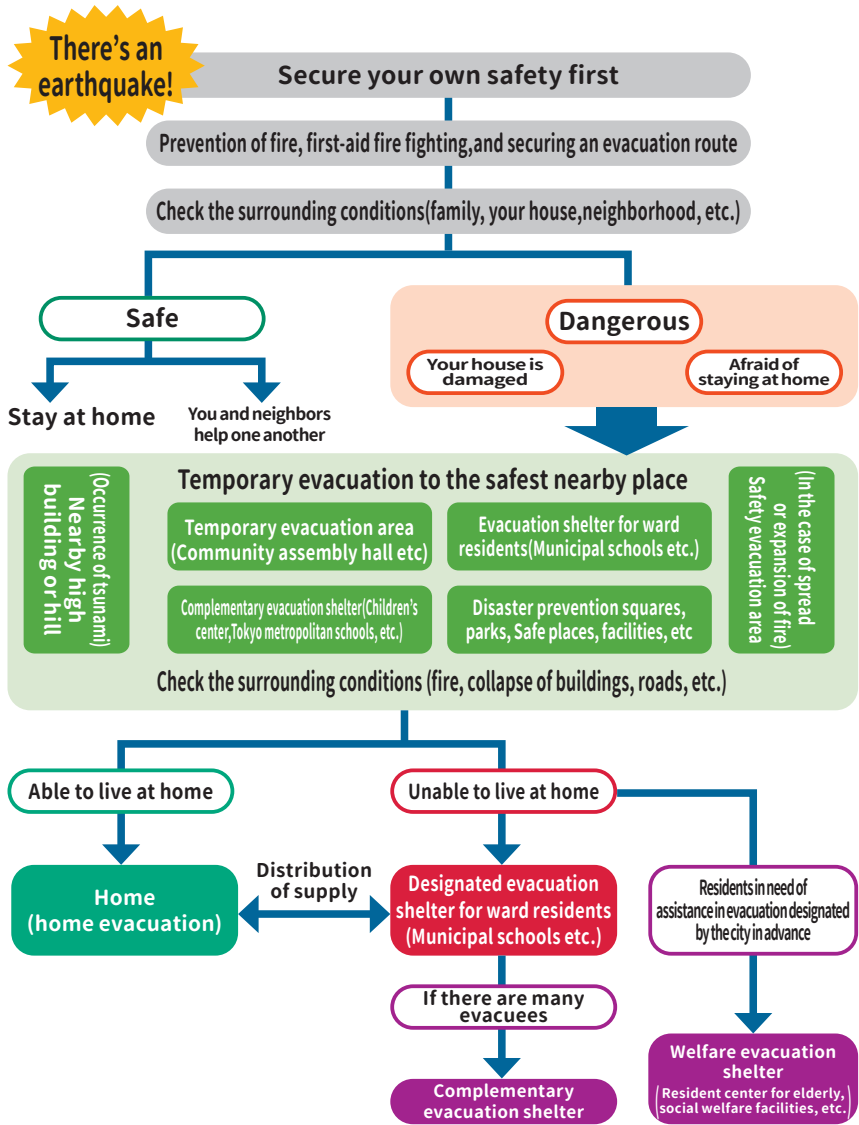
3 How do you live as an evacuee?

4 Prepare for an earthquake.

5 Expand the network of disaster prevention

4 When in danger Evacuate immediately

Evacuation is an action to take to avoid danger. You should stay where you are, such as your home, if it is safe to do so.



Safe place

When your house and the area around it are safe

Stay at home

You should stay at home if your house and the area around it are safe. You should check the damage caused to your neighbors and help each other with firefighting, rescue, and medical aid.

When you are in danger, your house has collapsed, or you do not feel safe at home

Temporary gathering places

These are the places where residents belonging to the same town or neighborhood associations gather, wait, and see how it goes or nearby gathering places to which residents evacuate in groups.

Evacuation shelter for ward residents

The city opens voluntary evacuation facilities when a seismic intensity is 5 lower or 5 upper.

The city opens 15 facilities as voluntary evacuation facilities to accept those who do not feel safe at home when a seismic intensity is 5 lower or 5 upper in the city. After they are opened, residents can evacuate to any voluntary evacuation facility.

(1) Shinagawa Gakuen	(6) Tachiai Elementary School	(11) Shimizudai Elementary School
(2) Jonan Elementary School	(7) Hamakawa Elementary School	(12) Ebara Hiratsuka Gakuen
(3) Dai-1 Hino Elementary School	(8) Ito Gakuen	(13) Ohara Elementary School
(4) Dai-3 Hino Elementary School	(9) Ito Elementary School	(14) Hoyonomori Gakuen
(5) Hosui Elementary School	(10) Ushiroji Elementary School	(15) Yashio Gakuen

Evacuation shelter for ward is residents opened when a seismic intensity is 6 lower or above.

The disaster prevention resident organizations open 52 resident shelters in total when a seismic intensity is 6 lower or above in the city. Each area (town/neighborhood association) has its designated shelter.

When escaping a spreading fire

Safety evacuation area

These are the open spaces where residents can secure their safety from the danger of spreading fires. There are 10 designated sites in the city.

Designated remaining area within the district

These are the districts that have become more fire-resistant and have no risk of the spread of fires, and residents can stay in these districts when there is an earthquake. There are five such districts in the city, including the Gotanda District.

When escaping a tsunami hitting the coastal areas

Tsunami evacuation facilities

These are the facilities that accept people escaping a tsunami in an emergent manner when they cannot evacuate to higher ground in time.

Safe evacuation

When moving from where you are, you should get away from danger as much as possible and secure your safety while moving. Basically, you should travel on foot.



Basic

- ✓ Evacuate to higher ground when a tsunami is likely to occur.
- ✓ Evacuate immediately when buildings are likely to collapse, or initial firefighting work cannot be done in time.

Clothes to protect yourself from danger

- Wear a cap or a helmet to protect your head from falling objects.
- Wear thick-soled shoes (protect your feet from broken objects).



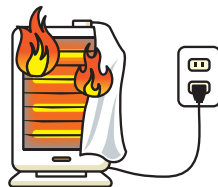
Avoid dangerous routes when moving

- Try not to move in the dark.
- Keep away from dangerous objects, such as severed power lines.
- Be careful of vehicles as traffic lights may not work due to a power outage.
- Avoid danger, such as streets with wooden houses and block walls and places where a fire may break out while moving.



Take measures against secondary disasters and crimes before evacuating.

- Turn off the breaker to prevent a fire from breaking out when electricity is restored.
- Shut off the main valves to prevent gas and water leaks
- Leave a note indoors such as the indoor side of the door about your safety status and a place to which you evacuate.
- Lock the windows and doors.



POINT



Fires may break out from the damage to electric appliances, breaking of electric cords, combustible materials on electrical appliances catching fire when electricity is restored. Approx 60% of the fires that occurred during the Great Hanshin-Awaji Earthquake and the Great East Japan Earthquake broke out when electricity was restored.

Provision of assistance in evacuation

When there are people who have difficulties in evacuating on their own, such as elderly people and people with disabilities in your neighborhood, you should approach them and assist them in evacuating if possible.



Basic

- ✓ Assist vulnerable people in your neighborhood in evacuating
- ✓ Help residents in need of assistance in evacuation evacuate in cooperation with other people if possible.

Vulnerable people

People who need special attention in a disaster such as elderly people, people with disabilities, babies and infants, and children

Residents in need of assistance in evacuation

People who have difficulties in evacuating on their own and need assistance in evacuating among vulnerable people



Evacuation guidance

- Visit people in need at their houses and explain that they need to evacuate urgently.
- Evacuate by carrying them on your back or on a stretcher and when it is urgent
- Listen to their wish about where to take shelter and secure a place where it is easy to use toilets.

POINT



Some residents in need of assistance in evacuation have created the Shinagawa City Evacuation Support Individual Plan in advance and designated the welfare evacuation shelters as shelters to evacuate to.

▶ What is a welfare evacuation shelters? Go to [page 39](#).

Development of a support system

In the city, each area has been developing a support system by conducting evacuation guidance drills to help people who have difficulties in evacuating on their own and safety status confirmation drills.



Futabachuo-cho residents' disaster prevention organization's evacuation guidance drill

5 You and neighbors help one another

Looking at the past disasters, we cannot deal with everything with individual efforts. People who help you the most in emergencies are local residents including your neighbors. After securing your safety, you should cooperate with your neighbors and survive a disaster together.



Basic

- ✓ Visit your neighbors to confirm their safety status and situations
- ✓ If there are people who need help, discuss with your neighbors, and help them together.

Cooperation with the disaster prevention resident organizations

► What is a disaster prevention resident organization? Go to [page 57](#).

The disaster prevention resident organizations conduct emergency activities through confirmation of residents' safety status in their areas. If you find fires, collapsed houses, or injured people, notify the disaster prevention resident organization in your area and cooperate with the organization in their activities to save lives such as initial firefighting, rescue efforts, and medical aid activities.



Connection with neighbors

During a disaster, you will face problems that do not usually arise. You should closely cooperate with your neighbors and ask them if there are people who need help to help each other.

- Confirm your neighbors' safety status by asking them whether they are okay and check whether damage has been done or if they need help.
- Ask your neighbors for their help when there are problems that you cannot solve on your own or with your family.

POINT



You should not start to interact with your neighbors after a disaster occurs. You should interact with them face-to-face by saying hello to them on a daily basis. Daily interactions with your neighbors will help a lot when a disaster occurs.

Learn from the past

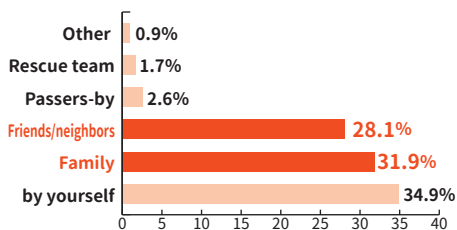
In the Great Hanshin-Awaji Earthquake...

A large number of people were rescued by people around them.

When the Great Hanshin-Awaji Earthquake struck, approx. 60% of the people rescued from the buildings that collapsed because of the earthquake were rescued by their friends, neighbors, or family members.

When a large-scale disaster occurs, it is important for you to cooperate with the residents in your community to protect each other's lives.

People who rescued the victims from the collapsed houses in the Great Hanshin-Awaji Earthquake



Source: "Investigation Report on the Fires Caused by the 1995 Southern Hyogo Earthquake," Japan Association for Fire Science and Engineering

Learn from the past

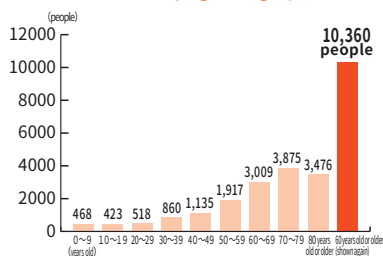
In the Great East Japan Earthquake...

There are many people who needed assistance.

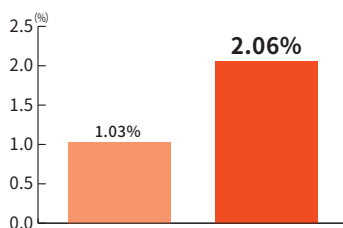
Data shows that the number of deaths of elderly people aged 60 and older in the Great East Japan Earthquake accounted for approx. 60% of the total number of deaths, and the mortality of people with disabilities was twice as high as the mortality of the total population.

If there are people who have difficulties in evacuating on their own, such as elderly people and people with disabilities in your neighborhood, approach them and help them evacuate if possible.

Number of deaths by age category



Mortality of people with disabilities



Source: (Left) Annual Report on the Aging Society: 2013, the Cabinet Office, (right) the reference material for the 37th Meeting of the Council for Disability Policy Reform, the Cabinet Office

*The original source is Normalization November 2011 issue.

1 Let's learn about the danger of earthquake disasters

2 There is an earthquake! What should you do?

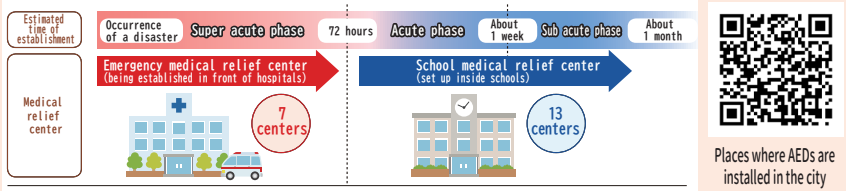
3 How do you live as an evacuee?

4 Prepare for an earthquake.

5 Expand the network of disaster prevention

If you are injured or become ill

The city opens medical aid stations for a fixed period of time in cooperation with medical institutions to deal with injured people. As healthcare professionals working at clinics engage in medical aid activities in medical aid stations, and the clinics may be closed. In addition, as ambulances do not always arrive at their destinations during a disaster, you should also check the places where AEDs are installed on the city's website.



Emergency medical relief center (7 centers / for 72 hours after a disaster occurs)

These stations are established in front of the hospitals in the city to perform triage (the process of determine the order of priority for providing treatment based on the urgency for medical care and the gravity of injuries/sickness) on sick and wounded people.

Hospitals (addresses)	
● Shinagawa Rehabilitation Hospital (5-2-1 Kita-shinagawa)	
● Dai-3 Kita-shinagawa Hospital (3-3-7 Kita-shinagawa)	
● Kanto Medical Center NTT EC (5-9-22 Higashi-gotanda)	
● Tokyo Shinagawa Hospital (6-3-22 Higashi-Oi)	
● Showa University Hospital (1-5-8 Hatanodai)	
● Hatanodai Hospital (5-17-16 Hatanodai)	
● Higashi Hospital of Showa University Hospital (2-14-19 Nishi-nakanobu)	

School medical relief center (13 centers / more than 72 hours after a disaster occurs)

These stations are established in the healthcare rooms of the resident shelters to treat sick and wounded people and manage the health of disaster victims until the local healthcare systems are restored.

School etc. (address)	
● Shinagawa Gakuen (3-9-30 Kita-shinagawa)	● Ushiroji Elementary School (2-4-6 Koyama)
● Jonan Elementary School (2-8-21 Minami-shinagawa)	● Dai-2 Enzan Elementary School (1-6-1 Hatanodai)
● Dai-1Hino Elementary School (6-5-32 Nishi-gotanda)	● Keiyo Elementary School (2-19-20 Hiratsuka)
● Mitsugi Elementary School (3-16-28 Nishi-shinagawa)	● Genjimai Elementary School (6-2-18 Nakanobu)
● Hamakawa Junior High School (3-18-34 Higashi-oi)	● Hoyonomori Gakuen (1-3-40 Futaba)
● Yamanaka Elementary School (3-7-19 Oi)	● Yashio Gakuen (5-11-2 Yashio)
● Welcome Center Hara (2-5-21 Nishi-oi)	

If you are stranded with no way home

It is expected that train and bus services will be suspended, and people will have difficulties in returning home immediately when a large-scale disaster occurs.



Secure your safety, collect information, and communicate your safety status

The first thing to do is to secure your safety. You should obtain accurate information on the epicenter, size of an earthquake, damage caused to your area. You should also tell your family members about your location and situation as well as confirming their safety status.

Stay in a safe place and do not move for no reason.

If a large number of people try to return home all at once, there will be heavy traffic jams on the roads, which will block the passage of emergency vehicles, such as ambulances and fire trucks. It is important that residents do not start to move for no reason and try to return home all at once.

Return home after the situation has settled down.

You should return home after the situation around you has settled down. When returning home, please be careful of falling objects such as signs and dangerous objects on the ground and act as safely as possible. You should use the support stations for those attempting to return home to get to your home safely.

Support stations for those attempting to return home

The Tokyo metropolitan schools and the convenience stores, gas stations, and restaurants that have entered into an agreement with the Tokyo metropolitan government and have the sticker displayed have been registered as the support stations for those attempting to return home and provide water, toilets, and disaster information via TV and radio.



The stations have this sticker on their entrance.

1 Let's learn about the danger of earthquake disasters

2 There is an earthquake! What should you do?

3 How do you live as an evacuee?

4 Prepare for an earthquake.

5 Expand the network of disaster prevention



There is a massive earthquake! What should I do?

Work

① Let's think about what you do during a disaster!

You have learned what is going to happen and what you should do when an earthquake strikes. Please reflect on what you have learned so far, think about what you would do, and fill in this section.

1. What are you going to do if you feel strong shaking?

► Go to page18 for reference information.

2. What are you going to do if an earthquake strikes when you are in an elevator?

► Go to page19 for reference information.

3. What are you doing to do first after strong shaking stops?

► Go to page20 for reference information.

4. What are you going to do once you check your surroundings and secure your safety?

► Go to page21 for reference information.

5. When do you need to leave where you are and move (evacuate) to another place?

► Go to page24 for reference information.

6. What should you be careful of when evacuating?

► Go to page26 for reference information.

7. What should you do before evacuating?

► Go to page26 for reference information.

8. Is there anyone who needs help during a disaster in your neighborhood or area?

► Go to page27 for reference information.

9. What kind of assistance can you provide to people around you who need help?

► Go to page28 for reference information.

10. What should you do if you have difficulties in returning home?

► Go to page 31 for reference information.

② Let's check where you should evacuate to!

Please check the evacuation area and shelters on the Shinagawa City Disaster Prevention Map issued by the city and fill in this section.

Temporary gathering places



Voluntary evacuation facilities
(A seismic intensity of 5 lower/5 upper)



*Only 15 of the evacuation shelter for ward residents are designated as the voluntary evacuation facilities.

▶ See page25 for voluntary evacuation facilities

Evacuation shelter for ward residents
(Seismic intensity Above lower 6)



Safety evacuation area



Tsunami evacuation facilities



POINT



The Shinagawa City Disaster Prevention Map is a booklet that contains an earthquake map and a Flood Hazard Map. Let's check the evacuation sites and shelters while looking at the glossary page.



Shinagawa City Disaster Prevention Map

3 How do you live as an evacuee?

1 Where do you live as an evacuee?

After a disaster occurs, not everyone stays at an evacuation shelter for ward residents opened at a municipal school. Please imagine where you will live as an evacuee.

Various places where you can live as an evacuee

Where do you live after a disaster occurs? There are various places where you can live as an evacuee such as your home, an evacuation shelter for ward residents, your relative/acquaintance's house.

Shelter-in-place



You live in your house in which you are accustomed to living.

Resident shelters



You live with other evacuees in a designated shelter for your town or neighborhood association such as a municipal school.

Relative/acquaintance's house

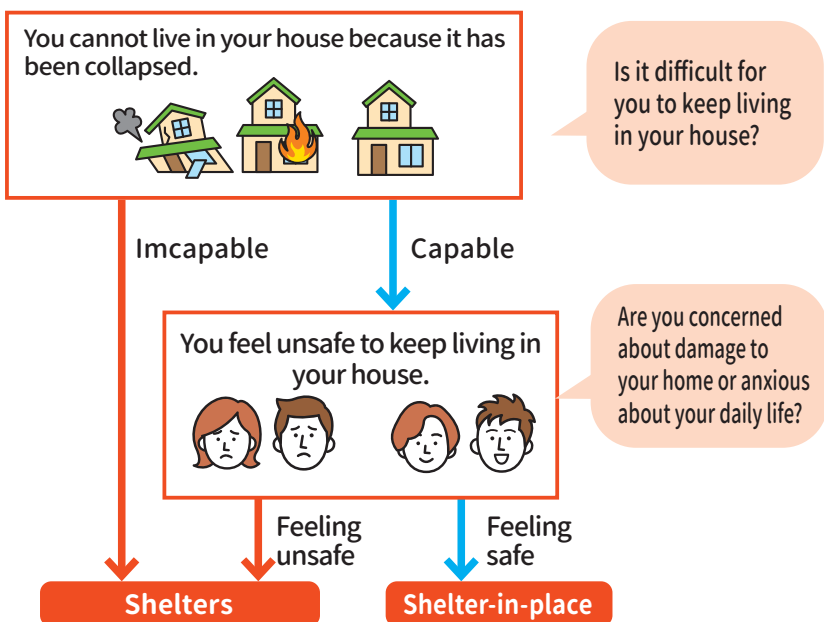


You stay at the house of your relative or acquaintance located in the area that has not been affected by a disaster.

How to choose where to live as an evacuee

You should determine where to live as an evacuee based on whether your house has collapsed or is affected by a spreading fire and you can live in it. In addition, you can also choose to live in a shelter based on whether you feel unsafe to keep living in your house.

In the past disasters, many people became ill from the worsened hygienic environment in their shelters and the changes in their living environment. You should prepare so that you can keep living in your house in which you are accustomed to living if possible.



Post earthquake quick inspection of damaged buildings

The city conducts the post-earthquake quick inspection of damaged buildings at an early stage after an earthquake strikes to prevent secondary disasters such as the collapse of buildings caused by aftershocks. The city determines the level of risk based on the appearance of buildings and puts the stickers showing the results of the inspection: high risk, caution, and inspection completed.



Stickers showing the results of the post-earthquake quick inspection of damaged buildings

1 Let's learn about the danger of earthquake disasters

2 There is an earthquake! What should you do?

3 How do you live as an evacuee?

4 Prepare for an earthquake.

5 Expand the network of disaster prevention

2 Take shelter in your house — Shelter-in-place —

If you feel safe and secure living in your house, you should take shelter in your house, which is called shelter-in-place.

Securing of safety / temporary measures

What is important when you take shelter in your house is that you clear up the rooms. You should clear up toppled pieces of furniture and damaged objects so that you can temporarily use the rooms while paying attention to your safety. You should first secure a space where you can sleep.

- Act with a safety-first mindset and keep away from things that may put you in danger.
- Wear thick-soled shoes, work gloves, and work in the clothes that prevent injuries.



POINT



Before clearing up the rooms, you should take pictures of the damage. You may need them when applying for a disaster victim certificate or an earthquake insurance.

► Go to page 46 for details on preparations to prevent risks

► Go to page 80 for details on rebuilding of lives

Measures against crimes

Crimes, such as burglaries, are frequently committed taking advantage of the chaos during a disaster. You should take every possible measure such as making sure to lock the front door and windows and stay vigilant.

POINT



In the Great East Japan Earthquake, a large number of residents evacuated, and burglaries and thefts were frequently committed targeting houses and stores during their occupants' absence.

Pay attention when using toilets

Facilities, such as the drainage system, may be damaged from the earthquake shaking. You should not flush a toilet until you confirm that the drainage system can be used safely.

- Do not flush a toilet until you confirm the conditions of the drainage system; use emergency portable toilet kits instead.
- If you flush a toilet while the drainage system is damaged, sewage may flow backward.



POINT



In the past disasters, people flushed toilets while the drainage systems of their apartments and condominiums were damaged and caused sewage to pour out from the toilets on the lower floors, which became a problem.

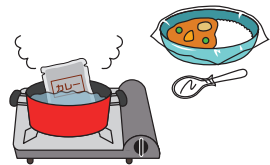
▶ Go to page 52 for details on preparations of toilets.

▶ Go to page 84 for details on how to dispose of garbage.

Diet

Some people lose their appetite during a disaster. Though ingredients and cooking utensils you can use may be limited, you should try to eat as adequate and balanced a diet as possible.

- Use a portable gas cartridge stove when electricity and gas are unavailable.
- Use dishes covered with plastic wrap when tap water is unavailable.
- Consume perishable ingredients first



▶ Go to page 50 for details on stockpiling.

Prevent disaster-related deaths while living as evacuees

In the Kumamoto Earthquake, a large number of people died not because of direct causes, such as the collapse of houses, but from poor health caused by the physical burden of living as evacuees after the earthquake struck. To prevent such disaster-related deaths, clean water, hygiene measures of using toilets and bathing, oral care (to prevent infectious diseases, pneumonia, etc.), the maintenance of the living environment, reduction of stress and fear of and anxiety about earthquakes, and maintenance of the bodily functions through regular exercise are necessary.

3 Live at evacuation shelter

You can choose to live in a shelter run by the city if you cannot live in your house because it is damaged, may put you in danger or because you feel unsafe living in it.

Criteria for opening shelters

When an earthquake with a seismic intensity of 5 lower/5 upper strikes the city, the voluntary evacuation facilities are opened and run by city officials. When an earthquake with a seismic intensity of 6 lower or above strikes the city, shelters are run by the disaster prevention resident organizations formed by town/neighborhood associations, in cooperation with evacuees.

Seismic intensity	Evacuation centers	Number of Locations Opened	What kind of place is it?
Lower 5・Upper 5	Voluntary evacuation facilities	15 locations	A place where people who feel unsafe staying in their houses remain temporarily
Above lower 6	Evacuation shelter for ward residents	52 locations	A place where people who cannot live in their houses live as evacuees

Rules and etiquette

Shelters are where people live together. It is important to follow the rules and etiquette for living in shelters to reduce conflicts and misunderstandings among evacuees so that everyone can stay a little more comfortably.

- Respect privacy.
- Pay careful attention to the management of health and hygiene and mental problems.



Examples of rules

- Do not enter dangerous areas and areas that are off-limits.
- Distribute food and daily necessities equally to evacuees (unless the circumstances/situations are exceptional).
- Evacuees must clean the toilets in rotation.
- Voluntarily cooperate and participate in the shelter operation
- Pet owners must follow the rules.

POINT



The basic rules for living are set in the operation manual of each shelter. You should check the rules by participating in the shelter operation training.

Participation in operation

Basically, shelters are voluntarily run by evacuees. You should take the initiative in helping by doing what you can do, what you are good at and actively participate in the shelter operation.

- Help with disposing of garbage, cleaning up.
- Lend a hand when there is a shortage of manpower.
- Take advantage of your special skills and and your strengths.



POINT



The story goes that university and high school students living in shelters thought about whether there was something they could do and helped children with their studies. You can help everyone even if you are not directly involved in the shelter operation.

Stockpiles at shelters

Each evacuation shelter for ward residents has stockpiles of food, beverages, daily necessities, materials, and pieces of equipment (makeshift toilets, batteries, etc.) necessary for evacuees to live there. In addition, evacuation shelters for ward residents also serve as hubs to supply goods to people taking shelter in their houses.



Major stockpiles at resident shelters

POINT



The city has secured and stockpiled approx. one day's worth of goods for shelter evacuees. In cooperation with the Tokyo metropolitan government, the city supplies goods from the city on the first day and goods from the Tokyo metropolitan government on the second and third days. The city accepts support from the national government on the fourth and subsequent days.

What is a welfare evacuation shelter?

Welfare evacuation shelter are facilities that accept residents in need of assistance in evacuation who have difficulties in living as evacuees at evacuation shelter for ward residents. They are opened in the facilities designated in advance. The facilities to be designated as welfare evacuation shelters are determined in the course of creating the Shinagawa City Evacuation Support Individual Plan.

Living together with other people

Various people live together at evacuation shelter. Be considerate and help one another particularly in the difficult time after a disaster. It is important to live together while helping each other.

People who need special consideration

There are people who need special consideration such as the elderly, people with disabilities, infants, pregnant women and nursing mothers, people from overseas, and sexual minorities (LGBTQs.).

- Be considerate to those who need special consideration according to their situation, such as by securing for physically handicapped people a place with good access to the toilet in the refuge or conveying information with letters to people with hearing difficulties.
- Ask those who need special attention or their family about their health conditions, problems they have politely to provide them assistance they need.
- If you see people wearing the Help Mark or they show it to you, you should help them evacuate.



What is the Help Mark?

The Help Mark is worn by people who require assistance or special attention, even if their conditions are not readily apparent.

Women/Expectant and nursing mothers

The operation of evacuation shelter needs the perspective of women. It is also important to manage the health of expectant and nursing mothers. It is necessary to pay special attention taking the difference in needs based on gender into consideration. Women should participate in the shelter operation so that their opinions are reflected in it.

- Underwear and sanitary pads should always be kept in the women-only space to distribute them to women.
- Set a changing room, nursing room, or laundry-drying place exclusively for women.
- Toilets, rest spaces, and bathing facilities must be separated by gender.
- Be careful not to be alone where you are not seen by anybody. Try to move with others at night in particular.
- Rotate roles instead of fixing them so that women will not be forced to engage in the such activities as food preparation, organizing, and cleaning.



People with allergies

People with allergies need to tell the people in their surroundings about the allergy, and check the ingredients of meals to avoid allergens. A sticker or name plate stating allergens should be attached to children.

- Prepare a card with details of the allergy and emergency contact information.
- Take EpiPen® or drugs in case of accidental ingestion.
- If any symptom appears, ask the people around for help.
- Store plenty of food suitable for people with allergies.



People who have pets

Living at evacuation shelter is a burden on pets. It is important to prepare things so that pets can live in their familiar environment. If you have to evacuate, bring your pet with you. Be considerate to others and follow the rules of the refuge such as putting your pet in a cage, and keep them breed in cooperation with other pet owners.

- Stockpile as many pet foods, toilet sheets as possible and bring them into a shelter.
- Train your pet to stay in a cage and not to bark for no reason.
- Have your pet vaccinated and spayed or neutered.
- Put a name tag on your pet or implant a microchip.



4

Things to pay attention to when living as an evacuee

Living in an environment different from usual will be a big burden physically and mentally. Especially when people have lived as evacuees for a prolonged period of time, the number of those who complain of physical and mental health problems tends to increase. Try to lead as healthy a life as possible.

Physical health

Physical function will decrease due to the change in the environment. Try to be careful about your health more than usual.

Oral care

- Remember to brush your teeth or take care of your dentures. If you have no water, use mouthwash.
- Inadequate toothbrushing leads not only to cavities and periodontal diseases but also infections such as influenza and aspiration pneumonia.



Exercise

- If you stay in the same position for a long period of time without having enough food or water, the blood circulation slows down and you may have a risk of developing thrombi (blood clots), a phenomenon called economy class syndrome.
- Move your body as much as you can by stretching, walking, doing radio calisthenics, and doing heel raises



Nutrition

- Take plenty of water
- Meals at the time of disaster tend to lack protein, vitamins, minerals, and dietary fiber, so eat a balanced diet by taking a good combination of them in meals, for example, staple food, main dish, and side dish.
- Be careful not to consume too much salt when you keep eating bento boxes, ready-made foods.
- Eat the appropriate amounts of food

Life hygiene

When there is damage from a water outage and the unavailability of toilets, the sanitary conditions deteriorate, which increases the risk of the spread of infectious diseases. It is important to maintain the sanitary conditions while living as evacuees.

Toilet

- Be sure to wash your hands after using a toilet. When water is not available, use a hand sanitizer that contains alcohol.
- Clean up regularly.



Garbage

- Garbage may not be collected as usual during a disaster.
- Pay attention to bad odors and nuisance insects and store garbage away from a space where evacuees live until garbage collection is resumed.

Mental health

A disaster will have great impact on people's mental health. Talk with the people around or contact the consultation desk instead of keeping your worries to yourself.

Human relationships

- Try to be as considerate as possible of others' feelings while living with various people in a shelter.

Feeling of depression

- Your mind and body may be affected in various ways by stress caused by various kinds of damage from a disaster and living as an evacuee.
- If you cannot talk with the people around, contact a special desk.

Troubles in your life

If you have some problems with life at a refuge, talk with people around or consult the desk instead of keeping your worries to yourself.

- Unfair dismissal, crimes, discrimination, domestic violence, legal problems, consumer trouble, fraud, and other problems.



Evacuation shelter for ward residents as local disaster prevention bases

Resident shelters are local disaster prevention bases. They also serve as the facilities where not only shelter evacuees but also people taking shelter in their houses obtain goods, information.

Cooperate in activities at the disaster prevention base

Evacuation shelters for ward residents are run by local people (disaster prevention resident organizations). Active cooperation is necessary.

Provision of goods

Goods provided to shelters are distributed not only to shelter evacuees but also people taking shelter in their houses. When you are short of food or beverages, you can get them at the shelters. So, you should take the initiative in helping sort goods.



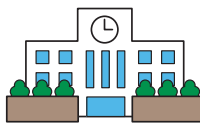
Provision of information

Resident shelters receive information from the city and disaster prevention institutions. People taking shelter in their houses should regularly obtain information at shelters by looking at the information bulletin board and share useful information with neighbors.



A living space

Evacuation shelter for ward residents



Goods being distributed



People working at a medical aid station



An information bulletin board



Imagine yourself living as an evacuee. **Work**

Imagine yourself living as an evacuee and check if the preparations you have made are sufficient.

If you take shelter in your house

Q. Will the pieces of furniture in the rooms not topple, fall, or move?

- 1 Write down the names of the rooms you mainly use and draw the layout of pieces of furniture.
- 2 Mark the areas that are likely to be dangerous due to earthquake shaking with X.

Name of the room

Furniture layout

Think about how you can make the areas marked with X safer?

► Go to page 46 for details on the measures against dangerous areas.

If you live as an evacuee in s shelter

Q. Where is the evacuation shelter for ward residents you will live in?

Evacuation shelter for ward residents
(a seismic intensity of 6 lower or above)

Q. What do you definitely want to bring to your shelter?

Things to pay attention to while living as an evacuee

Q. What do you and your family want to care about while living as evacuees?

Write down the three things you want to care about while living as an evacuee.

1

2

3

1 Let's learn about the danger of earthquake disasters

2 There is an earthquake! What should you do?

3 How do you live as an evacuee?

4 Prepare for an earthquake.

5 Expand the network of disaster prevention

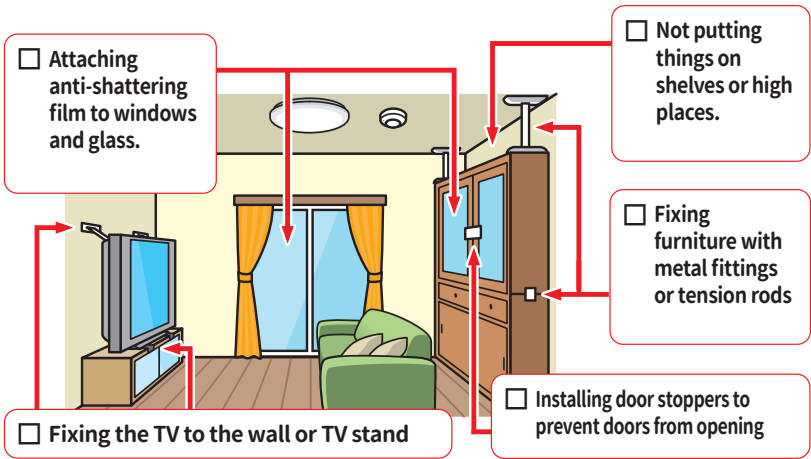
4 Prepare for an earthquake.

1 Preparations to make to prevent risks

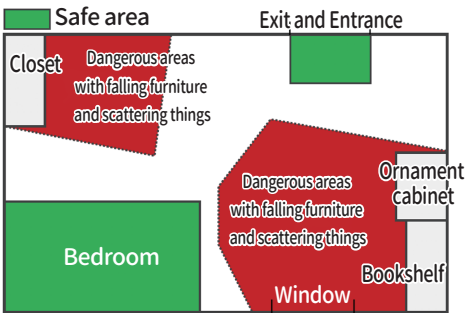
To protect yourself and your family from the damage to your house caused by the shaking during an earthquake, you need to secure safety inside the rooms, around the house, and of the house itself.

Measures for rooms

Prevention measures against falling over, falling down, and moving of furniture



Ingenious layout of furniture



The bedroom and exit and entrance should not be blocked by falling furniture and areas in which stored things may scatter should not block an evacuation route. Tall furniture is not placed near a bed or futon.

Measures in the surroundings of houses

▶ See page94 for the subsidy

Check whether safety measures are properly taken in the surroundings of houses.

- Having inspected the safety of brick walls and reinforcing their earthquake-resistance.
- Taking fall prevention measures for things on the roof or high places.



Earthquake resistance of houses

▶ See page94 for the subsidy

Get an assessment of the earthquake resistance of your house and do seismic reinforcing work if necessary. As buildings for which applications for building confirmation were accepted before May 31, 1981, may not be sufficiently earthquake-proof, special attention is required.

Preventing fires

Install pieces of equipment that prevent fires and their spread and inspect them on a regular basis.

- Use fireproof bedding, aprons, and curtains
- Install residential fire alarms, fire extinguishers for home use, seismic breakers.

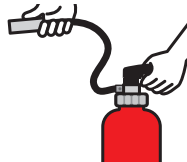
▶ Visit the Shinagawa Disaster Prevention Experience Hall (page 93) to receive training on how to use fire extinguishers.

Fire extinguisher

▶ See page95 for the subsidy

Learn how to use fire extinguishers and get prepared to actually use them.

- ① Pull out the safety pin.
- ② Direct the hose at the fire.
- ③ Squeeze the handle



Seismic breaker

▶ See page95 for the subsidy

Prevent a fire from breaking out when electricity is restored by installing seismic breakers that detect shaking and automatically shut off electricity.



2 Preparations for evacuation

You should prepare goods to take with you when you need to evacuate urgently. Let's think about what you need in a place where you live as an evacuee taking power outages, water outages into consideration.

Emergency goods (emergency kit)

Prepare emergency goods to take with you when evacuating.

- Choose a backpack that allows you to use both hands or a bag that is easy to carry around.
- It should not weigh more than you can carry by yourself.
- Store it where you can take it out immediately.
- Prepare thick-soled shoes, sneakers.
- Store a simple emergency kit not only in your house but also in your workplace.



Disaster victims' voices

Add something that gives you emotional support.

Of course, it is important to prepare useful goods. However, many people said that they were glad to have something that gave them emotional support in addition to those useful goods. Examples include pictures of your pet and stuffed animals that make you feel relaxed when looking at them, goods of your favorite characters, your favorite snacks you always eat, and hand creams with a relaxing scent.

You will get emotionally tired during a disaster. Let's add one of your and family members' favorite items to each emergency kit.





Emergency supplies list **Work**

Let's check emergency goods. You should complete the list of your emergency goods by adding the items that you and your family need on a daily basis.

Valuables

- ☐ Cash (including change for public phones)
- ☐ Savings account passbook and seal
- ☐ ID (driver's license, passport, insurance card, etc.)
- ☐ Individual Number Card

Information devices

- ☐ Cell phone, smartphone, battery charger
- ☐ Portable radio
- ☐ Shinagawa City Disaster Prevention Map
- ☐ Emergency contact information (family, relatives, acquaintances)

Food

- ☐ Emergency food
- ☐ Water to drink

Useful items

- ☐ Utility knife
- ☐ Helmet
- ☐ Flashlight
- ☐ Plastic bags
- ☐ Whistle, buzzer
- ☐ Packing tape
- ☐ Cotton work gloves
- ☐ Writing instruments
- ☐ Lighter
- ☐ Water bags
- ☐ Portable blanket
- ☐ Shinagawa Disaster Prevention Handbook
- ☐ Portable battery charger (rechargeable)
- ☐ Heat packs and cooling gel sheets (preparation for the heat and cold)

Hygienic items

- ☐ First-aid kit
- ☐ Household medicine, medicine for chronic disease
- ☐ Towels
- ☐ Portable toilet kits
- ☐ Toilet papers
- ☐ Wet tissues
- ☐ Masks
- ☐ Toothbrush
- ☐ Glasses, contact lenses (cleaner)
- ☐ Underwears

Items you and your family need

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

POINT



Women need sanitary pads, babies need diapers and milk, and pets need cages, pet food.
Let's think about what you and your family need.

1 Let's learn about the danger of earthquake disasters

2 There is an earthquake! What should you do?

3 How do you live as an evacuee?

4 Prepare for an earthquake.

5 Expand the network of disaster prevention

3 For home refuge

If an earthquake occurs, distribution systems stop and you may not be able to buy daily necessities at convenience stores or supermarkets. Store some food and daily necessities at home for home refuge.

Store food and water

The disruption of the lifelines and the shortage of goods are expected during a disaster. You should secure one week's worth of food and beverages. If you prepare the food that you usually eat, you can eat it even when you have no appetite.

If you have a baby

- Mothers may not be able to breastfeed their babies temporarily due to the stress of a disaster.
- Store formula, feeding bottles (paper cups can also be used instead of bottles) and ready-to-eat baby food.

If you need nursing care

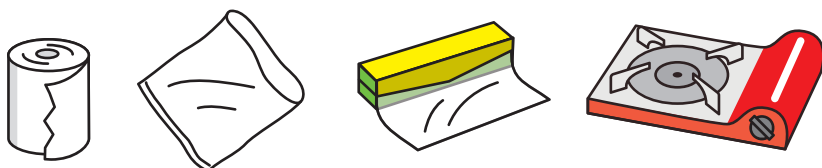
- For the elderly who have difficulty chewing, prepare food that is usually eaten at home.

If you have a chronic disease/allergy

- Appropriate food cannot be often obtained immediately after a disaster for people with chronic diseases such as kidney disease or diabetes mellitus, or people with food allergies. Try to store extra food that is usually eaten.

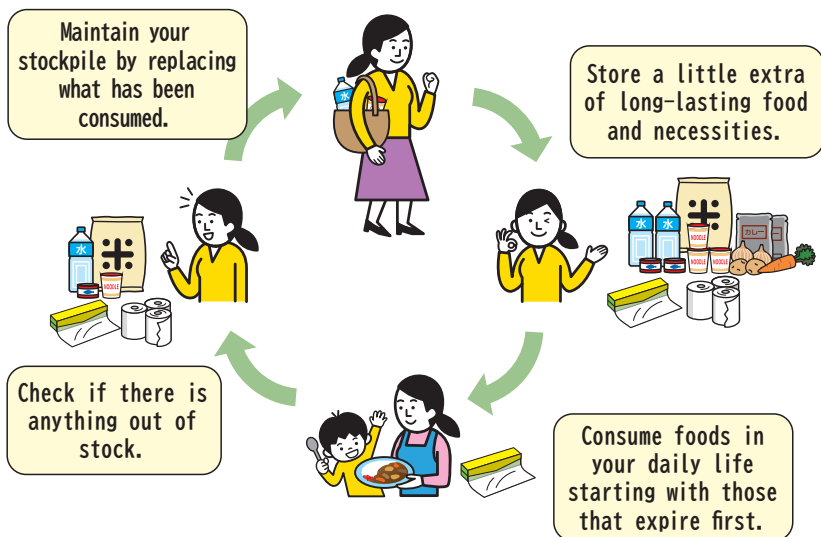
Necessities

The lifelines (electricity, water supply, sewage, and gas) may be disrupted during a disaster. You should consider what to do when they are unavailable and prepare daily necessities.



Recommendation of Rolling stock

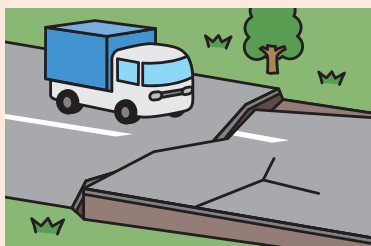
“Rolling stock” is an idea in which we keep in stock a little extra of the long-lasting food that we usually eat, consume goods starting with those that expire first, and replace what has been consumed with new purchases so that they do not become out of stock. In this method, we can store food and drink without much effort in our daily life.



Why do we need to stockpile one week's worth of goods?

► Go to pages 10 and 11 for details on when the lifelines will be restored.

When the lifelines of electricity, water supply and sewage, and gas are disrupted and unavailable, people cannot live their lives as usual. In addition, the supply of special goods such as baby food and allergy-free food may be disrupted from blocked roads. Each household needs to stockpile one week or more's worth of goods so that they can live as evacuees until the lifelines are restored.



1 Let's learn about the danger of earthquake disasters

2 There is an earthquake! What should you do?

3 How do you live as an evacuee?

4 Prepare for an earthquake.

5 Expand the network of disaster prevention

Preparation for toilet

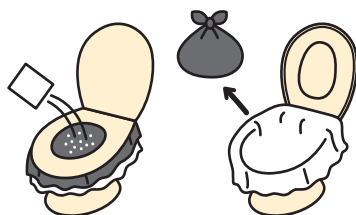
At the time of disaster, you may not be able to use the toilet due to damage to drainage equipment. You may be able to skip meals but not skip going to the toilet. You need to prepare a portable toilet kit at home.

Emergency portable toilet kit

An emergency portable toilet kit collects excreta in a bag and stables and coagulates fluid with a water-absorbing sheet or coagulant. Since it can be used by placing a bag over the existing toilet, you can use it in your toilets when you take shelter in your house. When toilets are damaged, you can use it by putting together a makeshift toilet and placing a bag over it.

【How to use】

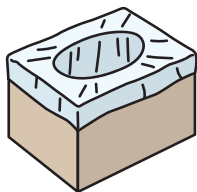
- ① Place a garbage bag and a stool bag (black plastic bag, etc.) over a toilet.
- ② Put a coagulant and deodorizer after excretion. (The order of ① and ② may change depending on the product.)
- ③ Tie the stool bag at the top tightly and store it at home until garbage collection day.



► Go to page 85 for details on how to dispose of human waste

Portable toilet kit

It is a toilet put together using cardboard. You can sit on it just like a normal Western-style toilet.



Garbage bag for human waste

As garbage may not be collected as usual during a disaster, you should keep human waste at home until garbage collection is resumed.

It is necessary to devise a creative solution, such as double bagging it by putting it in a small bag then in a bigger bag.



POINT



In the past disasters, people became ill because they refrained from drinking water and eating sufficiently to reduce the use of toilets.

Stockpiling of water

Stockpile water in preparation for water supply outages.

Drinking water

Prepare one week or more's worth of drinking water, with 3 liters per person per day.

Tanks and buckets to receive water

If you want to get water from a water truck or at a water supply base, you need tanks to receive water. You should prepare several small tanks that are easy to carry around.

Water for domestic use

You need water to wash your hands, etc. It might be a good idea to set aside some water in a clean container with a lid.



Emergency water supply stations (water supply base)

When there is a water outage, the emergency water supply stations (water supply bases) are opened, and you can receive water there. You should visit there with clean containers to fill with water.

- ★ Togoshi Park (2-1-30 Toyomachi)
- ★ Hayashinomori Park (5-37 Shimomekuro, Meguro-ku)
- ★ Shioji Park (5-6 Yashio)
- ☆ Metropolitan Yashio High School (3-27-22 Higashishinagawa)

- ★ : Emergency water tank for earthquakes (1,500 m³ tank)
- ☆ : Small-scale emergency water tank (100 m³ tank)

POINT



During a disaster, water is supplied not only at water supply stations but also at the shelters. Please check the places where water is distributed on the city's newsletter.

Purchase of an earthquake insurance

If you are affected by an earthquake, you will need a large amount of money to rebuild your life by rebuilding or repairing the collapsed house, buying new household goods, or paying for a temporary dwelling if you purchase an earthquake insurance, it will cover damage caused by earthquakes and tsunamis (fires, collapses, sinking into the ground, being swept away) and help you rebuild your life. You should be sure to purchase one.





Check your stockpiles Work

①What kind of stockpiles do you have at home?

First, please check the boxes of the goods you have already stockpiled at home.

Food and water

Staple food	<input type="checkbox"/> rice <input type="checkbox"/> ready-to-eat rice <input type="checkbox"/> instant rice <input type="checkbox"/> bread (tinned bread) <input type="checkbox"/> dry noodles (somen [vermicelli], pasta, etc.) <input type="checkbox"/> cup noodles others ()
Main dish	<input type="checkbox"/> tinned meat, fish, and beans <input type="checkbox"/> ready-to-eat food <input type="checkbox"/> dry food, etc. others ()
Side dishes	<input type="checkbox"/> long-life vegetables and fruits <input type="checkbox"/> tinned vegetables and fruits <input type="checkbox"/> dried vegetables <input type="checkbox"/> dried fruits <input type="checkbox"/> seaweed others ()
Drinks	<input type="checkbox"/> water <input type="checkbox"/> vegetable juice, fruit juice others ()
Others	<input type="checkbox"/> seasonings <input type="checkbox"/> snacks <input type="checkbox"/> supplements you usually take others ()

Necessities

Water supply equipment	<input type="checkbox"/> water tank <input type="checkbox"/> water bag <input type="checkbox"/> PET bottles others ()
Kitchen appliances	<input type="checkbox"/> portable gas cooker <input type="checkbox"/> portable gas cylinders <input type="checkbox"/> plastic wrap <input type="checkbox"/> aluminum foil <input type="checkbox"/> plastic bags <input type="checkbox"/> chopsticks <input type="checkbox"/> paper plates <input type="checkbox"/> spoons <input type="checkbox"/> forks <input type="checkbox"/> knives others ()
Sanitary goods	<input type="checkbox"/> portable toilet <input type="checkbox"/> toilet paper <input type="checkbox"/> tissue paper <input type="checkbox"/> garbage bags <input type="checkbox"/> disposable gloves <input type="checkbox"/> wet tissue <input type="checkbox"/> disinfectant <input type="checkbox"/> underwear <input type="checkbox"/> toothbrush others ()
Medicine first aid kit	<input type="checkbox"/> household medicine, over-the-counter drugs <input type="checkbox"/> first-aid kit <input type="checkbox"/> medical diary others ()
Information devices	<input type="checkbox"/> hand-cranked radio <input type="checkbox"/> battery charger for cell phones and smartphones others ()
Other daily necessities	<input type="checkbox"/> flashlights <input type="checkbox"/> dry cell batteries <input type="checkbox"/> lighters <input type="checkbox"/> ropes <input type="checkbox"/> packing tapes <input type="checkbox"/> cotton work gloves <input type="checkbox"/> newspapers <input type="checkbox"/> disposable heat packs others ()

② Is the amount of your stockpiles enough?

Is the amount of the stockpiled goods you have confirmed in ① enough? Let's check the amount of your stockpiles of food, beverages, and toilets that are especially important goods to stockpile using the list below and, if you are short of them, stockpile them again to make up for the shortages.

For family members to live for 1 week	Food	Drink	Toilet
(1) What are necessary	3 meals x Persons x 7 days = ____ meals	3 ℓ x Persons x 7 days = ____ ℓ	5 times x Persons x 7 days = ____ times
(2) What you have now	e.g.) 3 meals of ready-to-eat food, 3 natto packs, 1 bag of bread Total ____ meals	e.g.) 5 bottles of water (2 ℓ), 4 bottles of tea (500 ml) Total ____ ℓ	e.g.) Portable toilet kits for 20 times, 12 rolls of toilet paper Total ____ times
What you need to buy (1) - (2)	Total ____ meals	Total ____ ℓ	Total ____ times

③ Write down the specific items you and your family cannot live without! (medicines, glasses, etc.)

☐
☐
☐
☐
☐
☐

POINT



You should stockpile one week's worth of goods by making up for the shortages if you are short of any goods. Let's adopt the rolling stockpiling (circulating stockpiling) method, a method to keep stockpiling by restocking the used goods, to be always prepared.

5 Expand the network of disaster prevention

1 Participate in disaster prevention events.

Immediately after a massive earthquake strikes, you may face a situation where it is difficult for you to evacuate on your own, such as your house catching fire. In such a situation, your neighbors and local residents will help you.

By interacting with them face-to-face in local activities on a regular basis and building relationships with them, you can cooperate with them in emergencies. You should participate in a local event first.



Shinagawa Resident Festival

Activity example

Let's casually participate in an event first!

Not only are events related to disaster prevention conducted but various events are also held in other areas of the city. You should casually participate in an event in which you are interested and connect with local residents.

Damage and impact caused by disasters and preparations people with allergies to make

(Association for Supporting an Accurate Understanding of Allergies)

The Association for Supporting an Accurate Understanding of Allergies sponsors regular events targeted at people interested in allergies. The association has held a workshop to think about how to deal with allergies through disaster prevention. When events in which you are interested are held in your area, you should actively participate in them.



2 Participate in the activities of disaster prevention resident organizations.

The disaster prevention resident organizations that engage in disaster prevention activities in units of town/ neighborhood associations have been formed in the city. They conduct training on a regular basis. As they play a central role in initial firefighting, emergency activities, and shelter operation in their areas during a disaster, they also conduct community-based disaster prevention awareness raising activities as well as full-scale comprehensive emergency drills.

Activity example

Let's go to local disaster prevention events in which you can casually participate!

Event in which participants can try using emergency supplies while viewing cherry blossoms

the Oi 3-chome Town Association,
Shinagawa City

The Oi 3-chome Town Association holds an event in which participants can casually look at and try using the emergency supplies the association has prepared. By holding the event in the cherry blossom season so that participants can also enjoy viewing cherry blossoms, the association helps people in its area build relationships with each other through face-to-face interactions and expands a network of help so that they can help each other during a disaster.



Activity example

Let's participate in emergency drills with children!

Disaster prevention event after radio calisthenics

the Izuruishi Town Association,
Shinagawa City

The Izuruishi Town Association holds a disaster prevention event in which children and families can experience various activities such as a town tour to confirm the locations of the storage boxes of the street fire extinguishers while having fun after radio calisthenics during the school summer break every year. Participants obtain knowledge and skills that they should have for emergencies while having fun and improve their disaster prevention capabilities.



There is a heavy rain / typhoon!



What is going to happen? What should you do?

To prepare for a disaster, it is important to specifically visualize the damage that may occur.

What kind of damage will occur in the city if there is a storm or flood disaster?



1 Let's learn about the dangers of storm and flood disasters.

1 Dangers of storm and flood disasters

In the city, floods and storm surges were caused by torrential rains and typhoons in the past. Since an increasing number of roads have recently been paved with asphalt, an enormous volume of rainwater enters rivers and the sewerage system at once in the event of a heavy downpour, and it causes rivers to flood and rainwater to gush out on the roads, which is called an urban flood disaster.



- ✓ The hazard map shows the areas at risk of flooding and sediment disasters.
- ✓ Various impacts may occur in our lives, such as power and water outages.

Flooding caused by a heavy rain



Flood Hazard Map
(Shinagawa City Disaster Prevention Map)

You can check the extent and depth of flooding caused by a heavy rain by looking at the hazard maps included in the *Shinagawa City Disaster Prevention Map*.

- ① Flood hazard map
It shows the extent and depth of flooding caused when the expected maximum amount of rain falls in the Meguro River basin, the Tachiai River basin, and other areas.
- ② Tama River Flood Hazard Map
It shows the extent, depth, and duration of flooding caused when the expected maximum amount of rain falls in the Tama River basin and when its levees are breached.

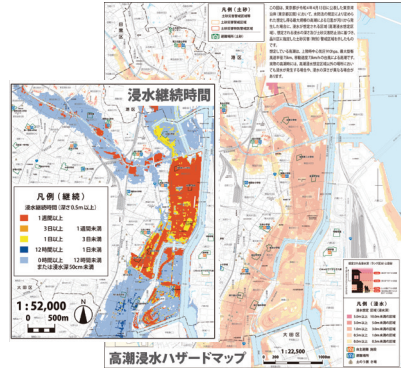
POINT



Since the hazard maps just show the estimates calculated under certain conditions, flooding as shown on them does not always occur. You should try to act accordingly.

Flooding caused by a storm surge

A storm surge is a phenomenon in which the seawater level rises due to a low-pressure system and strong winds associated with a typhoon. If it coincides with high tide, it could be a major disaster. High Tide Flood Hazard Map included in the disaster prevention map shows the areas expected to be flooded and the depth and duration of flooding caused by the expected strongest typhoon.



High Tide Flood Hazard Map
(Shinagawa City Disaster Prevention Map)

Damage and impacts caused by flooding

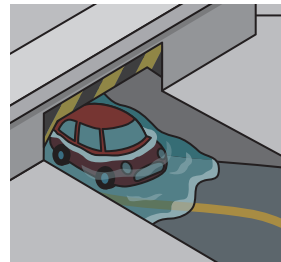
Flooding not only puts us at risk of losing our lives if we cannot evacuate in time but also affects our lifestyles in various ways with water flooding the streets.



Flooded houses



Flooded underground shopping centers



Flooded underpasses



Power outage



Water outage



Communication failure

Sediment disaster (Landslide)

In a sediment disaster, a landslide on a mountain or cliff is caused by a heavy rain, earthquake, etc. and the sliding soil mass mixed with rainwater and river water flows downhill killing people and crushing buildings.

The sediment disaster hazard map included in the disaster prevention map shows the sediment disaster prone areas.

Since sediment disasters are highly destructive, you should evacuate a sediment disaster prone area when you are in danger and take action to protect your life.



Sediment disaster hazard map
(Shinagawa City Disaster Prevention Map)



Sediment disaster special warning area

The areas that may put residents' lives in danger when landslides occur are divided into two types based on the extent of danger: special sediment disaster warning areas (Red Zones) and sediment disaster warning areas (Yellow Zones).

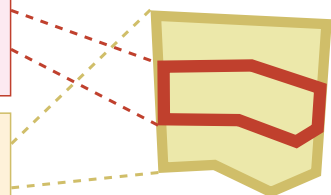
The city has many landslide (steep slope failure) hazard areas especially in Kitashinagawa, Higashigotanda, and Kamiosaki. Special attention is needed in the event of a heavy rain.

Sediment disaster special warning area (Red Zone)

An area where a sediment disaster may destroy buildings and put the lives or bodies of residents in serious danger

Sediment disaster warning area (Yellow Zone)

An area where a sediment disaster may put the lives or bodies of residents in serious danger



Let's learn with Jijo-kun! *Shinagawa City Disaster Prevention Map*



You can check Shinagawa City Disaster Prevention Map by reading this 2D code. There is also a link to the video that introduces how to look at and use the hazard maps in an easy-to-understand fashion.



Is your house at risk?

Check the disaster prevention map. Work

1 Let's learn about the dangers of storm and flood disasters.

2 A heavy rain typhoon is approaching! What are you going to do?

3 Prepare for storm and flood disasters

Use the hazard maps to check the danger of storm and flood disasters in the area around your house.

Flood Hazard Map

Likelihood of flooding : Likely • Not likely

Flood depth : m above m below

Tama River Flood Hazard Map

Likelihood of flooding : Likely • Not likely

Inundation height : m above m below

Duration of the flooding : Less than 12 hours *The duration of flooding in the city caused by the Tama River flood is less than 12 hours.

High Tide Flood Hazard Map

Likelihood of flooding : Likely • Not likely

Flood depth : m above m below

Duration of the flooding : bove below

Sediment disaster hazard map

Designation of sediment disaster warning areas : Likely • Not likely

Designation of special sediment disaster warning areas : Likely • Not likely

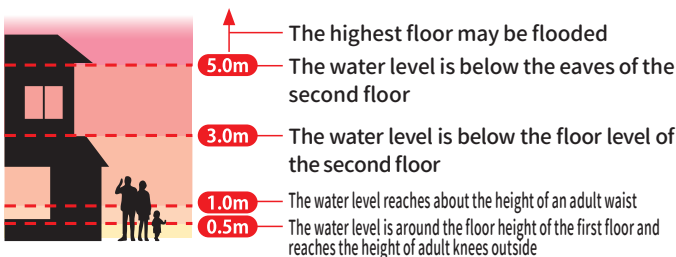
► Go to pages 72 and 73 for details on the need for evacuation and places to evacuate to.

POINT



Indication of flood depth (legends)

Let's check how deep your house may be flooded based on the value of flood depth (height of the water surface from the flooded ground). This knowledge will be useful in determining whether you need to evacuate and where to evacuate.



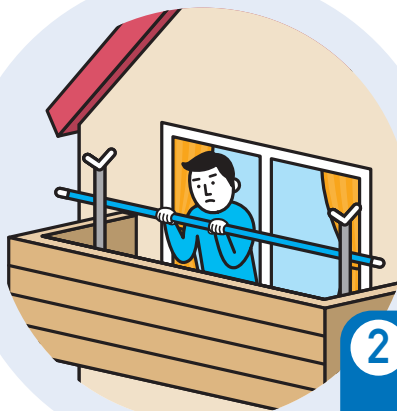
A heavy rain/typhoon is approaching! What are you going to do?

Heavy
rain is
expected.



1 Pay attention to
the information

To page 66



2 Make preparations prior
to a heavy rain/typhoon

To page 70



Storm and flood damage can be forecast. Gain information on weather, typhoons, and evacuation and prepare for them.

1 Let's learn about the dangers of storm and flood disasters.

2 A heavy rain/typhoon is approaching! What are you going to do?

3 Prepare for storm and flood disasters



3 Check how to evacuate

To page 71 




4 Evacuate a dangerous place as soon as possible

To page 72 

2 A heavy rain / typhoon is approaching! What are you going to do?

1 Pay attention to the information

Since we can predict the risk of storm and flood disasters in advance based on the information released by the Japan Meteorological Agency, we can secure time to protect ourselves from the danger of flooding and sediment disasters.

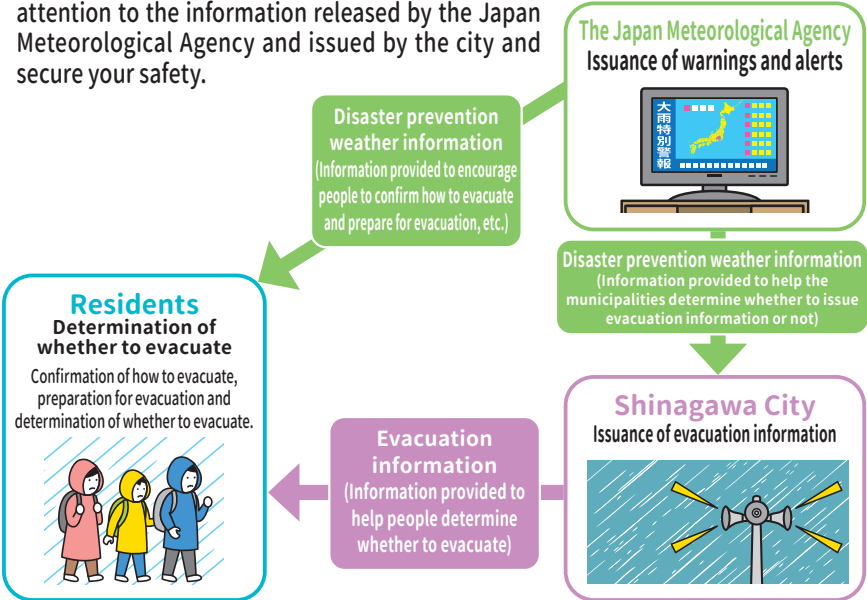


Basic

- ✓ Pay attention to the information released by the Japan Meteorological Agency.
- ✓ Always obtain the latest information.
- ✓ Pay attention to the evacuation information announced by the city to determine the timing of evacuation.

Collect and understand information ▶ See page 22, 23 for information sources.

The Japan Meteorological Agency announces disaster prevention weather information when the weather conditions are going to deteriorate and then the city issues evacuation information to encourage residents to evacuate. You should pay attention to the information released by the Japan Meteorological Agency and issued by the city and secure your safety.



Relationship between the issuance of evacuation information and disaster prevention weather information

Information that alerts the danger of disaster occurrence (Released by the Japan Meteorological Agency)

● Advisories, warnings, emergency warning

The Japan Meteorological Agency releases disaster prevention weather information when a disaster may occur.

	Type of information	Time of issuance	Types
<div style="writing-mode: vertical-rl; text-orientation: upright;"> High Danger level Low </div>	Emergency warning	When a serious disaster is very likely to occur.	Heavy rain (landslide, flood), storm, blizzard, heavy snow, waves, high tide
	Warning	When a serious disaster may occur.	Heavy rain (landslide, flood), flooding, storm, blizzard, heavy snow, waves, high tide
	Advisory	When a disaster may occur.	16 types including heavy rain, flood, strong winds, high tide, and thunder

● Landslide disaster warning information

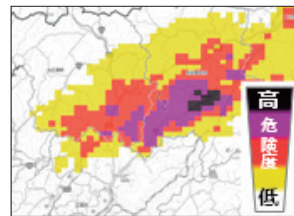
It is released when there is an increased risk of a sediment disaster after the issuance of a heavy rain warning. It indicates that people in the areas that may be affected by sediment disasters should start to evacuate.

● Information on record-breaking heavy rain in a short period of time

It is issued to inform the public that the amount of rain is extraordinary to such an extent that it has rarely been observed in the past and may cause landslides or flood when a heavy rain warning has been already issued.

● KIKIKURU

You can check the disaster risk caused by a heavy rain in real time on the map where the levels of risk are shown in five colors on the website of the Japan Meteorological Agency. The purple color indicates a high level of risk.



Flooding KIKIKURU

Disaster prevention information from the city

● Weather information on Shinagawa City

You can check the weather information in the city on the city's website. You can also watch the footage from the river surveillance cameras installed near the Meguro River (two locations) and the Tachiai River (seven locations). Please use the website to check the situation.



Shinagawa City weather information

● Issuance of evacuation information






Evacuation information issued by the city is distributed to the areas that need to be evacuated through disaster prevention wireless broadcasts, Shina-Mail, the city's social media accounts, etc.

Evacuation information (issued by the city)

Actions that residents should take are shown according to the five alert levels designated based on the degree of disaster risks, and the city issues evacuation information when the level reaches 3.

- Alert level 5 Emergency safety measures
People's lives are in danger because a disaster has occurred or is about to occur. When it is unsafe to travel to an evacuation area, you should implement measures, such as vertical evacuation, to secure your safety.
- Alert level 4 Evacuation instructions
All people who are in dangerous places must immediately evacuate. Those who are in safe places do not need to go to evacuation area.
- Alert level 3 Evacuation of the elderly and others
Elderly people and people with disabilities for whom it takes time to evacuate and people who assist others in evacuating should evacuate dangerous places to safe places.

Evacuation information is not always issued in order.
As you may be in danger even if evacuation information is not issued, you should evacuate depending on the situation based on the information released by the Japan Meteorological Agency.

Evacuation information (Alert level)				
Alert level		Situation	Evacuation information	Actions residents should take
<div>High</div> <div>Danger level</div> <div>Low</div>	5	 A disaster has occurred or is about to occur	Emergency safety measures (issued by the city)	Lives are in danger. Residents should secure their safety immediately! (vertical evacuation etc.)
	~~~~~Be sure to evacuate before the			
	4	 A disaster is very likely to occur	Evacuation instructions (issued by the city)	All residents should evacuate dangerous places.
	3	 A disaster is likely to occur	Evacuation of the elderly, etc. (issued by the city)	Elderly people and people with disabilities should evacuate from dangerous places.
	2	 Weather conditions have worsened		Residents should look at the hazard maps and confirm what action they should take
	1	 Weather conditions are likely to worsen		Residents should check the weather forecast and get more prepared for a disaster.

# Evacuation facilities of the city

The city opens evacuation area for storm and flood disasters. As they may not be opened in time when there is a sudden torrential rain, you should be sure to check whether they are opened or not before going there. After they open, you can evacuate to any of them.

- **Voluntary evacuation facilities (opened to accept those who are worried because of a typhoon)**  
They are the facilities that accept people who feel unsafe to stay at home when typhoons hit their area. The city decides whether to open them or not based on the size of typhoons.
- **Evacuation area (opened to avoid the danger of disasters)**  
They are the places that temporarily accept evacuees when evacuation information has been issued so that they can avoid danger. Municipal schools are designated as evacuation sites in advance and the city decides to open them in response to the issuance of evacuation information.



Evacuation area established by the city

## POINT




The city issues evacuation information on the flooding of the Meguro River and the Tama River, flooding caused by a storm surge, and sediment disasters to the areas that need to be evacuated and opens evacuation area.

Weather information (information equivalent to alert levels)	
Weather and other information	Opening of evacuation facilities
	Preparation and opening of evacuation areas of the city
<ul style="list-style-type: none"> <li>• Heavy rain emergency warning</li> <li>• River flooding level</li> <li>• Information on flooding</li> <li>• Flood water reaches the city</li> <li>• Information on storm surge flooding</li> </ul>	
alert level reaches 4!~~~~~	
<ul style="list-style-type: none"> <li>• Landslide warning information</li> <li>• Information on potential flood hazards</li> <li>• Storm surge emergency warning</li> <li>• Hazardous water level</li> <li>• Storm surge warning</li> <li>• The levees of the Tama River have been breached</li> </ul>	<ul style="list-style-type: none"> <li>• The Meguro River flooding evacuation area</li> <li>• The Tama River flooding evacuation area *3</li> </ul>
<ul style="list-style-type: none"> <li>• Heavy rain (landslide) warning</li> <li>• Storm surge advisory *1</li> <li>• Flood warning</li> <li>• Information to provide a warning on flooding</li> </ul>	<ul style="list-style-type: none"> <li>• Sediment disaster evacuation area</li> <li>• Storm surge flooding evacuation area</li> </ul>
<ul style="list-style-type: none"> <li>• Heavy rain (landslide) warning</li> <li>• Storm surge advisory *2</li> <li>• Flood warning</li> <li>• Information to call attention to flooding</li> </ul>	<ul style="list-style-type: none"> <li>• Voluntary evacuation facilities</li> </ul>
Early advisory information (probability of warnings)	

- *1 Advisory with a high probability of being switched to a storm surge warning
- *2 Storm surge advisory other than *1
- *3 When the Meguro River and the Tama River flood, the city issues the alert level 4 or above evacuation instructions.

# 2 Make preparations prior to a heavy rain / typhoon

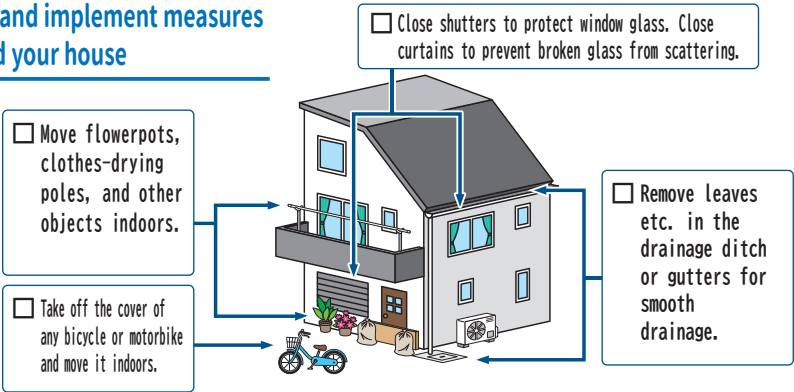
Get prepared early before the situation worsens while paying close attention to weather information.



- ☒ Before the rain and wind become stronger, check dangerous items around your house, implement measures against them, and prevent damage.
- ☒ Make preparations in case of a power outage, water outage, flooding, or other natural disasters

## Safety measures for your house

Check and implement measures around your house



POINT



The city has sandbags available for residents to freely use to prevent flooding. You can check where they are kept on the city's website.



List of the places where sandbags for flooding prevention are kept

## Preparation at home

You should get prepared for power and water outages, flooding, and other natural disasters.

- [Power outage] Prepare flashlights, extra batteries, and phone battery chargers.
- [Water outage] Secure beverages. Secure water for domestic use by filling a bathtub with water.
- [Flooding] Prevent water from flowing backward by putting water bags on the drains of the toilets and washing machine.



▶ Go to pages 50-55 for details on stockpiling.

# 3 Check how to evacuate

How and when to evacuate differs depending on the family structure and the area. You should check how to evacuate and get prepared so that you can promptly evacuate in an emergency.



- ✓ Check how you should evacuate depending on the degree of risk.
- ✓ Prepare emergency goods for evacuation.
- ✓ Evacuate to a voluntary evacuation facility as soon as possible when feeling worried.

## Confirmation of how to evacuate and preparation for evacuation

- Check the risk of flooding and sediment disasters near your house and the degree of risk on Shinagawa City Disaster Prevention Map.  
▶ See pages 60-63 for confirmation of dangers
- Pack the minimum necessary goods to take with you when evacuating with backpacks. Be sure not to forget to pack the specific items your family members need.  
▶ See pages 48, 49 for emergency supplies
- If your house is at risk, check when to evacuate, where to evacuate to, and the safe evacuation route.  
*Please be careful because appropriate ways of evacuating differ between when flooding occurs and when a sediment disaster occurs.  
▶ See pages 72-77 for evacuation procedures
- When there is an increased risk, check with your relative or acquaintance living in safe areas whether you can evacuate to their houses.



## Evacuate to a voluntary evacuation facility as soon as possible

The city opens voluntary evacuation facilities where necessary based on the size of a typhoon before issuing evacuation information. Since the city shares the status and time of opening of voluntary evacuation facilities on its website, social media platforms, and other means, you should evacuate as soon as possible when you feel unsafe because it takes time to evacuate, you feel uneasy about staying at home alone, and other reasons.



## 4 Evacuate a dangerous place as soon as possible

When the city issues evacuation information or you determine that you are in imminent danger based on the situation around you, you should start to evacuate from a dangerous place.

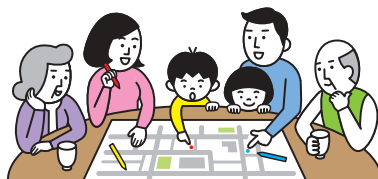


### Basic

- ✓ Decide to evacuate based on evacuation information issued by the city.
- ✓ Evacuate as soon as possible before it becomes difficult to evacuate due to a violent wind or at night.
- ✓ Evacuate at your discretion if you feel you are in danger.

## Decide where to evacuate

You can try horizontal evacuation by leaving a place that is at risk of being affected by a disaster and by going to a safe place. In addition, when it is more dangerous to go to an evacuation area, you should try vertical evacuation by going upstairs. You should decide where to go depending on the situation. The four places you can evacuate to are shown below.



### Going to an evacuation area of the city is not the only way to evacuate!

< Four places to evacuate to when a storm or flood disaster occurs >

Horizontal evacuation to an  
evacuation area / voluntary evacuation  
facility opened by the city

Horizontal evacuation to a  
relative's/acquaintance's house  
that is safe

Horizontal evacuation to a  
safe hotel / inn

### Securing of safety indoors

You can stay at home and secure your safety even if there is a risk of flooding when the three requirements are met.

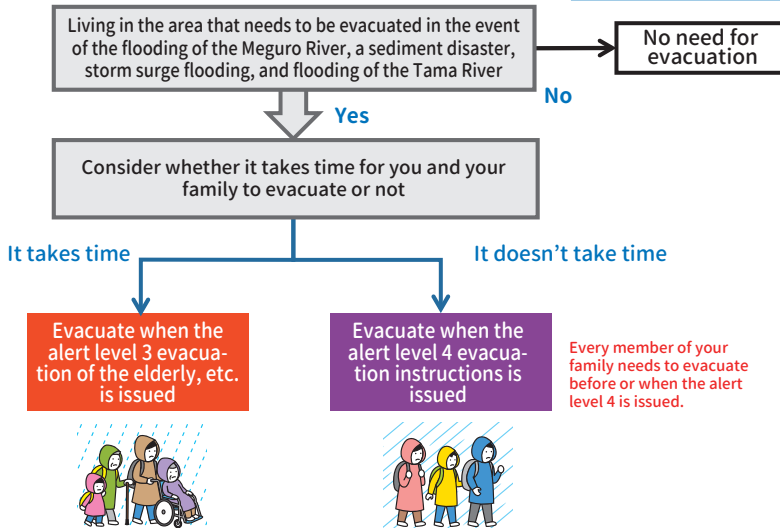
1. The house is robust and not at risk of being swept away or collapsing in the event of flooding.
2. The rooms are located higher than the flood depth.
3. Can put up with water until it recedes and have enough stockpiles of food, beverages, and water.

* In the areas at risk of being affected by a sediment disaster, residents must execute a horizontal evacuation.

## Determine whether to evacuate or not and the timing of the evacuation

You should determine whether you need to evacuate or not and the timing of evacuation based on evacuation information issued by the city. However, you must evacuate at your discretion without hesitation if you feel it's dangerous when the weather conditions rapidly deteriorate.

▶ See page 68 for alert level



Every member of your family needs to evacuate before or when the alert level 4 is issued.

### Voices of disaster victims

## We successfully evacuated this way (The Heavy Rain Event of July 2018)

“Since typhoons hit our area almost every year, I talk with my family about how we should respond to disasters. Even if we have a shelter in our area, the roads leading there can be flooded. Then we have no choice but to act quickly.”

(Male in his 60s having a family of two)

“I see doctors regularly for heart disease, bad legs, diabetes, and high blood pressure. I’ve always thought that I have to evacuate if any disaster occurs. I’m glad that I voluntarily evacuated and didn’t cause anyone trouble.”

(Female in her 70s living alone)

Source: “Why Can You Not Evacuate Effectively?” Hiroshima Prefecture

## Evacuate safely

It is dangerous to evacuate in a rainstorm. You should evacuate safely.

### Early evacuation

- Evacuate as soon as possible before flooding occurs.
- Tell neighbors and evacuate as soon as possible to avoid delay in escape.
- Talk to those who have difficulties in evacuating on their own and evacuate with them before flooding occurs.
- If you want to travel by car, do so before flooding occurs. (The engine may not start due to flooding.)

### Do not go near rivers and other waterways

- If you go near rivers and other waterways, there is a risk of being hit by a gust of wind and falling into them.
- Do not use underpasses.

### Do not go out of your way to evacuate.

- Flood water that is about knee-height makes it difficult for people to walk.
- It is dangerous to move through flowing water because you will trip.
- Since it is difficult to find obstacles below the surface of water, it is dangerous.
- It is also dangerous to evacuate in a strong wind.



### Clothes that are comfortable to move around in

- Clothes that are comfortable to move around in
- Carry the minimum necessary items in backpacks.
- Never wear boots (if water gets into them, they become heavy and make it difficult for you to move around).
- Move with the help of a long stick.



### If you fail to evacuate

- Judge the situation calmly and choose the best action to take when it is impossible to evacuate safely or when it is dangerous to go outside, emergency safety measures are issued, and for other reasons.
- In the event of a sediment disaster, protect your life by immediately evacuating to a room that is even slightly far from the cliff or urgently going to a nearby robust building.
- In the event of flooding, storm surge, or other disasters, immediately go to a higher place even if it is slightly more unlikely to be flooded or urgently go to a nearby building that is more robust and higher than your house.

## Consider various ways to evacuate

Everyone should evacuate taking into consideration their physical and mental conditions and characteristics. People are under various conditions of needing nursing care and having difficulties evacuating on their own and having a pet. You should think about the timing of the evacuation, where to evacuate, how to evacuate, and the items to take with you in advance.

### If you have difficulties in evacuating on your own

- Evacuate with your family as soon as possible.
- Evacuate as soon as possible with the help of local residents such as your neighbors.
- Vertically evacuate to a safe upstairs room or stay on an upper floor that does not get flooded.

### If you need nursing care

- Use the short stay service of the nursing care facility you usually use.
- Evacuate to a relative/acquaintance's house that is safe.
- Vertically evacuate to a safe upstairs room or stay on an upper floor that does not get flooded.

### If you feel unsafe to be alone

- Go to a relative/acquaintance's house that is safe.
- Promptly evacuate to a voluntary evacuation facility opened by the city

### If you have a pet

- Evacuate to the house of a relative or acquaintance who is used to pets.
- Bring all the necessary items, such as a cage, pet food, pet toilet sheets, and medicines when going to a city evacuation area.

#### POINT



Owners and their pets have to spend time in separate rooms in city evacuation area.

### A bias that leads people to believe that they will be okay even if they do not evacuate

People have a psychological function (normalcy bias) that helps them calm down by thinking "it's not a big deal" when they face an unexpected situation, which causes them to fail to evacuate.

On the other hand, people also have the tendency to align their behaviors with others (conformity bias). People fail to evacuate while waiting and seeing how people around them move, thinking "it will be okay because my neighbors are not evacuating." Conversely, if there are people who take the initiative in evacuating, they can lead others to evacuate.


You should understand the psychological features and act properly in order to evacuate.



### 3 Prepare for storm and flood disasters

#### 1 Preparations to make on a regular basis

You should make preparations on a regular basis taking into consideration the risk of storm and flood disasters involving your house.



- ✓ **Inspect the entire house and prevent drains from becoming plugged.**
- ✓ **Prepare sandbags if your house is at risk of flooding.**
- ✓ **Prepare emergency goods.**

##### Inspection of the entire house

As well as inspecting the building, you should secure the items around the building that are likely to be blown away by the wind or take them inside your house. You should also clean the balcony drains and drainage ditches to prepare for flooding.



##### Prevention of flooding

You should prepare sandbags, water bags, and other materials if you live in low-lying areas that are likely to experience flooding. Water bags, in particular, are useful because they can be made using tap water or leftover bath water and are easy to prepare even when you are short-handed. In addition, the installation of water barriers is also effective.



##### Creation of My Timeline

If you create an evacuate plan to clarify when to do what when a heavy rain/typhoon is approaching, it will come in handy when you are pressed to make an instant decision. Let's create your Simple My Timeline on the right page. The Tokyo metropolitan government has published a more detailed evacuation plan called *Tokyo My Timeline*.

Tokyo My Timeline



► [Go to page 95](#) for details on subsidies for water barriers, etc.

##### Preparation of emergency goods

Emergency goods are also useful during storm and flood disasters. You should prepare a flashlight, portable radio, household medicines, emergency food, beverages, valuables (cash), and other materials and supplies so that you can readily take them with you.

► [Go to page 49](#) for details on emergency goods.



# Simple My Timeline Work

Let's check the actions you should take in storm and flood disasters.

**Work①** Please check whether your house is at risk of being affected by a disaster based on the results of page 63 and select a box.

Results of [page 63](#) ▶

Is your house at risk of being affected by a disaster?

Select

☐

Likely

Select

☐

Not likely

Pay attention to information and stay safe in your home.

**Work②** When the result of work ① is "Likely," please check whether the timing of your evacuation is alert level 3 or 4.

Alert Level

Weather Information

1

Information calling for attention, such as advisories

2

Alert Level

Evacuation information from the city

3

Evacuation of the elderly, etc.

4

Evacuation instructions

5

Emergency safety measures

If an advisory is issued

Pay attention to weather information. Prepare for evacuation when the weather conditions are going to deteriorate.

If you feel you are in danger of being affected by a disaster or are worried

Evacuate to a voluntary evacuation facility that has been opened. *They may be opened at the alert level 1.

Select

☐

People for whom it takes time to evacuate, such as elderly people, people with disabilities, babies, and infants in the areas (districts) where evacuation of the elderly and others is issued

Select

☐

All residents in the areas (districts) where evacuation of the elderly and others is issued

**Evacuate to a safe place**

<Places I evacuate to>

Please fill in the blank.

▶ Go to [page 72](#) for details on where to evacuate.

- People in the areas that are designated as sediment disaster prone areas should step outside.
- When it is dangerous outside due to flooding, vertically evacuate to a safer upstairs room.

Those who failed to evacuate in the areas (districts) where evacuation of the elderly and others is issued

Lives are in danger! Immediately secure safety and go to a safer place

1 Let's learn about the dangers of storm and flood disasters.

2 A heavy rain / typhoon is approaching! What are you going to do?

3 Prepare for storm and flood disasters

# Chapter 3 If other disasters occur

## 1 Volcanic Disaster

In Shinagawa City, 2 to 10 cm of ash fall is expected when Mt. Fuji erupts, causing a power outage and affecting the passage of vehicles on the roads and the operations of the transportation systems. If a large amount of volcanic ash is inhaled, it causes health damage by affecting the respiratory system.

### Response to ash fall

#### When you are indoors

- Remain indoors while ash is falling.
- Close the windows and doors to minimize the entry of outside air.
- Turn off the fans and the ventilation mode of the air conditioners with a ventilation function.

#### When you are outdoors

- Cover your nose and mouth with a mask, handkerchief, or clothing.
- Find where to evacuate, such as buildings and cars.



#### Going outside while ash is falling

- Check information on ash fall on TV and other media
- Take a mask and umbrella with you.
- Remove contact lenses and wear glasses or goggles.
- Wear long-sleeved clothes, long trousers, gloves, and other clothing so that the skin is not exposed to ash.
- Refrain from driving a car

#### Removal of volcanic ash

- Do a cleanup wearing goggles and a mask.
- Quickly remove the ash because it will harden when mixed with water or rain.
- Put the ash in plastic bags and dispose of it because it will clog sewage systems if you dump it into sewers.



## 2 Thunder / tornado



Thunder or tornado causes great damage in a short period of time. Pay close attention to thunder advisory or tornado advisory information as well as the weather forecast and movement of the clouds.

### Securing safety

#### Response to lightning

- Evacuate to a safe place such as a solid building or vehicle.
- If you are in an open area, stay away from any electric pole or tall tree.
- Keep yourself as low as possible, and keep your belongings lower than your body.

#### Response to tornado

- Protect yourself in a room without windows in a solid building.
- Close the shutters, windows, and curtains and stay away from windows.
- Stay away from prefabricated temporary buildings or big trees since they may fall down or be blown away.

## 3 Complex disaster

The same kind or different kinds of disasters may occur simultaneously or at different times. They may cause significant damage, affect a wide area, or continue for a prolonged period of time.

For example, if an earthquake strikes, it is expected that storm and flood disasters will occur, a volcano will erupt, or infectious diseases will spread. In addition, it is expected that infectious diseases will spread while people are living as evacuees and an outbreak occurs among evacuees, causing the damage to expand.



# Chapter 4 Recover from a disaster (rebuild your life)

You may not know where to start if your house is damaged by a disaster. You should rebuild your life step by step so that you can return to a normal life as soon as possible. It is important to put safety first when you work to rebuild your life.



## 1 Record the damage

To page 81 ➡



## 2 Conduct an inspection before the lifelines are restored

To page 82 ➡



## 3 Clean up the house

To page 83 ➡



## 4 Take out the garbage

To page 84 ➡



## 5 Apply for a disaster victim certificate

To page 86 ➡

# 1 Record the damage

If your house is damaged, you need to record the damage before repair work begins.

## How to record

You should take pictures of the damage using a camera or smartphone to record it.

- Take pictures using a camera or smartphone.
- Take pictures from various angles (at least four angles).
- Take two types of pictures: pictures of the entire building, pieces of furniture that have been damaged, and close-up pictures of the damaged parts.
- When the house is flooded, take pictures such that they show the flood depth.



## Utilization of pictures

Pictures are useful in showing the extent of the damage.

- When obtaining a disaster victim certificate (pictures may be used when the city makes a decision)
- When making a claim on a nonlife insurance (contact your insurance company for details)

## Be careful of frauds

► See page 43 for things related to troubles in daily life

When a disaster, such as an earthquake and heavy rain occurs, a large number of frauds taking advantage of people's problems are committed. It has been reported that fraudsters told victims that they could repair their houses with no out-of-pocket cost or that they could use an insurance payout. You should be careful when signing a contract on repair work and pay careful attention to suspicious calls and visitors.

Consultation service provided by the Consumer Affairs Centers Consumer Hotline (188) ►



## 2 Conduct an inspection before the lifelines are restored

You should conduct an inspection to check the conditions of the lifelines of electricity, water supply and sewage, and gas to see if you can start using them again.

### Electricity

You should be careful because a fire may break out when electricity is restored after a power outage.

- Check whether the electric wires and lead-in wires around your house are broken or damaged.
- Check whether the distribution board is not wet and the indoor wiring is not damaged.
- Check whether there is anything wrong with electric appliances with plugs disconnected.



### Water supply and sewage

Check the information on the areas where the water supply and sewage systems can be used, and start using them again if they are available.

- In apartments and condominiums, do not use a toilet until the drainage systems are repaired.
- As water may be muddy when the water supply system is restored, let the water run for long enough first and then use it.



### Gas

Careful attention is needed because gas leaks may cause an explosion or fire.

- Be sure to check whether you smell gas or not and, when it seems gas is leaking, open the windows and do not use the fan or fire.
- If you use propane gas, check the gas cylinders and, if they are toppled, have the gas supplier inspect them.



#### POINT



Those who living in apartments and condominiums should notify not only the lifeline-related operators but also the management companies and owners of the lifeline damage.

### 3 Clean up the house

Before cleaning up, be sure to confirm safety by checking whether there is nothing that may fall from above. If it is difficult for you to clean up on your own, you should ask others for help without making demands.



#### Clothing

You should wear clothing that prevents injuries and infectious diseases when cleaning up.

- Wear thick-soled shoes so that you will not sustain injuries from stepping on nails and other debris.
- Wear clothes that protect your skin as much as possible, such as long-sleeved clothes, long trousers, and gloves.
- Wear a mask to avoid inhaling dust or foreign particles.

#### Points to note

You should do a cleanup in as good an environment as possible and take good care of your own health without pushing yourself too hard.

- Do a cleanup with the doors and windows open for ventilation.
- Take an adequate rest and stay hydrated while doing a cleanup.

#### When the house is damaged by flooding

Damage differs depending on the type of disaster. Especially when your house is damaged by flooding, you should do a cleanup by appropriately disposing of and handling water and mud.

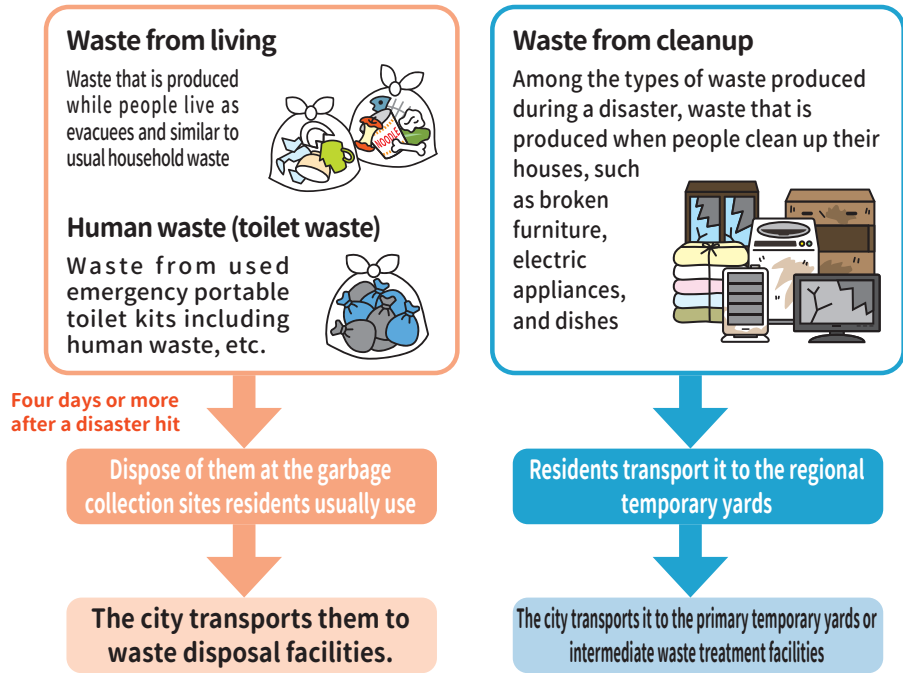
- Check whether the space below floor level is flooded or not even if the furniture is not wet.
- If mud and water are in the spaces below floor level and inside the walls, remove them as soon as possible and dry them completely to prevent mold and bad odors.
- After removing water and mud, sterilize the affected areas while ventilating the house.

# 4 Take out the garbage

During a disaster, waste specific to a disaster situation is produced in addition to household waste. You should know the types of waste and how, where, and when to dispose of each type.

## Waste sorting

During a disaster, there are two ways to dispose of garbage depending on the waste management system. When disposing of garbage, make sure to sort it properly and keep it organized.



*The locations of the regional temporary yards will be determined after a disaster hits and announced on the city's website.

*Any waste cannot be taken to the collection sites that are usually used.

### POINT



Waste sorting is necessary especially during a disaster. If waste is not sorted, it takes time to process it, which interferes with recovery and reconstruction. In addition, if waste is not sorted, it causes a delay in the collection of food waste, which goes bad quickly and causes bad odors, nuisance insects, and other problems and leads to a worsened hygienic environment in the communities.

## Pay attention to the hygienic aspect when handling human waste

When toilets cannot be used because of the damaged drainage system, you should use emergency portable toilet kits. You need to pay attention to the hygienic aspect when storing human waste.

- Put the stool bag in another plastic bag and tie it at the top tightly from a hygienic perspective.
- Remove as much air as possible from the plastic bag to prevent it from breaking.
- Put combustibles, such as newspapers, in the plastic bag to make it burn easily.
- Odor can be controlled by using buckets with lids and odor eliminating bags.

## Temporarily keep waste on your premises instead of taking it out on the road

After a disaster hits, garbage collection services as usual may not be provided immediately.

- Waste needs to be kept at home for at least three days because the city aims to resume the collection of waste from daily living four days or more after a disaster hits.
- Keep cans, bottles, plastic bottles, used paper, and oversized garbage at home until the resumption of garbage collection is announced.



POINT



If waste is placed on the roads, emergency vehicles may not be able to pass. Please temporarily keep waste on your premises.

### Shinagawa City Disaster Waste Handbook

This handbook describes how to dispose of waste when a large-scale disaster hits the city by waste type.



## 5 Apply for a disaster victim certificate

Disaster victims should apply for the documents necessary to receive support to rebuild their lives.

### What is disaster victim certificate?

Disaster victim certificate is to determine and certify the extent of the damage based on certain standards when residences are damaged from a natural disaster. A disaster victim certificate is required for the procedures for a tax reduction or exemption and various relief measures to be implemented when a large-scale disaster occurs.

### Application process

You should apply for a disaster victim certificate at the counters designated by the city. The places where applications are received, and their opening hours will be determined taking into consideration the damage caused by a disaster and then announced. Please be sure to collect information.

- 1.Application** Apply for a disaster victim certificate at the counter designated by the city.
- 2.Investigation** The damage assessment (on-site assessment) of the residence is conducted.
- 3.Determination** The extent of the damage is determined based on the assessment results.
- 4.Issuance** A disaster victim certificate is issued



### When can a disaster victim certificate be utilized?

Examples of the disaster victim support programs for which a disaster victim certificate is required or whose procedures are performed more smoothly with it are shown below.

- Provision of Support Grants for Reconstructing Livelihoods of Disaster Victims and relief money
- Move into emergency temporary housing
- Utilization of the emergency house repair program
- Reduction, exemption, or deferral of income tax, property tax, insurance premiums, public utility charges, and other charges
- Loans, such as housing loans from Japan Housing Finance Agency and Disaster Support Funds

## Activity examples

### What's important when recovering from a disaster is the strength of the whole community

Recovery from a massive disaster and reconstruction are not easy. If all the members of the community do what they can and work as one, they can use their collective strength.

#### Efforts of a single person to remove mud developed into a town cleanup project

( Ganpappe Okada no Kai )  
[Sendai City, Miyagi]

Immediately after the Great East Japan Earthquake, large amounts of mud remained in the Okada District located in the coastal area of Miyagino-ku, Sendai City, due to the tsunami. A town resident wanted to do what he could and started removing mud. Then, other town residents saw his efforts and started to join him one after another. Their efforts developed into a town cleanup project. Since then, the group has been providing opportunities for local people to gather while utilizing a network of people and planning fun events.



Ganpappe Okada no Kai (Miyagino-ku, Sendai City)

#### High school and university students cooperated!

“Interactions on a regular basis” helped ( Nagamachi Gaien Park Mansion )  
[Sendai City, Miyagi]

Even before the Great East Japan Earthquake, the condominium worked hard on disaster preparedness measures with the condominium association board playing a central role in developing the disaster response system. However, as the Great East Japan Earthquake struck during the day, many condo residents in charge of the disaster response were out. So, high school and university students living in the community supported the disaster response activities instead by confirming residents' safety. As the condominium residents interacted with local residents living in the neighborhood on a regular basis by lending the assembly room of the condominium to the local children's club, such a connection helped them during the disaster.

In addition, the condominium planned various events on a regular basis to help residents interact with each other and they mutually knew what they were good at, which helped them respond to the disaster.

# Chapter 5 Various preparations

## 1 What you can do to protect children

In case a disaster occurs while children are away from their guardians, each family should decide how to respond in such a situation.

### When children are at their nursery schools, kindergartens, or schools

When a large-scale earthquake strikes, schools secure children's safety until their guardians come to pick them up.

- Check the handover rules of schools
- Talk with family members and decide who goes pick children up
- Participate in the handover training



The situation of the handover drill at Samehama Elementary School

### When children are playing outside

If an earthquake strikes when children are not with their parents, children are expected to protect themselves at their discretion. You should talk to your children about how to respond during a disaster.

- When children are at their friend's house, they should stay there.
- Children should notify their guardians of their safety status using the method they promised to use in advance.
- Children should wait for their guardians to come to pick them up instead of going out of their way to return home if they are in a distant place.
- Children should wait for their guardians to come to pick them up if children should ask adults for help when they are in trouble.

### When children are at home by themselves while their parents are out

Parents should prepare their children to be at home by themselves during a disaster so that they can stay safe even if their parents cannot return home immediately due to the suspension of train and other services.

- Parents should tell their children where stockpiles are stored and how to use them in advance.
- Parents should ask the parents of their children's friends and neighbors on a routine basis to take their children under their care in emergencies.



▶ See page 21 for family safety confirmation

2

## What you can do to protect your family members who have difficulties in evacuating

You should get prepared for helping your family members who have difficulties in evacuating on their own due to their age or disabilities evacuate.

### Discuss how to evacuate with family members

If there are elderly people or people with disabilities who have difficulties evacuating on their own in your family, it is important to discuss how to evacuate together.

- **Timing of evacuation**
- **Place to evacuate to**
- **Family members who evacuate with those who need assistance**
- **Items to take when evacuating**
- **Means of transportation and the evacuation route**



### Establishment of relationships with neighbors

When it is difficult for you to evacuate with your family on your own, you need to evacuate with the help of your neighbors. It is important to interact with local residents on a regular basis.

- **Build a mutual relationship.**
- **Ask them to help your family evacuate.**
- **Help them when you can provide assistance.**



3

## What you can do to protect your family members who need medical care

When there are power and water outages, damage to medical institutions, logistics disruption, and other emergencies, the maintenance of life or health of people who need medical care may be significantly affected. You should think about what kind of problems you may face and get prepared.

- **Secure power supply to medical devices such as batteries and generators.**
- **Stockpile about two weeks' worth of medicines, such as household medicines, and nursing care and medical supplies, such as diapers.**
- **Check how the facilities your family members usually use operate during a disaster.**



## 4 What you can do to protect your pets

As an owner, only you can protect the lives of your pets, which are an important part of your family. It is pet owners' responsibility to take care of their pets to the end even during a disaster.

### Secure pets' safety immediately after a disaster occurs

When a massive earthquake strikes, your pets may panic and act differently. You should calm them down and pay close attention so that they will not run away or become injured.

- Calm down your pets.
- Put a leash or harness on them.
- Put them in a cage.

POINT



It is also important to secure a space where your pets can take shelter in their daily lives. You should secure a safe indoor space for them at ordinary times.

### Take shelter at home with your pets

If your house is safe after an earthquake, you will take shelter in your house. You should stockpile goods for your pets in preparation for the disruption of the lifelines and logistics. In addition, you should try to build good relationships with your acquaintances and other pet owners on a regular basis so that they and you can support each other.



Water can be shared with pets.

Seven or more days' worth of water, pet foods, medicines, and other supplies



They are essential because they are not included in relief goods.

Medicines, etc.

### Measures to prevent your pets from going missing

During a disaster, you may get separated from your pets because they may panic and run away. You should make preparations so that you can look for them when they run away.

- Microchip your pets
- Put dog tags on them
- Prepare pictures of your pets (it is convenient if you have pictures of you and your pets together so that you can prove that you are their owner when picking them up).



## The efforts to be made and responsibilities specified in the Shinagawa City Basic Ordinance on Disaster Countermeasures

Combining self-help, mutual help, and public help is important in implementing disaster countermeasures.

To prepare for a disaster at ordinary times, each and every resident should have a self-help mindset to protect their lives by themselves and the system for mutual help in which local residents help each other should be developed with public help based on support from administrative organs.

### Efforts to be made by residents

- Voluntarily prepare for a disaster at ordinary times.
- Secure your and your family's safety during a disaster.
- People in the same communities and those who are close to each other should help each other and secure safety.



### Efforts to be made by the disaster prevention resident organizations

- Conduct disaster drills at ordinary times to maintain and improve the organization.
- Coordinate and cooperate with business operators and others during a disaster to conduct emergency activities in their areas.



### Efforts to be made by business operators

- Secure the safety of the facilities and equipment they manage.
- Secure the safety of employees, visitors, and others
- Try to coordinate and cooperate with the disaster prevention resident organizations during a disaster to conduct emergency activities in their areas.

# Chapter 6 Stepping up disaster preparedness

## 1 Participate in drills conducted in your area

The disaster prevention resident organizations conduct disaster drills every year in each district of the city in cooperation with the city. You should check whether disaster drills are conducted in your district and participate in them.

### Disaster Prevention Drill for the district

Comprehensive emergency drills are conducted from September to November every year in each district. These drills enable participants to learn how to respond in emergencies, such as first aid and initial firefighting. Drills in which children who have just started getting interested in disaster prevention and adults can participate are organized.

As comprehensive emergency drills not only enable participants to learn how to respond during a disaster but also provide opportunities for them to expand their face-to-face relationships in their areas, please participate in them.



Firefighting training

POINT



The dates, times, and place of the drills are announced on the city's website. Please casually participate in them.

### Simultaneous disaster prevention drills in the city (operation drills at evacuation shelter)

In December every year, a drill on establishing and operating an evacuation shelter for ward residents is conducted simultaneously in each community on the assumption of occurrence of a major earthquake. Participants can experience various tasks, such as reception work at a shelter and confirmation of stockpiles.



Training on the creation of an evacuee list

## Community-based disaster drills

Disaster drills are conducted by the disaster prevention resident organizations in your area.

Some areas have set the common rules such as purple ribbons to be attached to the front doors to confirm the safety status and put them into practice in disaster drills.

In addition, community-based disaster drills in which the police, fire departments, companies, and other organizations participate are also conducted.



Situation of the drill

## 2 Participate in the city's activities

Please acquire knowledge and learn how to respond during a disaster by participating in lectures, training courses, etc. provided by the city.

### Shinagawa Disaster Prevention School

Shinagawa Disaster Prevention School



Shinagawa Disaster Prevention School is a school for residents, disaster prevention resident organizations, and business operators and offers three courses: course for general public, disaster prevention resident organization course, and business establishment course. Participants can acquire knowledge and skills related to disaster prevention through various lectures and experiences.



Situation of disaster prevention community organization course

### Shinagawa Disaster Prevention Experience Hall

Shinagawa Disaster Prevention Experience Hall



It is a permanent facility where visitors can experience initial firefighting, enjoy VR experiences, and other activities. Disaster prevention workshops are held for children on a regular basis. They can enjoy workshop experience while listening to staff's explanations.



Workshop being held

**Add:** 2F, Shinagawa City Office Disaster Prevention Center (2-1-36 Hiromachi, Shinagawa-ku)

**TEL:** 03-5742-9098 **FAX:** 03-5742-9098 **Opening hours:** 9:00 a.m. to 5:00 p.m.

**Closed:** Mondays, Saturdays, holidays, year-end and New Year holidays

# Aid for each household

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The city provides the following subsidies to each household.

## Support project for the safety of concrete-block walls

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The city supports a part of the construction expenses for safety such as removing dangerous concrete-block walls, stone walls, and brick walls along the streets.

Construction Permission Section  03-5742-9172  03-5742-6898

## Support project for planting trees in towns

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After the removal of block walls, the city supports a part of the expenses for planting hedges or planting, or building curbs or fences.

Parks Section  03-5742-6799  03-5742-9127

## Support project for earthquake resistance of houses and buildings

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The city subsidizes part of the expenses for seismic testing and seismic retrofitting for wooden houses whose construction began before May 31, 2000. The city supports free simple testing and subsidizes expenses for seismic testing, seismic reinforcement design, and seismic retrofitting in that order.

Construction Permission Section  03-5742-6634  03-5742-6898

## Aid for installing an earthquake-resistant shelter

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The city supports the expenses for installing “Shinagawa shelters,” which secure space to protect lives for wooden houses where the old seismic code was applied and elderly people or people with disabilities live.

Construction Permission Section  03-5742-6634  03-5742-6898

## Support project for the safety of precipitous land and retaining walls

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An advisor is dispatched for the safety of precipitous land and its retaining walls, and part of the expenses for renovation is supported.

Construction Permission Section  03-5742-9172  03-5742-6898

## Support for fireproof areas congested with wooden houses

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In the areas congested with old houses, the city is proceeding with the project of building an earthquake-resistant city such as improving disaster prevention squares and community roads, and supporting demolishing old houses.

### Examples of initiatives

- Project of promoting the improvement of the towns with congested houses
- Fireproof zone support project
- Project of promoting disaster prevention and fireproof of the city

Densely-built Wooden House Areas  
Redevelopment Section



03-5742-6779



03-5742-6756

## Purchase of fire extinguisher and agent refill

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Purchase of home fire extinguisher and agent refill will be arranged.

Disaster Prevention Section



03-5742-7134



03-3777-1181

## Aid for installing a quake-sensitive breaker

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The city subsidizes part of expenses for the installation of seismic breakers.

Senior Citizens Local Support Section



03-5742-7134



03-3777-1181

## Aid for the elderly who purchase and install devices that prevent furniture from tipping over

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The expenses for purchasing and installing devices that prevent furniture from tipping over are supported for households of the elderly aged 65 years or higher, care recipients, or people with disabilities.

Community Support for Elderly Section



03-5742-6735



03-5742-6882

## Aid for installing water prevention boards, a rainwater tank, subsidization for the installation of rainwater infiltration facilities

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The city supports part of the expenses for purchasing and installing water prevention boards, rainwater tanks, or installation of rainwater infiltration facilities for houses and stores.

River and Sewerage Section



03-5742-6794



03-5742-6887

## Purchase of disaster prevention goods

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Purchase of easy-to-use toilets, water, and ready-to-eat rice will be arranged.

Disaster Prevention Section



03-5742-6696



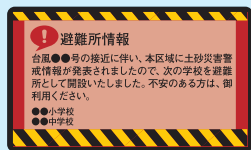
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検索



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E-mail [maedekk@kkf.biglobe.ne.jp](mailto:maedekk@kkf.biglobe.ne.jp)

# **Shinagawa Disaster Prevention Handbook**

**Learn about your risks**

**Let's start preparations for a disaster at home**

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