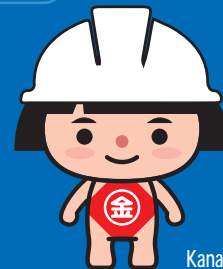


Kanagawa Disaster Prevention

////////////////////////////////////
"Preparing today will protect tomorrow"
- Safety preparation, starting with the everyday -
////////////////////////////////////

Earthquakes



2025 edition

// Table of Contents //

Damage Estimation

About Earthquakes	p.04
Projected Damage From a Major Kanto Earthquake (Winter, 6 PM)	p.05-07

Aspects of Damage

Damage From Disaster Onset to 24 Hours (Major Kanto Earthquake)	p.09-10
Damage From Day 2 to 6+ Months (Major Kanto Earthquake)	p.11-12

Immediately After a Disaster [When at Home]

Kitchen, Living Room and Dining Area	p.14
Bedrooms and Children's Rooms	p.15
Two-Story Houses, Bathrooms and Toilets	p.16

Immediately After a Disaster [When Out]

Offices and Elevators	p.18
High-rise Buildings and Commercial Facilities	p.19
In Town and At School	p.20
Underground Shopping Areas and Stations and Subways	p.21
While in Transit	p.22
Mountainous Areas and Coastal Areas	p.23
If Unable to Return Home	p.24
If You Can Return Home	p.25

After a Disaster [Evacuation Shelters]

Sheltering at Home 1-2	p.27-28
Evacuation Precautions	p.29
Evacuating to Shelters 1-4	p.30-33
Sheltering in Vehicles and Tents	p.34

Fire/First Aid

Dealing with Fires	p.36
CPR Procedures (Basic First Aid)	p.37
Using an Automated External Defibrillator (AED) (Basic First Aid)	p.38
Stopping Bleeding (Basic First Aid)	p.39
Rescue Techniques (Basic First Aid)	p.40
Treating Burns (Basic First Aid)	p.41
Transporting Injured Persons (Basic First Aid)	p.42
Treating Fractures and Sprains (Basic First Aid)	p.43
Bandage Alternatives and Their Use (Basic First Aid)	p.44
Preventing Economy Class Syndrome (Basic First Aid)	p.45
Managing Dehydration and Heat Stroke (Basic First Aid)	p.46

Measures for Those Needing Special Assistance

Seniors and People with Health Issues	p.48
People with Visual Impairments	p.49
People with Hearing Impairments	p.50
People with Physical Disabilities or Intractable Illnesses	p.51
People with Intellectual Disabilities	p.52
People with Mental Health Conditions	p.53
Pregnant and Nursing Women	p.54
Families with Infants and Young Children	p.55
People with Language Barriers	p.56
LGBTQ+ Individuals and Those with Privacy Concerns	p.57

Recovery/Reconstruction

Systems for Reconstructing Daily Life 1-3	p.59-61
---	---------

Advance Preparation

Everyday Preparedness and Helpful Websites	p.63
Home Safety Checklist: Living Rooms and Kitchens	p.64
Home Safety Checklist: Bedrooms	p.65
Fire Preparedness	p.66
Installing Earthquake Detection Breakers	p.67
Shopping for Disaster Preparedness	p.68
Essential Emergency Supplies	p.69
Be Ready for the Toilet	p.70

Check Sheet

Check Sheet 1-4	p.72-75
Check Sheet for People Requiring Special Assistance	p.76



Understand earthquakes.

What will you do
if this kind of earthquake occurs?

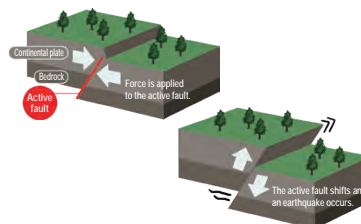


Earthquakes predictions for Kanagawa Prefecture

		An earthquake directly under the southern part of Tokyo	Miura Peninsula Fault Group Earthquake	Western Kanagawa Earthquake	Tokai Earthquake	Nankai Trough Megaquake	Major Kanto Earthquake
Moment magnitude		7.3	7	6.7	8	9	8.2
Expected prefectural seismic intensity		Seismic intensity of 6+ centered in Yokohama and Kawasaki	Seismic intensity of 6+ in the Yokosuka-Miura area	Seismic intensity 6+ (western part of the prefecture)	Seismic intensity 6+ (western part of the prefecture)	Seismic intensity 6+ (western part of the prefecture)	Seismic intensity 7 (centered in the Shonan area and western part of the prefecture)
Probability		70% chance of a magnitude 7 earthquake in the southern Kanto region within the next 30 years	6-11% chance within the next 30 years	Five earthquakes of this class have occurred in the past 400 years.	80% chance of a Nankai Trough earthquake within the next 30 years	80% chance of a Nankai Trough earthquake within the next 30 years	0-6% within 30 years (occurs every 200 to 400 years)
Tsunami height	Sagami Bay	1 m	1 m	2-6 m	3-8 m	2-9 m	6 m or more
	Tokyo Bay	1 m	2 m	2 m	2-4 m	2-9 m	2-4 m
Tsunami arrival time	Sagami Bay	-	-	5-30 minutes	25-40 minutes	30-40 minutes	5-10 minutes
	Tokyo Bay	-	-	60 minutes or more	60 minutes or more	60 minutes or more	25-45 minutes

About Earthquakes

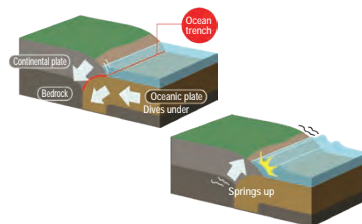
Fault earthquakes



This is an earthquake occurring along faults along a continental plate. The enormous force of plate movement can cause vertical or horizontal displacement along fractures in the bedrock. The resulting shock transmitted through the ground as tremors is called a "fault earthquake." Fault earthquakes are also referred to as "near-field earthquakes" or "inland earthquakes."

Vertical shaking and a relatively short quake time are typical of fault earthquakes.

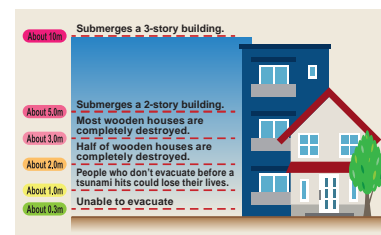
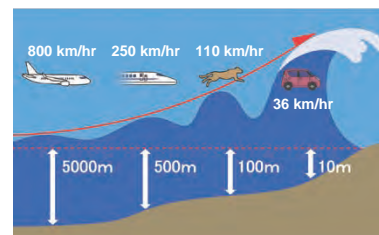
Subduction-zone Earthquake



This is an earthquake when oceanic and continental plates collide. A subduction-zone earthquake occurs when an oceanic plate presses beneath a continental plate and the continental plate releases the energy of the strain.

These are large earthquakes and may be accompanied by large tsunamis.

Speed of a tsunami, height of a tsunami



Projected Damage from a Major Kanto Earthquake (Winter, 6 PM)

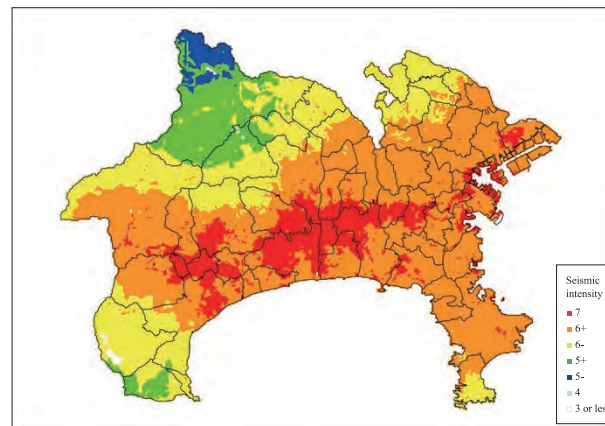
Kanagawa Prefecture has estimated the damage that could occur here in the event of a major Kanto earthquake equivalent to the one that occurred in 1923. The Prefecture is working on measures in the event such an earthquake occurs.



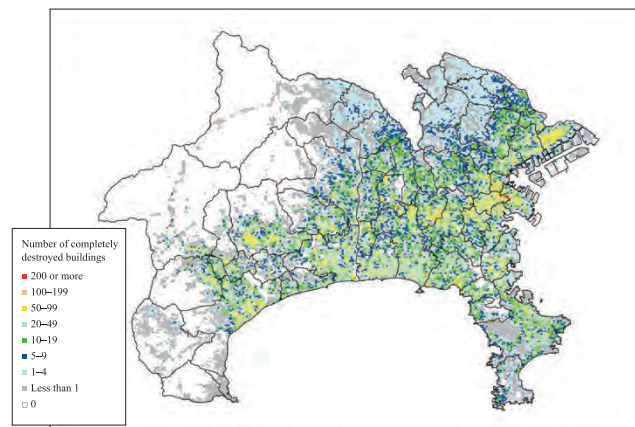
* The model assumes the tsunami occurs at midnight

* Stranded people include commuters to work or school and tourists.

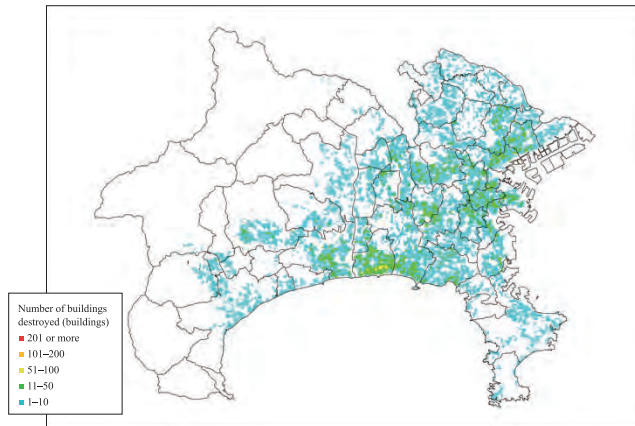
Seismic Intensity



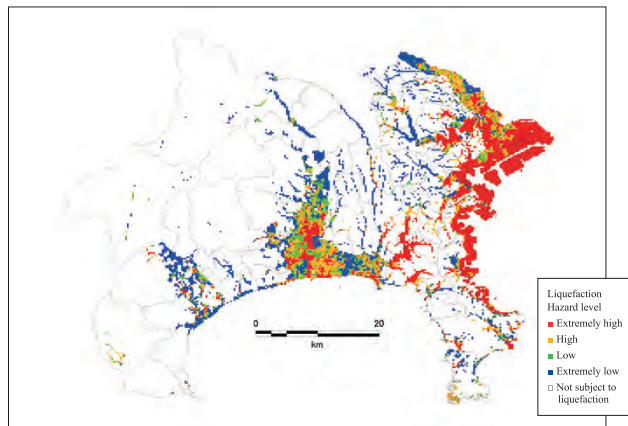
Buildings Damaged (Number Completely Destroyed)



Fire Damage (Number of Buildings Destroyed)



Liquefaction Hazard Level



Understand what could happen.

If an earthquake were to strike now, what would happen in your immediate surroundings?

Understand the risks clearly and prepare for them.

Damage From Disaster Onset to 24 Hours (Major Kanto Earthquake)

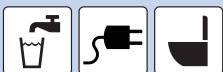
Damage overview



Evacuation



Life lines



Transportation



First hour after the disaster

[Tsunami]

- Major tsunami warning issued.
- People evacuate due to the tsunami.
- First tsunami arrives in 5 to 10 minutes.
- Damage occurs due to people being too late to escape from the tsunami.

[Fire]

- Fires occur in all areas and begin to spread.

[Tremors]

- Aftershocks continue to occur.
- Many people are trapped under furniture or their own collapsed houses and are unable to escape by themselves.
- Many people are injured by flying dishes or glass.
- Rescue efforts by family and local residents begin.
- Many people trapped in elevators.

- Mudslides in mountain areas and peninsulas cause remote areas to be cut off.
- Disaster victims move to emergency evacuation sites and shelters.

- Water outages, power outages, suspension of gas supply, and communications failures occur.

[Rail]

- All trains within the prefecture stop.
- Many passengers trapped inside trains.

[Roads]

- Traffic disrupted on roads throughout the prefecture

[Difficulty returning home]

- Dramatic increase in numbers of people stranded around stations

1 to 6 hours after

[Tsunami]

- Tsunami strikes occur repeatedly.

[Fire]

- Evacuees from spreading fires increase.
- Secondary evacuations become necessary due to fires, etc. at evacuation sites.

[Tremors]

- Requests for help continue, but cannot all be met by the police and fire department.

- Residents begin to gather at evacuation sites.
- Some evacuation sites cannot be opened, while others stop accepting evacuees due to an excess of people arriving.

[Rail]

- Evacuation of passengers trapped on trains continues in stages.

[Road]

- Traffic restrictions are imposed on major roads, etc.

[Difficulty returning home]

- Huge numbers of people have difficulty returning home. Congestion of sidewalks occurs, and movement to temporary accommodation facilities and evacuation sites begins.

6 to 24 hours after

[Tsunami]

- Major tsunami warnings are replaced by tsunami warnings, and then in turn by advisories.
- Large numbers of evacuees shelter in buildings and on high ground.

[Fire]

- Fires continue to spread further.

[Tremors]

- Requests for rescue continue to come in intermittently, but cannot all be met by the police and fire department.

- Shortages of food and supplies at some evacuation sites
- Increasing numbers of peoples sheltering in their own homes or at other locations than evacuation sites

- Lifeline services remain suspended over wide areas of the prefecture.

[Roads]





- Traffic restrictions continue on major roads, etc.

[Difficulty in returning home]

- Those with difficulty returning home begin to gather at some evacuation sites and temporary accommodation facilities.

* Actual damage differs depending on the scale of the earthquake and thus may not necessarily occur as described here.

Damage From Day 2 to 6+ Months (Major Kanto Earthquake)

	24 to 72 hours after	72 hours to 1 week after	1 week to 1 month after	1 to 6 months	After 6 months
Damage overview 	[Tsunami] <input type="checkbox"/> Tsunami advisory lifted [Fires] <input type="checkbox"/> Fires being brought under control [Quake] <input type="checkbox"/> Rescue operations progressing	[Fires] <input type="checkbox"/> Extinguishing the fires [Quake] <input type="checkbox"/> Shift from rescue to search operations	<input type="checkbox"/> Search operations continue		
Evacuation 	<input type="checkbox"/> More evacuees from fires <input type="checkbox"/> Evacuation of larger areas and movement between shelters begins. <input type="checkbox"/> More evacuees return home from shelters.		<input type="checkbox"/> As Disaster Victim Certificates are issued, more evacuees move into temporary public and private rental housing. <input type="checkbox"/> Mental and physical health care—including preventing disaster-related deaths—become challenges.	<input type="checkbox"/> More evacuees move into temporary prefabricated housing. <input type="checkbox"/> Increase in health problems and disaster-related deaths due to evacuation shelter living conditions <input type="checkbox"/> Consolidation of shelters progresses	<input type="checkbox"/> Challenge of providing the right support to help evacuees rebuild their lives <input type="checkbox"/> Evacuees show more signs of mental health issues.
Life lines 	<input type="checkbox"/> Emergency power at base stations in some isolated areas is cut off, resulting in cell phone, TV and radio outages.	<input type="checkbox"/> Restoration gradually progresses with the installation of temporary base stations and satellite communication equipment. <input type="checkbox"/> Emergency power at base stations fails in some areas, causing communication outages.		<input type="checkbox"/> Water and power outages resolved	
Transportation 			[Railways] <input type="checkbox"/> Services resume on most lines. [Roads] <input type="checkbox"/> Lane restrictions still on some roads		



Immediately After a Disaster [When at Home]

Earthquake!

Ensuring safety

- If you feel a quake, take a position that will protect yourself!

Once the shaking stops

- Put out the fire
- Open the door and secure the exit
- Stay calm

Check the situation, evacuate if necessary.

Kitchen, Living Room and Dining Area



Dangers at home at a glance



While in use, the kitchen is the most dangerous place in the house. Leave immediately if you feel any shaking.

[Kitchens]

- Potential hazards -

While cooking in the kitchen, knives, hot oil, and pots and pans can be deadly. Refrigerators and microwaves are at risk of falling over. There is also a danger of scattered glass.

- How to respond -

If you feel a quake, get away from the stove immediately, even if you are still cooking. Move to a location where objects will not fall, topple over, or slide around. Keep calm and extinguish any fire that has occurred once the shaking subsides.

[Living and dining rooms]

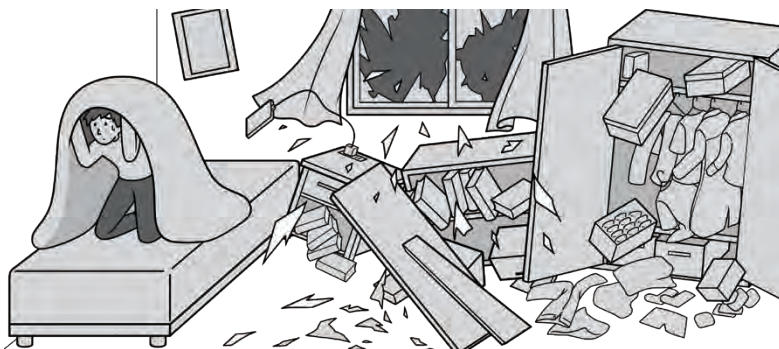
- Potential hazards -

These rooms risk furniture or TVs toppling over as well as breaking window panes scattering shards of glass.

- How to respond -

To ensure safety, quickly move to a location where objects will not fall, topple over, or slide around.

Bedrooms and Children's Rooms



[Bedrooms]

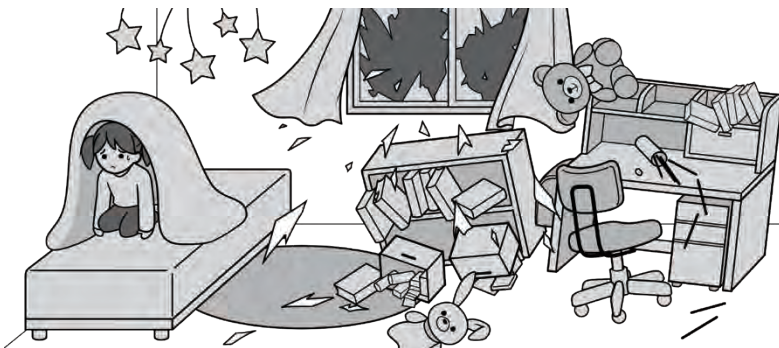
- Potential hazards -

Risks include shards of window glass, falling light fixtures, and furniture falling over.

- How to respond -

Protect your head with a comforter or pillow and move to a safe location. If you wear glasses, it's a good idea to keep them in a case by your bedside to prevent damage and help you act calmly in case of an emergency. Given the power may fail, having a headlamp or flashlight nearby will be helpful for evacuation in the dark.

Ensure there are no objects or furniture near your sleeping area that could fall or topple over on you.



[Children's Rooms]

- Potential hazards -

Fallen bookshelves could block doors and small items could scatter about.

- How to respond -

When disaster strikes, if children are alone in their room, wait until the shaking subsides before going to check. They could get injured coming to you if you call out their name. Also, if they have a desk, make sure there is space under it where they can take cover.

Two-Story Houses, Bathrooms and Toilets



[2-Story Houses]

- Potential hazards -

The ground floor of older buildings are at risk of collapsing. Those there could be crushed.

- How to respond -

Do not panic and rush downstairs.

Look at the situation and decide whether you need to get outside, especially if the building your are in does not meet earthquake resistance standards.



[Bathrooms]

- Potential hazards -

Risks include shattered glass from broken bathroom windows and mirrors. You could get stuck in there, too.

- How to respond -

Protect yourself by covering your head with something hard, like a wash basin. Leave the bathroom immediately and move to a safe place before the doors get stuck.



[Toilets]

- Potential hazards -

The door may get warped and you could be stuck inside.

- How to respond -

If you feel a tremor, open the door and be ready to escape. Move to a safer place if needed, such as a doorway or hallway.



Immediately After a Disaster [When Out]

Earthquake!

Ensuring safety

- If you feel a quake, take a position that will protect yourself!

Check the situation, evacuate if necessary.

Offices and Elevators



Protecting yourself when disaster strikes when out and about



[Offices]

- Potential hazards -

Copiers and furniture with casters could move about, and fragments of window glass might scatter.

- How to respond -

Move to a location where objects will not fall or slide around. Once the shaking stops, evacuate by using the stairs. Don't use the elevator.

[Elevators]

- Potential hazards -

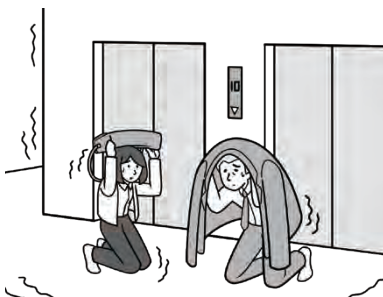
The elevator could stop working and you could be stuck inside.

- How to respond -

If you feel a tremor, press the buttons for all of the floors and get off as soon as you stop. If trapped inside, use the intercom to contact someone outside and wait for rescue.



Tall buildings/retail facilities, etc.



[Tall buildings]

- Potential hazards -

During long-period earthquakes, higher floors tend to sway more heavily and for longer periods of time.

- Actions to take -

In elevator lobbies or shared spaces, stay low and wait until the shaking stops. Evacuate after confirming that it is safe to do so.



[Department stores/supermarkets, etc.]

- Potential hazards -

It is possible that merchandise may be scattered and display cases may be damaged.

- Actions to take -

Move toward a staircase landing or near a pillar. In supermarkets, protect yourself by using a shopping basket or similar to cover your head.



[Theaters/stadiums, etc.]

- Potential hazards -

You may get caught in crowd crushes by rushing toward emergency exits or stairs.

- Actions to take -

Being mindful of falling objects, calmly follow the PA broadcast or staff instructions.

Streets/school

[In streets]

- Potential hazards -

There is a risk of falling debris, flying rubble from collapsed buildings, and crowd crushes.

- Actions to take -

Evacuate to a large park or earthquake-resistant building, being careful of falling debris and collapsed buildings. Try to remain calm in crowded places.



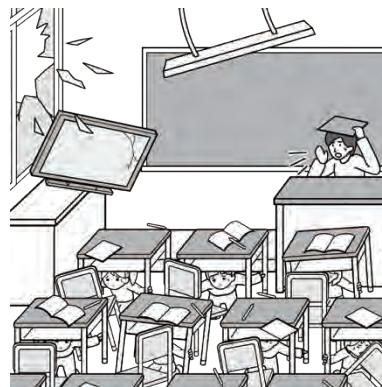
[School]

- Potential hazards -

There is a possibility that shards of window glass may scatter and lighting fixtures may fall.

- Actions to take -

Hide yourself under a desk away from windows, grab on to the desk legs, and wait until the shaking stops. In hallways, stay low and move away from windows immediately, and on stairs, hold on to the handrail and stay low to prevent falling. When the shaking stops, remain calm and follow the teacher's instructions.



Underground Shopping Areas and Stations and Subways

[Underground shopping areas]

- Potential hazards -

People could panic in the event of a power outage. There could be a rush to the emergency exits.

- How to respond -

Reckless movement could trigger a crush. Stay calm, protect yourself from falling objects with your bag or other belongings, and wait near a pillar or wall for the shaking to stop.



[Train Stations / Subways]

- Potential hazards -

There is a risk of falling from the platform or confusion occurring when trying to move above ground.

- How to respond -

Stand beside a pillar for safety. When on the subway, follow the instructions of station staff. Stay off the tracks.



While in Transit



Immediately after an earthquake, traffic restrictions may be imposed on non-emergency vehicles on certain roads to facilitate emergency transport.

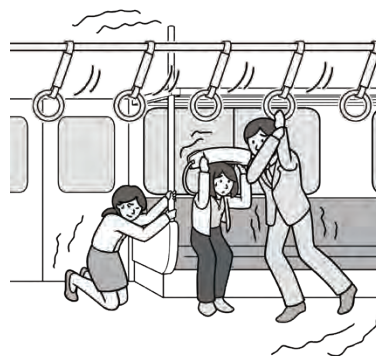
[While Driving]

- Potential hazards -

There is risk of losing control of the vehicle and having an accident. Bridges and overpasses may be damaged.

- How to respond -

Turn on your hazard lights, gradually slow down, and stop on the left side of the road. Turn off the engine and wait in the car until the shaking stops. If you need to abandon your car, leave the doors unlocked. Place the engine key in an easily accessible location, and take the vehicle registration certificate with you.



[On Trains / Buses]

- Potential hazards -

A sudden stop could cause standing passengers to fall, or there could be a collision.

- How to respond -

If you feel a quake, lower yourself and firmly hold onto a handrail or strap. If you are seated, use your bag or other belongings to protect your head. When the shaking stops, follow the crew's instructions and evacuate safely.

Mountainous Areas and Coastal Areas

[Mountains]

- Potential hazards -

Landslides from earthquakes pose a danger of being buried alive. Aftershocks and rain may intensify the disaster.

- How to respond -

Move immediately away from slopes and cliffs and find safe, level ground. Be careful of landslides caused by rainfall after following an earthquake.



[Coastal areas]

- Potential hazards -

A tsunami may hit within minutes of an earthquake.

* Tsunamis can surge along rivers as well.

- How to respond -

Move to a safe location immediately. This could include high ground, a tsunami evacuation tower, or an upper floor of a high-rise building. Be sure to act quickly, and don't stay near the coast.



If Unable to Return Home

Don't rush home.

- Potential hazards -

Roads and traffic networks are disrupted. Emergency vehicles are unable to pass. There is a risk of aftershocks and further injury from falling objects, etc.

- How to respond -

Please expect to remain in place for three days immediately after a disaster. Don't be in too much of a rush to get home. Make use of the temporary accommodation set up in workplaces, train stations, and commercial facilities.



In temporary residential facilities, helping each other is important.

Temporary shelters for stranded people, even when the facility itself has been affected by the disaster, are operated through mutual community support to help ensure the safety of the wider area. Those using the facilities should actively support their operation by helping distribute supplies and cleaning shared spaces. Please be particularly considerate of seniors and those with disabilities.



Have open lines of communication in case you can't get back.

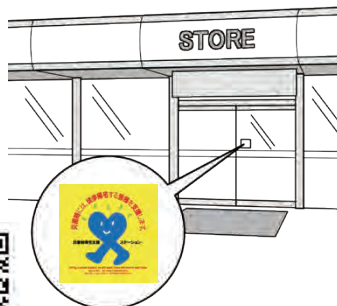
For homes with children or seniors, it's important to plan ahead in case you can't return home immediately. Be sure everyone understands about helping each other in the neighborhood and coordinating with schools, daycare centers, and care facilities during a disaster. Be sure to let family waiting at home know that you will return once it is safe.

After a disaster, use disaster message boards, social media, or other available communication services to contact your family.

If You Can Return Home

Using emergency stranded person stations

Once any confusion has subsided, walking home is an option. Disaster support stations may be available at places like convenience stores and gas stations for stranded people, providing tap water, toilets, rest areas, etc. You can make use of these as you walk home.



Emergency stranded person support stations
Assistance for those unable to return home



Keep calm and wait for your turn when going home

About three days after a disaster, once the confusion has settled, people can start heading home.

Public transportation may have resumed by this time. However, if everyone who can return home makes a rush for the stations and fills the roads at once, dangerous congestion could result. When returning home, pay close attention to your surroundings and time your departure to avoid crowds.



At companies and temporary shelters, be aware of the basic order for returning home (priority is often given to those with vulnerable family members or those who live nearby).

Some items for the walk

- ☐ Drinking water
- ☐ Portable battery/charging cable
- ☐ Chocolate, caramel, etc.
- ☐ Portable toilet
- ☐ Surgical mask
- ☐ Hat
- ☐ Hand warmers (winter)
- ☐ Cooling sheet (summer)
- ☐ Flashlight

After a Disaster [Evacuation Shelters]

Checking your house for damage

◎ If there is no damage

Sheltering at home

◎ If daily life is not possible due to fire or structural collapse

Evacuation to a shelter

Shelter with family or friends

Shelter at a hotel

Shelter in your vehicle

Shelter in a tent

Sheltering at Home 1



Sheltering at home



Making a safe living space

- **Potential hazards** -
Fallen furniture and scattered glass could impede daily life.
- **How to respond** -
Prioritize creating a space for sleeping and a safe environment. Due to the risk of aftershocks, leave any fallen furniture as is. Before cleaning up, consider procedures that may be needed regarding earthquake insurance and take pictures.



Emergency repair for broken windows

- **Potential hazards** -
Broken window glass can fall, causing injury from shards.
- **How to respond** -
Remove remaining glass from the window frame. To ensure safety, cover windows with adhesive tape, tarps, or cardboard.

How to check whether your house's toilet is usable

- **Detached houses** -
 1. Open your house's sewage lid with a flathead screwdriver.
 2. Flush the toilet.
 3. Check to ensure that the water does not back up in the waste water container.
- **Multi-unit housing** -
 1. Check manholes around the complex to see if anything is out of the ordinary.
 2. Confirm whether the sewage system is working normally starting with the lower floors.



Sheltering at Home 2



Precautions when sheltering at home

Preventing crime and other precautions when sheltering at home

- **Potential hazards** -
There is a greater risk of burglary and fraud during disasters. Broken windows may stand out and increase the likelihood of being targeted.
- **How to respond** -
When going out, take measures like covering up broken windows so they cannot be seen. Consider installing security lights to make it look like you are home.



Beware of unexpected visitors

- **Potential hazards** -
Disasters could raise the risk of scams and unscrupulous business practices.
- **How to respond** -
Be sure to check people's identification and do not let anyone suspicious into your home.



Preventing disaster-related death when sheltering at home

- **Potential hazards** -
Deterioration of health could result from the disruption of daily routines and psychological stress due to the prolonged inability to go out.
- **How to respond** -
Participate with neighbors in helping each other and connect with local shelters to receive municipal services. Try to stay healthy while using water efficiently (for example through water-saving cooking methods).

Evacuation Precautions

Turn off the main water valve. Shut off the circuit breaker.

- Potential hazards -

Earthquakes can result in damaged pipes and continuous water leakage. Leaked water is wasted water. This could also lead to flooding and further damage to buildings.

- How to respond -

When evacuating, make sure to turn off taps and water shut-off valves. Be sure you know the location of the main shutoff valve in advance, as well as how to close it. This will help you respond promptly in times of emergency.

Close the main gas valve.

- Potential hazards -

Damage to gas lines or appliances may result in gas leaks once service is restored. There is a risk of explosion if the leaked gas ignites.

- How to respond -

When evacuating, close the main gas valve to prevent gas leaks. When you return, check for any gas odor. If anything is out of the ordinary, contact the gas company immediately.

Communicate via message boards or social media.

- Potential hazards -

Phone lines may be congested after a disaster occurs, and calls may not go through.

- How to respond -

Use the Disaster Message Board (171) or social media platforms like LINE to let people know you are safe. Deciding how you will communicate with family and friends in advance will help you more easily confirm whether people are safe.

- Potential hazards -

When power is restored after an outage, damaged electrical appliances or cords may be at risk of short circuiting and causing a fire.

- How to respond -

Help prevent fires when you evacuate by shutting off circuit breakers. You may want to install seismic circuit breakers. These help keep you safe by automatically shutting off the electricity when strong tremors are detected.

Leave a memo letting people know you're safe

- Potential hazards -

When family members evacuate separately, they may not know if people are safe or where they are sheltering. This means it may be difficult to find each other.

- How to respond -

If you evacuate your home, post a memo with your condition and where you plan to shelter in a clearly visible spot (like on the inside of a door or on a table) so family members can find it. Remember to take any necessary security measures and lock up before evacuating.

When dangers such as tsunamis or landslides are imminent, evacuate immediately.

Evacuating to Shelters 1



Rules when staying at a shelter



Follow shelter rules.

- Potential hazards -

Group living can lead to stress that easily accumulates, resulting in interpersonal issues.

- How to respond -

Be sure to follow the rules of the shelter. Be aware of other people's privacy, throw away your trash, and take turns when receiving distributions of supplies.

Help each other out by sharing the work.

- Potential hazards -

The burden of running things may fall on a small number of people, causing shelter management issues.

- How to respond -

Please cooperate in running the shelter by helping out as you are able. Stepping up and helping with things that you're good at will help ensure that life at the shelter runs smoothly.



Receiving supplies/rations

- Potential hazards -

With shortages of supplies, problems may arise.

- How to respond -

Maintain order when receiving supplies, prioritizing seniors, people with disabilities, pregnant and nursing women, and children.



Evacuating to Shelters 2



Managing health and preventing death during disasters



Be sure to hydrate.

- Potential hazards -

Avoiding fluids to reduce using the toilet may increase the risk of dehydration and hypothermia.

- How to respond -

Be sure to stay properly hydrated, and don't let the temporary toilets bother you.

Importance of oral care

- Potential hazards -

An imbalanced diet and stress may lead to tooth decay or gum disease. Increased bacteria in the mouth could also raise the risk of aspiration pneumonia and similar conditions.

- How to respond -

Even if you don't have a toothbrush, you can try to keep your mouth clean with tissues or a handkerchief.



Coping with insomnia

- Potential hazards -

Ongoing insomnia due to stress after a disaster can lead to health issues.

- How to respond -

Use an eye mask and earplugs, and engage in physical activity during the day to help you sleep better at night. Rather than insisting on sleeping at night, it can help to develop a "sleep when you can" mindset.



Evacuating to Shelters 3



Keep healthy through physical activity.



Prevent muscle weakness.

- Potential hazards -

At shelters, activity is reduced, which may result in muscle or joint function impairment.

- How to respond -

Communicate with others and create opportunities for exercise. Make simple exercise part of your daily routine with the support of those around you.

Preventing death during times of disaster

- Potential hazards -

Economy class syndrome and psychological stress can develop into life-threatening issues.

- How to respond -

Be sure to stay hydrated. Try to avoid staying in the same posture for too long. Exercising moderately and being careful of your diet will also help you stay healthy.



Evacuating to Shelters 4



Precautions for staying at shelters



Avoid out-of-the-way places

- Potential hazards -

There is a possibility of running into trouble in out of the way places and dimly lit areas, including behind gymnasiums.

- How to respond -

Avoid unsafe places and carry a personal alarm.

Keep valuable on you.



- Potential hazards -

There is a risk of theft.

- How to respond -

Always keep valuables with you and stay alert at night. You can also ask family members or other trusted people to help you out.

Considerations for women in shelters

Considerations regarding assigning persons responsible for running the shelter

A man and a woman are assigned as persons responsible for running the shelter so that the needs of both men and women can be met.

Considerations to ensure privacy, etc.

Partition walls, tents, etc., are used to ensure that women can live in a suitable and safe environment, including female-only spaces such as dressing rooms, nursing rooms, and places to hang laundry. Additionally, support services are set up by gender for personal concerns, concerns regarding violence, and other needs.

Considerations for safe restroom use

In addition to separating male and female restrooms and placing them as far apart as possible, more female than male restrooms are set up (with a ratio of 1:3 for males to females as a guide) in locations that are safe to use even at night.

Considerations regarding distributing supplies

To avoid causing stress and anxiety to women, feminine supplies, such as women's underwear and sanitary products, are distributed by women, and these supplies are readily available in female-only spaces and restrooms.

Sheltering in Vehicles and Tents



Precautions when sheltering in a tent or vehicle



Risks of sleeping in your vehicle

- Potential hazards -

Spending nights in your vehicle could potentially result in economy class syndrome or carbon monoxide poisoning.

- How to respond -

This should only be a temporary measure; avoid sheltering in your vehicle for long periods. Be sure to prioritize securing a safe evacuation site.

* We don't recommend sleeping in your vehicle in Kanagawa Prefecture.

Sleeping in the car can lead to death at times of disaster.

Besides an increased risk of economy class syndrome when sleeping in a vehicle, reduced contact with others can raise stress and make it harder to see that your health is being affected. These factors also could contribute to disaster related deaths. If you have no choice but to shelter in your vehicle, keep the following points in mind.

Precautions

Don't leave the engine running

Leaving the engine on can result in carbon monoxide poisoning, which can be fatal. Try using insulating materials and other strategies to keep the inside of your car warm.

Do not park on slopes

To ensure safety when parking on a slope, place wheel chocks against the tires and always apply the parking brake.

Recline the seat(s)

Laying a towel down and sleeping on a horizontal surface can help reduce the risk of the economy class syndrome.

Park where other people are near

Parking where other people are around will help prevent vandalism of the vehicle and another problems.



Rather than the flames, it's smoke that more often leads to loss of life.

That's why preventive measures and putting out fires right away are so important.

Also, emergency services may not be available immediately if an earthquake has occurred.

For this reason too, it's important to know first aid.



Three points of action during a fire

1 Shout to let others know!

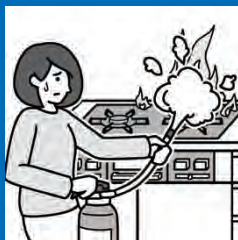
Shout "Fire!" to let others know and get help.

2 Try to put out fires right away!

If a fire has just started, calmly extinguish it with a fire extinguisher or water. You might also be able to use a floor cushion or wet sheet.

3 Evacuate immediately!

If the flames rise to the ceiling stop trying to put the fire out and evacuate promptly. Don't take unnecessary risks. Close windows and doors when evacuating to block air flow and help reduce the fire's intensity.



Dealing with Fires



Smoke is the worst of all!

Smoke from fires contains toxic gases like carbon monoxide. Inhaling it can lead to poisoning and even pose a risk to life. When evacuating, observe the following points:

Protecting yourself from smoke

- Cover your mouth and nose with a wet towel or handkerchief.
- Hold your breath and hurry through the smoke if it's only a short distance.
- Keep as low as possible when moving.
- Move along walls if visibility is poor.

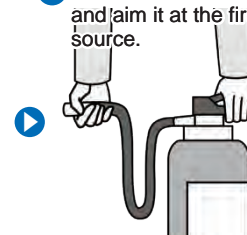


How to use a fire extinguisher

- 1 Pull up hard on the safety pin



- 2 Hold the hose's nozzle and aim it at the fire source.



- 3 Squeeze the lever hard to spray



Tips for using a fire extinguisher

- Position the exit behind you to ensure an escape route.
- Stay low and avoid inhaling smoke.
- With a sweeping motion (like with a broom), aim at the source of the fire, not the flames.
- The hose may jerk forcefully, so have a firm grip on the nozzle.
- Use up all the content of the fire extinguisher.
- Double check to make sure the fire is completely extinguished.



CPR Procedures (Basic First Aid)

1 Confirm safety and responsiveness.



- If someone has collapsed, look around and ensure safety before approaching.
- Approach the person, gently tap their shoulder, and say, "Can you hear me?"
- Check for **signs of consciousness**, including whether the person responds to you, moves their arms and legs, or reacts to pain from their injury.



2 Get help from those nearby.



- If the person doesn't respond, immediately shout, "Someone help! A person has collapsed!" to call for assistance.
- Ask someone to **call 119 and go get an AED**. Begin administering first aid on the spot.



3 Check breathing.



- Check breathing by observing the **movement of the chest and abdomen**.
- If the chest and abdomen is not moving, or if movement is clearly abnormal (ie. gasping for breath), it means they aren't breathing normally.
- Try to do this check in **less than 10 seconds**.



4 Chest compressions (cardiac massage)



- If the person is not breathing normally, begin chest compressions immediately.
- Place both hands on the center of the chest and press down approximately 5 cm at a speed of 100 to 120 times per minute.
- Start using the AED when it arrives, following its voice instructions.

Precautions when performing CPR

[Hand placement for chest compressions]



[Infant chest compressions]



Using an Automated External Defibrillator (AED) (Basic First Aid)

1 Turn on the power.



- Turn on the power of the AED. (Some models turn on automatically when the lid is opened, while others require the push of a button)
- Apply the electrode pads to the person's **upper right chest and lower left chest**, below the armpit. Remove any perspiration or other moisture from the areas you'll apply them.



2 Electrocardiogram analysis



- AEDs automatically perform electrocardiogram analysis.
- **Be sure not to touch the person** during this time.
- If the analysis determines electric shock is necessary, the AED will automatically provide voice instructions.
- If the instructions say "no shock required," immediately begin chest compressions.



3 Administer electric shock.



- **Check that the area is safe.** Once you have confirmed that **no one is in physical contact with the person**, follow the AED voice instructions and press the shock button.



4 Resume chest compressions.



- After the electric shock, immediately resume chest compressions (cardiac massage).
- Do not turn off the AED. Leave the electrode pads in place and follow the AED's instructions.
- Continue chest compressions until paramedics arrive, or until the person responds or resumes normal breathing.

Precautions when using an AED

AEDs are designed to be easy to use, even for those who have never used them before.

It's important to respond quickly, cooperating with others on the scene.

- **Electrode pads must be placed in direct contact with the skin.**

Adjust undergarments if necessary. It's fine to place clothing over the pads once they are attached.

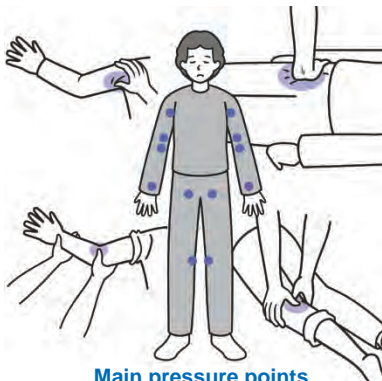
Stopping Bleeding (Basic First Aid)

Direct pressure



Apply a clean cloth or gauze to the area that's bleeding. Then apply a bandage or press firmly with your hand. Be sure the cloth covers the entire wound. Use rubber gloves or a plastic bag to help prevent infection. Be careful to avoid contact with blood.

Indirect pressure



Main pressure points to stop bleeding

If direct pressure doesn't work, press an artery close to the heart against the bone with your thumb to temporarily stop the flow of blood. For the arms, press firmly on the inside of the upper arm, and for the legs, press hard against the base of the thigh.

Precautions regarding heavy bleeding

Blood makes up 7-8% of the human body by weight. Losing one-third of it can be life threatening.

Bright red blood spurting out indicates arterial bleeding and needs to be stopped immediately.

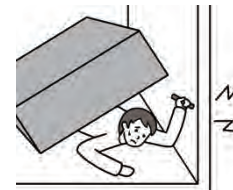
Bleeding from capillaries almost always stops on its own.

Rescue Techniques (Basic First Aid)

Asking for help

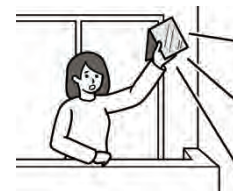
If a person is unable to move

- Try to avoid shouting for extended periods to preserve your physical strength.
- Knock on doors or walls with a hard object, making loud noises so people know you're there.
- Use metal, tools, or other items where the sound can be heard far away.



If stranded on an upper floor

- Signal rescue teams with a mirror or other object that reflects light.
- Write down the situation and where you are on a piece of paper, and drop it on the ground below.
- Use a whistle or whistle with your fingers to make your presence known.



How to help

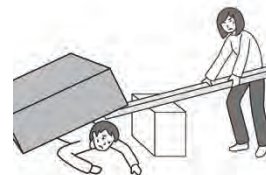
Using rescue tools: 1. Crowbar

- You can use leverage to pry open doors and raise debris and heavy objects.
- The end of a crowbar can be used to break car windows to rescue people inside.



Using rescue tools: 2. Jacks

- If there is no space, create some with a crowbar or similar tool.
 - Use on a solid, level surface. If unstable, create stability with a wooden block or similar.
 - Do not raise items above the height required for rescue. Keep them raised with a piece of wood or other item to prevent collapse.
- * If you have a car jack, you can use that, too.



Precautions regarding crush syndrome

Extended periods of pressure on the limbs, buttocks, and other body parts can interrupt blood flow. The sudden restoration of circulation when released can result in issues like life-threatening arrhythmias.

[Precautions]

- Rescue as quickly as possible to decrease the risk of crush syndrome.
- If a person has been subject to prolonged pressure, do not force a rescue. Instead, encourage the person while waiting for a rescue team.

Treating Burns (Basic First Aid)

For minor burns

Use the procedures below when burns cover less than 10% of the body. The palm of a person's hand is equivalent to about 1% of the body's surface area.

1 Begin cooling as soon as possible.

- ☉ Cool the burned area with clean running water.

2 Cooling time

- ☉ Try cooling for **at least 15 minutes** until the pain eases.

3 Hygienic treatment

- ☉ Cover the affected area with clean gauze or cloth after cooling to prevent infection.



Precautions for treating burns

- **For extensive or severe burns** (more than 10% of body area, third-degree burns), excessive cooling can lead to a drop in body temperature, so extra care must be taken. Immediately contact a medical institution so the casualty can receive appropriate emergency treatment.
- Do not break blisters.
- Keep the burn area clean, but avoid applying creams or oils.

[What if your clothes catch fire?]

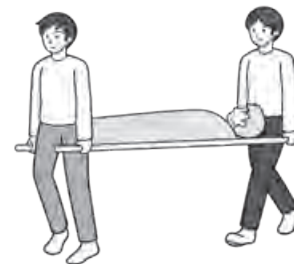


Transporting Injured Persons (Basic First Aid)

When using a stretcher

When placing a person on a stretcher, it is essential to **carry them with their feet facing forward**.

Care should be taken to **avoid shaking them** during transport.



When not using a stretcher

[Precautions]

This method is not appropriate for those with **impaired consciousness**, **fractures**, or **internal organ injuries**.

People in these conditions require more expert transportation.



Piggyback carry



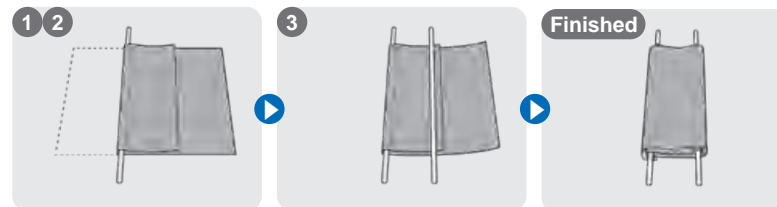
Fore-and-aft carry

Making an emergency stretcher

Stretchers can be made using sturdy poles and blankets. The procedure is as follows.

- 1 Unfold the blanket. Place the first pole one-third of the way along the blanket.
- 2 Fold the blanket over a pole as though wrapping it.
- 3 Place another pole on the edge of the top fold of the blanket and fold it back over, wrapping it around the second pole to form a stretcher.

* A sturdy board or something similar can be substituted.



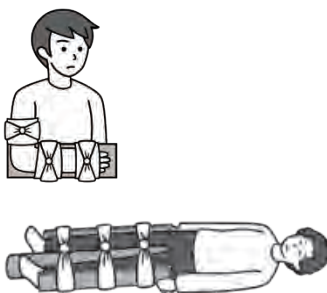
Treating Fractures and Sprains (Basic First Aid)

1 Secure with splints.

Avoid any unnecessary movement if the bone is broken.

How to apply

- 1 Prepare **splints** to support any broken bones.
(Sticks, hard cardboard, etc. can be used.)
- 2 Support **joints on both sides** of a fracture with splints.
- 3 Secure the splint with a cloth or bandage.
- 4 Be careful not to make it too tight when securing or it could interfere with the flow of blood.



2 Secure with a sling.

A sling can be used on any part of the body. Scarves, large handkerchiefs, or other large pieces of fabric can be used.

How to apply

- 1 **Keep wounds clean.**
 - Lightly rinse off any dirt with water.
 - Apply sterile gauze or a clean cloth to the wound.
- 2 **Secure with a sling.**
 - A sling will hold a fracture firmly in place.
 - Be sure that the knot is not positioned directly above the injury.



Precautions for fractures and sprains

- Do not move or realign the fractured area.
This could make the pain even worse.
- After administering first aid, seek medical attention immediately.
- If there is a wound, keep it clean to prevent infection.

Bandage Alternatives and Their Use (Basic First Aid)

Using a nylon stocking as a bandage

- 1 **Protect the wound.**
Apply gauze or a clean cloth to the wound.
- 2 **Cover with a nylon stockings.**
Protect the wound by covering it with the top portion of a pair of nylon stockings.
- 3 **Fix in place**
Wrap both legs of the nylon stockings around the wounded area.
- 4 **Precautions when reusing**
It can be used repeatedly if kept clean and hygienic.



Items that can be used in place of bandages

It's important that the following items are always **clean**.

Cloth

- ☐ Bandanas ☐ Handkerchiefs ☐ Hand towels (tenugui)
- ☐ Neckties ☐ Towels ☐ Curtains ☐ Underwear

Highly absorbent items

- ☐ Disposable diapers ☐ Sanitary napkins

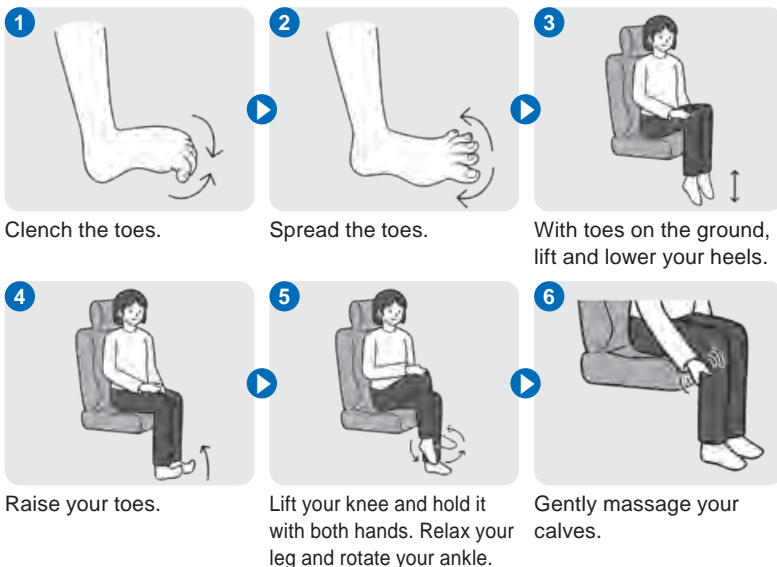
Others

- ☐ Plastic wrap
(Wrap over a clean cloth or gauze, not directly over the wound.)

Precautions when using bandage substitutes

- Be sure to use clean, sterile substitutes whenever possible.
- Whether using a bandage or substitute, be careful not to put too much pressure on the injury. It could obstruct blood flow.
- When reusing, always wash and dry it first.

Preventing Economy Class Syndrome (Basic First Aid)

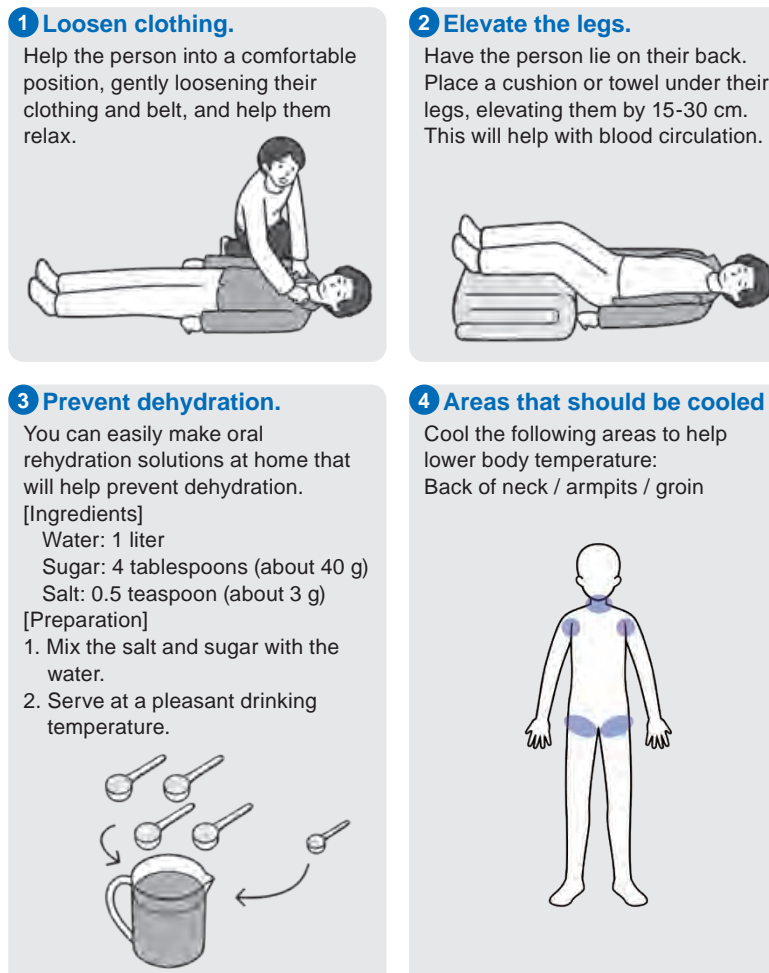


Dealing with anaphylaxis

If allergens like certain foods or medications enter the body, a severe allergic reaction may occur. Lay the person straight and use the epinephrine auto-injector on the thigh. Inject while held vertically against the thigh.



Managing Dehydration and Heat Stroke (Basic First Aid)



Precautions for dehydration and heat stroke

- Prompt treatment is critical for dehydration and heat stroke. If the person is unconscious or symptoms do not improve, seek medical attention immediately.
- Have the person drink an oral rehydration solution in small amounts slowly. Large amounts may cause nausea.

Advance Preparation

Get to know your neighbors day to day so you understand who may need assistance. Take thorough safety precautions. These can include measures that will keep furniture from falling over and locating bedrooms near exits.



Items for your emergency kit

Items to always have with you

- ☐ Regular medications and prescription re ord
- ☐ Glasses, dentures, hearing aids
- ☐ Oral care items
- ☐ Copy of health insurance card •
- ☐ Copy of long-term care insurance card

Items to have ready if necessary

- ☐ Wheelchairs/Canes
- ☐ Diapers/Absorbent pads
- ☐ Emergency care food
- ☐ Thickening agent
- ☐ Transfer belt



Points to keep in mind

- ▶ If someone in the household uses a wheelchair, do a test run of the evacuation route. Check for obstacles along the way that could hinder evacuation, including steps, abandoned bicycles, street signs, etc. Discuss the specifics of evacuation with your local neighborhood association, community groups, and neighbors.
- ▶ Keep a map at the entrance of your house and in an emergency bag to take with you if disaster strikes.

Points to keep in mind at shelters

[You and your family]

If someone can't use the restroom or other facilities by themselves, inform the staff and ask for assistance.

[Other people]

•Challenges•

- Some people may have difficulty recognizing danger or fully understanding a situation due to conditions like dementia.
- Some people have difficulty acting on their own initiative.
- Some people are not confident in their physical abilities and cannot evacuate quickly.

•Points to keep in mind when assisting•

- Have a person that you're guiding hold onto your elbow or shoulder as you proceed.



Be considerate of everyone

Working together with a diverse range of people is important, including those with disabilities, who may require assistance.

Cooperation is often necessary in times of disaster.

A willingness to understand others will help save lives and speed up recovery.



A symbol indicating those who may need assistance



A universal symbol indicating that a facility is accessible for those with disabilities



The Heart Plus symbol indicates those with disabilities that aren't clearly visible.



The Help Mark symbol indicates the need for assistance or special care.



"Ostomate facilities/Ostomate" indicates that a facility is equipped for those with a colostomy or urostomy.



A symbol used to indicate that a person has a hearing impairment and request that others communicate accordingly



A symbol used to promote awareness of the Act on Assistance Dogs for Persons with Physical Disabilities



A universal symbol indicating that a facility is accessible to visually impaired people



Maternity symbol Indicates if a person is pregnant.

People with Visual Impairments

Advance Preparation

As moving alone through a changed environment after a disaster may be difficult, participate in neighborhood disaster drills on a regular basis. Discuss options for support. It is important to decide in advance where you'll meet up with your family.

Items to have in an emergency bag

- Spare special lenses, etc.
- Work gloves (to protect the hands)
- Folding white cane
- Low vision information card
- Braille slate
- Food and care supplies for guide dogs



Points to keep in mind

- It's a good idea to walk along several evacuation routes and to shelters with a sighted person who can provide details to help decide which is best.

Points to keep in mind at shelters

[You and your family]

Locate handrails or other objects that will help with movement. Request any guide support needed and information regarding the location of toilets, entrances and exits, food, distribution of relief supplies, updates of the situation, etc.

[Other people]

•Challenges•

- May not be able to evacuate themselves when disaster strikes.
- May not be able to immediately protect themselves in an emergency.
- May not realize support is nearby and so is unable to ask for help.
- May experience anxiety because cannot determine how dangerous a situation is and the extent of any damage.

•Points to keep in mind when assisting•

- First of all, speak up and let them know who you are.
- The visually impaired person should grasp the supporter's elbow with the hand not holding the cane. Be mindful of your speed while walking.
- When giving directions or describing the situation, be specific. Rather than vague terms like "that way," say "move forward/back," or "there are some steps."
- If a person has a guide dog, give the directions verbally. Avoid touching the dog.

People with Hearing Impairments

Advance Preparation

Have alternative means of communication available if unable to use the phone. Build relationships with neighbors day to day. This will help with getting information from TV and the emergency broadcast system in times of disaster.

Items to have in an emergency bag

- Hearing aids or cochlear implants (including spare batteries)
- Writing materials
- Devices capable of receiving text-based information
- Portable television to display subtitles
- Ear-Symbol Armband, etc.
- Food and care supplies for hearing assistance dogs



Points to keep in mind

- Avoid narrow streets and areas around cliffs as it may be difficult to notice fallen debris, landslides, or signs of collapse from aftershocks.

Points to keep in mind at shelters

[You and your family]

Tell reception that someone in your household is hearing impaired and request any needed assistance you may need, such as an "Ear-Symbol Armband" or a sign that says "Sign Language Interpreter Needed".

[Other people]

•Challenges•

- Information can't be conveyed via audio.
- Sign language may not always be an option.
- People may not be able to respond to vocal instructions.
- Information can't be provided when calling 119.
- The disability is not immediately visible, so those around may not be aware of it.

•Points to keep in mind when assisting•

- Since they won't hear you calling them, tap them on the shoulder and make eye contact.
- Speak slowly while opening your mouth wide.
- Use gestures and writing to help you communicate.

People with Physical Disabilities or Intractable Illnesses

Advance Preparation

If special medical care is required, know beforehand how you'll get in touch with your primary care physician. Those using medical equipment at home should ensure it is secure so as not to fall over during an earthquake.



Items to have in an emergency bag

- Regular medication (at least a three-day supply)
- Disposable diapers (enough for immediate needs)
- Change of clothes (underwear, pants, tops)
- Lift sling carrier
- Plastic sheets (for changing diapers and clothes)
- Items to help you stay warm or cool, if needed
- Portable battery or spare batteries for medical devices



Points to keep in mind

► For those who anticipate using a wheelchair when they evacuate, be sure to check that there are no obstacles along the evacuation route, and consult with your neighborhood association, community groups, or others about specific measures.

Points to keep in mind at shelters

[You and your family]

Communicate the person's medical condition and any special care they require. Let staff know if they require assistance when using the restroom.

[Other people]

•Challenges•

- Individual attention may be needed regarding food, using the restroom, and living environment.
- For some people, the disability is not immediately visible, so those around may not be aware of it.
- Mobility may be difficult if walking is impaired.
- Evacuating quickly can be difficult.
- Some may find it difficult expressing their concerns through speech or writing.
- Some find it difficult to recognize danger or properly assess situation, which may delay escape.
- It may be difficult for those using wheelchairs to reach items on the floor or high places.
- Some people may be more sensitive to temperature changes or have a weakened immune system and are prone getting sick.

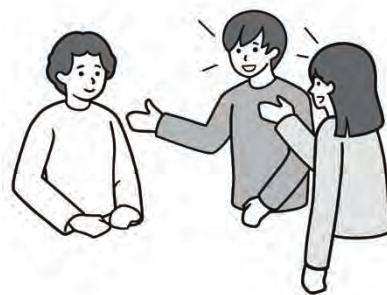
•Points to keep in mind when assisting•

- If the person uses a wheelchair, depending on the situation, it may need to be lifted by several people, or the person may need to be carried.
- The severity of disabilities varies greatly from person to person. Be sure to ask the individual or their family about any special considerations, and respond accordingly.

People with Intellectual Disabilities

Advance Preparation

Have a plan for how you'll respond if the person is separated from family or caretakers during a disaster. It's important for the person to have a mindset of seeking help when in trouble, even day to day.



Items to have in an emergency bag

- Items needed when taking medications (oblaat film for swallowing pills, etc.)
- Food that the person can eat
- Help card, disability card, etc.
- Comfort items (favorite comics, etc.)



Points to keep in mind

► Try to use wide roads as evacuation routes because narrow ones may be impassible due to collapsed buildings, etc.

Points to keep in mind at shelters

[You and your family]

Unfamiliar surroundings may cause daily rhythms to be disrupted and agitation. Consult the medical aid station as needed. Arrange for the person to stay in the same area as friends and others they know.

[Other people]

•Challenges•

- Evacuating quickly can be difficult.
- Some people may have trouble understanding complex or abstract topics.
- Some may find it difficult expressing their concerns through speech or writing.
- Some people may panic in situations that are different from what they are used to.
- Some find it difficult to recognize danger or properly assess situation, which may delay escape.
- In mild cases, the disability may not immediately be visible, so those around may not be aware of it.
- Some may nod their head even though they don't understand.

•Points to keep in mind when assisting•

- If the person offering support feels anxious, the one having trouble may become more unstable. Stay calm and communicate using pictures, short sentences, and simple Japanese.
- If necessary, take their hand and guide them.

People with Mental Health Conditions

Advance Preparation

Anxiety may become more intense during times of disaster, and symptoms can worsen. Discuss what to do with your primary care physician and have any necessary information or medications ready beforehand.

Items to have in an emergency bag

- ☐ Regularly taken medication (at least three days supply)
- ☐ Additional medication recommended by a doctor
- ☐ Help Card, Disability Certificate, etc.



Points to keep in mind

- ▶ Be sure you know beforehand what support you may need in a disaster and where to consult if your condition deteriorates.

Points to keep in mind at shelters

[You and your family]

Remember to take any medication taken on a regular basis. If during an emergency someone is prescribed medication that differs from what they usually take, consult with the doctor or pharmacist immediately and confirm the situation. If anything is unclear, be sure to voice concerns to them.

[Other people]

●Challenges●

- Evacuating quickly can be difficult for some people.
- Some may find it difficult expressing their troubles through language.
- Some people may panic in situations that are different from what they are used to.
- Some find it difficult to recognize danger or properly assess situation, which may delay escape.
- The disability is not immediately visible, so those around may not be aware of it.

●Points to keep in mind when assisting●

- If the person offering support feels anxious, the one having trouble may become more unstable. Stay calm and communicate using pictures, short sentences, and simple Japanese.
- If necessary, take their hand and guide them.

Pregnant and Nursing Women

Advance Preparation

A woman's physical and mental condition during pregnancy changes significantly depending on the number of weeks along she is and the surrounding environment. Those who feel anxious about what they would do during a disaster should discuss it with people close to them and ask for help. Those in the early stages of pregnancy should get in the habit of wearing a maternity symbol so that others will know they are expecting.



Items to have in an emergency bag

- ☐ Maternal and Child Health Handbook, insurance card, and patient registration card
- ☐ Water and food (including for special diets)
- ☐ Items needed for childbirth (from about 28 weeks of pregnancy)



Points to keep in mind

- ▶ Try to use wide roads as evacuation routes because narrow ones may be impassable due to collapsed buildings, etc. It may also be difficult to see where you're going, and you could trip and fall.

Points to keep in mind at shelters

[You and your family]

Please let those at reception know that you are pregnant. Wearing a maternity symbol will help ensure that you receive the appropriate support.

[Other people]

●Challenges●

- Evacuating quickly can be difficult.
- It may be difficult for people to see what's on the ground, increasing the risk of falling.

●Points to keep in mind when assisting●

- Women may be quite sensitive before and after childbirth. Always be considerate and offer support when possible.

Families with Infants and Young Children

Advance Preparation

If you have infants or young children, discuss with family and neighbors the details of how you will evacuate during a disaster. If your child attends a childcare facility, confirm the process for getting in touch and picking them up in case of disaster. Be sure there's no furniture or objects that can fall on a child's sleeping area.



Items to have in an emergency bag

- Maternal and Child Health Handbook, insurance card, patient registration card
- Infant formula (powdered or liquid), baby bottle, disinfectant (even if normally breastfeed)
- Baby food, snacks, drinks
- Gauze
- Disposable diapers, wipes
- Nursing cape
- Anti-allergy products



Points to keep in mind

- ▶ Try to use wide roads as evacuation routes because narrow ones may be impassable due to collapsed buildings, etc.

Points to keep in mind at shelters

[You and your family]

Report the number of children and their ages at reception. Look for nursing and diaper changing areas. Be sure to let reception know if a child has allergies.

[Other people]

●Challenges●

- Evacuating with children may involve added anxiety and unique dangers.
- People may not be able to carry all the items that the child would like or need.

●Points to keep in mind when assisting●

- Ensure there's a private space where guardians can nurse or change diapers.
- Ensure guardians and children do not get separated.
- Proactively offer help. Avoid causing additional mental stress.

People with Language Barriers

Advance Preparation

Some foreign nationals might face language barriers. It will be useful to have a Help Card available that summarizes necessary information in the event of a disaster. Some people also have religious dietary needs such as halal, so it's important to have appropriate food prepared in advance.



Items to have in an emergency bag

- Help Card for foreign nationals
- Language card / emergency contact card
- Food suited to dietary preferences
- Maps (including a hazard map) in your native language



Points to keep in mind

- ▶ Confirm evacuation routes and areas in advance using maps with both Japanese and your native language.

Points to keep in mind at shelters

[You and your family]

Convey your language abilities and any specific religion-based requirements at reception. Request any assistance you may need. Even when meals have been catered, some people may not be able to eat them due to religious reasons. In such cases alternative arrangements may be needed.

[Other people]

●Challenges●

- Some people may feel anxiety over inconveniences from small things due to not being able to fully express themselves.
- Having difficulty communicating verbally means some people might have a hard time understanding various situations or asking for help.

●Points to keep in mind when assisting●

- Depending on language ability, communicating with gestures, writing, pictures, short sentences, and simple Japanese can all help understanding.
- You can also try using translation apps to facilitate communication.
- If necessary, take their hand and guide them.

Advance Preparation

People in the same situation helping each other can provide a sense of psychological security. Prepare an emergency bag with at least a three day supply of any medication you need as well as items you use on a daily basis. This will help make life at a shelter more convenient.

Items to have in an emergency bag

- ☐ Regularly taken medication (at least three days supply)
- ☐ Sanitary items, underwear, razors (in case of supply shortages)



Points to keep in mind

- ▶ Life at an evacuation shelter can be difficult.
You might want to arrange to evacuate to a relative's or friend's house when possible.
- ▶ If a partner or friend inquires about a missing person, they may need to provide the person's legal name.
Be sure someone you trust knows.

Points to keep in mind at shelters

[You and your family]

Those not wishing to use restrooms, bathing facilities, and changing rooms that are separated by gender should speak with shelter staff about universal-access facilities or arranging times for individual access.

[Other people]

•Challenges•

- Some people find it difficult to communicate regarding matters they consider private.
- Some people may feel uneasy using changing rooms or restrooms separated by gender.

•Points to keep in mind when assisting•

- Whenever possible, make an effort to respond to people on a case by case basis.



Support programs to help people rebuild their lives

The first step to rebuilding your life

Once things at the evacuation shelter have settled down, it will be time to start taking action to rebuild your life.

If your house has been destroyed or there has been other damage, it will be necessary to obtain a Disaster Victim Certificate. There will be many things to deal with, including securing temporary housing if you have lost your home.

Be sure to take advantage of the various relief systems and any financial support available.

What's a Disaster Victim Certificate?

A Disaster Victim Certificate is a document that municipalities issue to certify the extent of damage that a disaster has caused to a residence. It is necessary for receiving aid, tax exemptions, donations, and applying for temporary emergency housing.

Criteria for issuing Disaster Victim Certificates

Disaster Victim Certificates are widely used to help determine who qualifies for various forms of disaster support. Municipal officials determine who is eligible for these certificates. Classifications are determined according to the degree of damage to a home, as shown on the table. Check with your municipal office for details.

Extent of damage	Percent of damage
Total destruction	50% or more
Large-scale partial destruction	Between 40% and 50%
Medium-scale partial destruction	Between 30% and 40%
Partial destruction	Between 20% and 30%
Minor partial destruction	Between 10% and 20%
Below minor partial destruction (partial damage)	Less than 10%

Disaster Victim Certificates: The process, from applying to obtaining

1. Photograph the damage done to the house.
2. Apply with the municipality.
3. On site survey of the damage conducted
4. Disaster Victim Certificate issued

* In addition to the Disaster Victim Certificate, there is also a Certificate of Disaster Damage. This is for structures other than residences (stores, factories, gates, etc.). Be sure to apply for the right one.

Disaster condolence grant

Family members of those killed or missing during a disaster may be eligible to receive a disaster condolence grant. Check with your municipal office for details.

Who are they for?

- ☐ Family members of individuals who have died in a disaster (1. Spouse, 2. Children, 3. Parents, 4. Grandchildren, 5. Grandparents)
- ☐ Siblings, in the absence of the previous (those who were living or shared a livelihood with the deceased at the time of death)

Disaster compensation payment

Those who have suffered a serious disability due to a disaster may be eligible for disaster compensation payment based on factors including the severity of the disability. Check with your municipal office for details.

Who are they for?

- ☐ People who have lost sight in both eyes
- ☐ People who have lost the ability to chew and speak
- ☐ People with major neurological or mental impairment in need of continual care
- ☐ People with major dysfunction of thoracic or abdominal organs requiring continual care
- ☐ People who have lost both upper limbs at or above the elbow
- ☐ People with complete loss of function in both upper limbs
- ☐ People who have lost both lower limbs at or above the knee
- ☐ People with complete loss of function in both lower limbs
- ☐ People with multiple major mental or physical disabilities deemed as serious as the conditions listed above

Systems for Reconstructing Daily Life 3

Livelihood recovery support benefit for disaster victims

Financial assistance may be available for households that have suffered significant damage from disasters to their basic living conditions. This is determined according to the extent of the damage, including the complete loss of the home. Check with your municipal office for details.

Disaster relief funds

Those who have been injured or have suffered damage to their homes or belongings due to a disaster can borrow disaster relief funds according to factors including the severity of the damage. Income restrictions apply. Check with your municipal office for details.

Casualty loss deduction for income tax

Damage from disasters to assets necessary for daily life such as homes and belongings may entitle a person to a specified income deduction (casualty loss deduction) when filing their tax return.

If a casualty loss deduction does not apply, income tax may be reduced or exempted under the Disaster Relief Act. (Income restrictions and other conditions apply.)



Thinking about what would happen if a major earthquake occurs

Making disaster preparedness a part of daily life
It's important when it comes to disaster preparedness to not only use specialized items but also things you have on hand day to day. You can even come to enjoy preparing, thinking about what might be useful in times of emergency. Keeping an eye open for dangerous places while you're out and checking disaster preparedness websites will help you feel safer and be more ready day to day.



Disaster mitigation
Efforts made day to day can help reduce damage cost by earthquakes.

▼ Reduction in pre-1981 wooden houses

2024 (Pre-1981 wooden houses 548,730)	If reduced by 50%	If reduced by 70%
Deaths from quakes 11,510	6,900 people	5,060 people

▼ Increase in rate of tsunami evacuation awareness

2024 (Percentage who evacuate within 5 minutes of an earthquake: 30.2%)	If increased to 50%	If increased to 70%
Deaths from tsunamis 6,070	4,910 people	4,050 people

▼ Increase in rate of home seismic breaker use

2024 (Homes with seismic breakers: 6.7%)	If increased to 30%	If increased to 50%
Deaths from electric fires 350	260 people	200 people

Things to always keep in mind

It's important to keep disaster preparedness in mind day to day. You can also use items you have at home creatively in times of disaster.

Specific uses for everyday items

- **Aprons and raincoats** ▶ Use to prevent clothes from becoming dirty in situations when it is not possible to wash them
- **Solar lights** ▶ Leave near windows for use as lighting during power cuts
- **Plastic bags** ▶ Can be used for a variety of purposes, including as a simple toilet, bags for water, and garbage bags
- **Plastic wrap** ▶ Multiple uses, include keeping dishes from getting dirty, strings, and use in place of goggles
- **Bags with zip fastenings** ▶ Use to store food, keep valuables, or prevent odors
- **Duct tape** ▶ Repair damaged areas, fix splints, etc., in place, or leave message notes.

A list of websites and applications that are useful for disaster prevention

Creating a "Disaster prevention" folder on the home screen of your smartphone is useful.

1 Kanagawa Prefecture disaster information portal

Offer information on weather and evacuation within the prefecture, and on opening of evacuation facilities.



2 Kanagawa Disaster Prevention Personal Support

Provide information on preparing for disasters ahead of time and offer useful information for evacuation in times of disaster.



3 Radio applications

- ★ Even if the power is out, be sure you can access the latest disaster information.
Example: radiko (offers regional radio station broadcasts)

4 Weather apps

- ★ Check weather conditions and see early disaster warning signs.
Example: Tenki.jp, Weathernews.

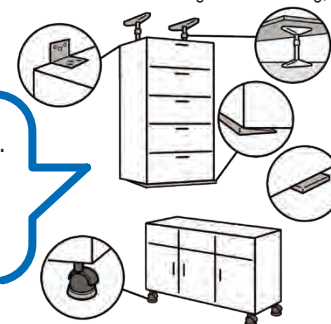
Home safety measures

Secure furniture and household appliances in place and check the safety of your lighting fixtures to increase the safety of your home.

There are a variety of ways to prevent furniture and household appliances from falling over. Use L-shaped brackets to secure items to the wall, pole-shaped fixtures to brace them against the ceiling, or place stoppers between items and the floor.

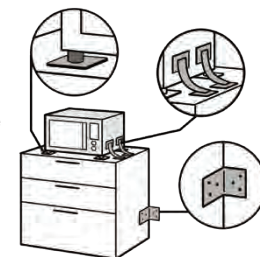
Use chains to attach lighting fixtures to the ceiling.

Place lower plates under casters.
Use pole fixtures to brace cabinets against the ceiling.
(Place boards between the ceiling and the pole fixture to increase strength.)
Lay down anti-slip stoppers and adhesive mat-type sheets.



Secure refrigerators and microwave ranges firmly in place.

As with large items of furniture, use all possible measures to prevent refrigerators from falling over. Secure shelves to the wall and use straps and adhesive mats to secure microwave ovens to shelves. Measures must be taken to prevent cooking appliances such as rice cookers and mixers from falling over when shaken.



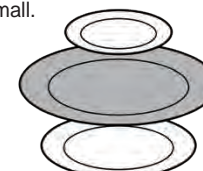
Don't leave out cooking utensils

Cooking utensils like knives and heavy pots can fall or go flying during quake, resulting in serious injury. Put them away as soon as you're finished using them.



Techniques for stacking dishes and preventing them from falling

Avoid stacking dishes too high. For better stability, stack them from bottom to top in the order of medium, large, and small. Placing paper towels between dishes can help prevent slipping.



Home Safety Checklist: Bedrooms

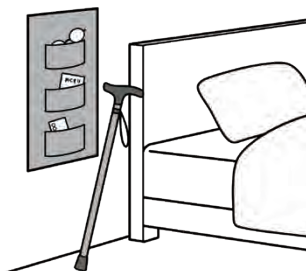
Are your sleeping areas safe?

Furniture and small items may topple and fall due to shaking in an earthquake if not secured firmly in place. Try lying down in the area where you normally sleep, and check for any furniture that may fall over or items that may drop on your head.



Keep essentials beside your bed for safety.

Be sure to keep items that help you to take action, such as eyeglasses, walking sticks, your smartphone, and lift sling carriers, etc., by your bedside at all times. However, you must also ensure that earthquake tremors do not scatter them. Use anti-slip sheets or wall-mounted storage that can be secured in place to keep them safe.

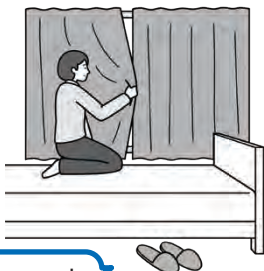


Take thorough measures to prevent glass from shattering in your bedroom.

Window glass may break, or lighting fixtures drop if an earthquake occurs while you are sleeping. Cutting your feet on flying glass will make evacuation difficult, and thus measures must be taken to prevent this.

- Apply shatter-proofing film to window glass
- Close curtains when you sleep
- Select materials that won't break when choosing small items

Be especially conscious of safety with regard to bedrooms, and take all possible measures to ensure that glass is protected.



It is a good idea to have slippers ready.

Can you evacuate safely, even in the dark during a power outage?

Prepare lights to allow you to evacuate safely in the event of an earthquake or power outage at night. Place emergency lights nearby where they can be used immediately. It is also a good idea to obtain some solar lights that can be charged using solar power. Headlamps are convenient when evacuating as they allow you to use both hands freely.



Fire Preparedness

Avoid causing fires

Do not place flammable items such as kitchen cloths, paper towels, recipe books, or polyethylene bags near gas cookers.

They may catch fire easily if they fall down in an earthquake and come into contact with the gas cooker flame.



Don't forget to check the expiration dates for fire extinguishers!

There are two types of fire extinguisher, enhanced liquid and powder. There are also convenient, easy-to-use aerosol fire extinguishers available. Each has different expiration periods, so be sure to check them every year. Additionally, it is important to place them in locations where they can be reached easily, such as near the entrance or kitchen. Correct management of fire extinguishers will allow you to extinguish fires quickly should the need arise.

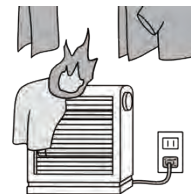
Replace home-use fire alarms every 10 years.

Finding fires as quickly as possible is essential to extinguishing them promptly. Be sure to install home-use fire alarms, as they are useful for detecting fires quickly. Don't forget to perform regular checks to ensure that fire alarms are working, and replace the main units every 10 years to avoid deterioration of the devices.

Examples of electrical fires that occur during earthquakes

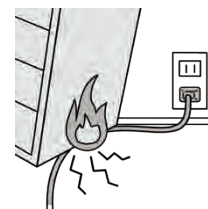
Fires immediately after earthquakes

The shakes that occur in earthquakes may cause flammable items to drop onto or come in contact with items such as electric heaters causing fires.



Fires after power is restored

If power cables are damaged while the power is out, they may cause a fire due to current flow when power is restored.



Essential Emergency Supplies

Food, etc.

- ☐ Water
- ☐ Pre-washed rice
- ☐ Retort-packed rice
- ☐ Dried/instant noodles
- ☐ Canned food (miso-simmered mackerel, vegetables, etc.)
- ☐ Canned fruit
- ☐ Retort pouch food
- ☐ Freeze-dried food
- ☐ Dried food
- ☐ Vegetable juice
- ☐ Drinks
(your preferred beverage, other than water)
- ☐ Cheese, protein bars, etc.
- ☐ Snacks
- ☐ Nutritional supplements
- ☐ Powdered health drinks
- ☐ Seasoning sets

Household goods

- ☐ Polyethylene bags
- ☐ Plastic wrap
- ☐ Aluminum foil
- ☐ Tissue paper
- ☐ Toilet paper
- ☐ Ignition rods
- ☐ Cloth duct tape
- ☐ Work gloves
- ☐ Plastic bags
- ☐ Newspaper

Hygiene products, etc.

- ☐ First aid kit
- ☐ Masks
- ☐ Over the counter medicine/supplements
- ☐ Prescription medication
- ☐ Antibacterial wet tissues
- ☐ Wet body towels
- ☐ Disposable contact lenses
- ☐ Alcohol sprays
- ☐ Mouthwash
- ☐ Wet tissues for brushing teeth

Feminine items

- ☐ Menstrual products
- ☐ Basic cosmetics

Baby and infant products

- ☐ Powdered milk (stick type)
- ☐ Infant formula
- ☐ Allergy-friendly baby food
- ☐ Baby wipes
- ☐ Diapers
- ☐ Disposable baby bottles

Items for the elderly

- ☐ Rice porridge
- ☐ Batteries for hearing aids
- ☐ Cleaning agent for false teeth

Items to prepare in case of disaster, and to check regularly for proper use

- ☐ Portable gas stove
- ☐ Gas canisters for the stove
- ☐ Disposable toilet
- ☐ Flashlight
- ☐ LED lantern
- ☐ Headlamp
- ☐ Batteries
- ☐ Hand-cranked radio, etc.

For pets

- ☐ Pet food
- ☐ Water
- ☐ Collars and leads for pets
- ☐ Toilet items for pets
- ☐ Pet dishes



Be Ready for the Toilet

Reasons that toilets may be rendered unusable in a major earthquake

In addition to power and water outages, there may be back-flows and water leaks due to damage to drainage pipes.

It is therefore important to prepare portable toilets.

Commercially available portable toilets

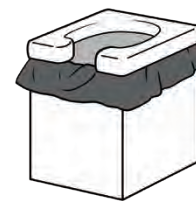
Prepare toilets that can be used in a toilet bowl or a bucket, and disposable toilets that can be used in a car.

In addition to purchasing them and putting them aside, it is important to actually try them out.



Emergency measures when portable toilets are not available

Garbage bags, nappies, urine absorption pads, and newspaper can be used as substitutes. It is helpful to try making and testing them.



Measures against odors

Having deodorizing bags and sprays available helps to reduce stress.



Measures for women

Stress can cause irregular menstruation. Keep a stock of menstrual products sufficient for at least one menstrual cycle. It is also a good idea to have a store of feminine hygiene products on hand.



As a guideline, base the number of toilets you prepare on the number of times you defecate per day × the number of people × a minimum of three days' worth (if possible, seven days).



Check Sheet

It is extremely important to make advance preparations so that you can act calmly in an earthquake or other disaster.

The check sheets offer a clear explanation of what needs to be done, from a list of items to take with you in an emergency, to checking evacuation sites, how to contact family members, and evacuation drills.

These preparations will allow you to respond quickly and appropriately when it matters.

[Check Sheet 1] List of things to take with you in an emergency
It is important to prepare so that you can take the items you need with you quickly in the event of an emergency.

[Check Sheet 2] Check the construction of your home and dangerous areas inside it
It is extremely important that your house is safe in an emergency. To ensure your safety, improve the earthquake resistance of your house and check the dangerous areas inside it.

[Check Sheet 3] Hold a family disaster prevention meeting and confirm how family members will contact each other
Discuss how your family will protect yourselves in advance and check how you will contact each other in an emergency.

[Check Sheet 4] Prepare for when you are out
What kind of things will happen if an earthquake strikes when you are out? Knowing the answers will allow you to respond quickly when it matters.

[Check Sheet 5] List for people requiring special assistance
In an emergency, it is important to support those who need special assistance, such as children, pregnant women, people with disabilities, and the elderly. Use the check sheet to check items to take with you.

Check Sheet 1

Check the boxes ☒ on the checklist.

1 Prepare items to take with you in an emergency.

Try stockpiling using the “Rolling Stock” method.

Replenishing your stock as you consume it allows you to prepare emergency supplies efficiently.

List of primary items

★ The first things to take with you when you evacuate.

It is important not to try to take too much.
Men should take up to around 15 kg, and women around 10 kg.

<input type="checkbox"/> Valuables	Cash (also prepare coins), bank passbooks, certificates, identification documents, health insurance documents, driver's license, My Number card, personal seals, etc.
<input type="checkbox"/> Portable radio	Prepare a compact, lightweight radio that you can listen to both FM and AM with. Also prepare numerous spare batteries. This is needed to obtain accurate information, even when there is a power outage.
<input type="checkbox"/> First-aid kit	Band-aids, gauze, bandages, disinfectant, antipyretics, gastrointestinal medicine, cold medicine, pain medication, tweezers, etc. (those with chronic conditions should be sure to remember their regular medication and prescription record!)
<input type="checkbox"/> Emergency food / Drinking water	Food that does not require cooking, such as biscuits and canned food. Drinking water, water bottle, paper plates, cup, knife, can opener, bottle opener, etc.
<input type="checkbox"/> Other	Underwear, outerwear, socks, handkerchiefs, towels, wet tissues, plastic sheet, mobile phone (also batteries), flashlight, spare eyeglasses, etc. (If you have a baby or infant: powdered milk, baby bottle, diapers, bath towels, etc.) (If you have a person who needs special assistance: a change of clothes, diapers, disability certificate, regular medications, etc.)

List of secondary items to take

★ Items to allow you to be self-sufficient in the first few days after a disaster.

★ Prepare enough for at least three days, and if possible one week's worth.

<input type="checkbox"/> Food	Food that can be eaten as-is or with simple preparation. Canned or retort-pouch food, rice cakes, chocolate, pickled plums, cheese, seasonings, etc. (those with allergies should have a stockpile of allergy-free food.)
<input type="checkbox"/> Water	Each adult requires approximately three liters of drinking water per day. In addition to drinking water, do not drain the water from your bath and fill a kettle or pot with water before you go to bed, so that you can have water for domestic purposes, such as for cooking, washing, and toilet use.
<input type="checkbox"/> Fuel / Other	Acquire a portable stove and put aside a large supply of solid fuel or gas cylinders. A portable outdoor stove is also useful. Other toiletries, portable (disposable) toilet, toilet paper, menstrual products, toothbrushes, plastic bags, kitchen wrap, newspaper, disposable body warmers, etc.

◎ This list shows standard items.

Please prepare the items necessary to meet your household's specific requirements.

◎ Check the storage conditions and use-by dates of the items you will take with you in an emergency, and replace them as necessary.

◎ It is also a good idea to create a compact disaster pouch containing only those items that are absolutely necessary, and keep it with you at all times.

Check Sheet 2

Check the boxes ☒ on the checklist.

2 Building earthquake-resistant homes

Many buildings built prior to 1981 collapsed in the Great Hanshin-Awaji Earthquake. Even buildings built after earthquake resistance standards were revised should be inspected for earthquake resistance as soon as possible if it is deteriorating, and necessary repairs should be made.

- ☐ **Checked the earthquake resistance of the home and evaluated it for earthquake resistance and safety.**

3 Check for any dangerous locations in the building.

Casually placed furniture, appliances, and glass windows, etc., may topple, fall, or break in the event of an earthquake, causing danger. Check if there are any dangerous areas in your home, and make advance preparations.

- ☐ **No large items of furniture in living spaces and bedrooms.**
Or, if there are large items of furniture present, they have been secured with fixtures to prevent them from toppling.
- ☐ **There are no items obstructing exits or passageways.**
- ☐ **Anti-shatter film has been applied to the glass.**

[Reference] For those living in high-rise residences

• Thoroughly secure furniture, etc., from toppling.

Slow tremors can continue for an extremely long time on higher floors. Thoroughly secure furniture, etc., from toppling. Additionally, try to prevent glass from shattering.

• Check evacuation routes.

Check evacuation routes and emergency exits on a daily basis. Also check how to use evacuation equipment located on balconies, etc. Additionally, do not place objects in the vicinity of evacuation equipment.

• Discuss preparations for disaster.

Residents of apartments and condominiums, etc., should discuss disaster prevention manuals, disaster drills, everyday preparations for disasters, and stockpiling on each floor, and should make the requisite preparations to ensure their own safety, extinguish fires quickly, and check on the safety of their families.

• Get out of elevators immediately if you feel tremors.

If you feel tremors while in an elevator, first press the buttons for all of the floors in the direction you are traveling, and be sure to get off on the first floor the elevator stops.

• Do not flush toilets.

If residents of upper floors flush toilets without noticing damage to wastewater piping, sewage may overflow on lower floors. Use portable toilets and disposable toilets, and refrain from flushing toilets until it can be confirmed that the wastewater pipes have been repaired.

Check Sheet 3

Check the boxes ☒ on the checklist.

4 Hold a family disaster prevention meeting.

Prepare for earthquakes by talking with your family about how they can protect themselves. Additionally, check how to contact each other if a disaster occurs when you are at work, at school, etc.

- | | |
|--|--|
| <input type="checkbox"/> Check role assignment | <input type="radio"/> Roles in everyday disaster prevention and when earthquakes occur
<input type="radio"/> Who will help the elderly, babies, and infants? |
| <input type="checkbox"/> Check for dangerous areas | <input type="radio"/> Are there any problems such as deterioration of block walls or gateposts?
<input type="radio"/> Is there any danger from antennae or roof tiles?
<input type="radio"/> Are flowerpots, etc., on balconies secured so that they will not fall?
<input type="radio"/> Are propane gas cylinders secured in place with chains? |
| <input type="checkbox"/> Secure a safe space | <input type="radio"/> Has a safe space with no furniture been secured inside the home?
<input type="radio"/> Are there any large items of furniture in bedrooms or living spaces?
(If there are, have any measures been taken to prevent them from toppling?)
<input type="radio"/> Are there any items obstructing exits or passageways?
<input type="radio"/> Has anti-shatter film been applied to glass? |
| <input type="checkbox"/> Check items to take in an emergency | <input type="radio"/> Have you obtained the items you need?
<input type="radio"/> Are storage state and use-by dates appropriate? |
| <input type="checkbox"/> Check disaster prevention equipment | <input type="radio"/> Locations for fire extinguishers and first-aid kits
<input type="radio"/> How to use fire extinguishers and apply first aid
<input type="radio"/> Fire alarms (Must be installed in bedrooms, etc.)
<input type="radio"/> Have seismic circuit breakers been installed to prevent electrical fires? |
| <input type="checkbox"/> Check communication methods and evacuation locations | <input type="radio"/> Contacting family members when you become separated
<input type="radio"/> Have you checked evacuation routes and locations? |

* Use the results of your family disaster prevention meeting to implement the necessary disaster prevention measures.

[Reference] Confirming safety in the event of a disaster

In the event of a major disaster, NTT East will commence operation of the **Disaster Emergency Message Dial (171)**, and each mobile phone carrier will start operation of their own **Disaster Message Board**.

These can be used when you want to leave a message to let family and friends know that you are safe, or to check the safety of others. Talk with your family about how to confirm safety, and about the priority with which each method should be used.

Disaster Emergency Message Dial "171" * Can also be used from a mobile phone. (Not from some carriers)

When recording messages

1 7 1 - 1 - Land line and mobile phone numbers in disaster areas

- (1) Dial "171".
- (2) Following the voice guidance, dial "1".
- (3) Dial the telephone number that your friends and family are mostly like to call to check your safety (for example, your home phone number), being sure to start from the area code (0XX-XXX-XXXX). Follow the voice guidance to record a message about your safety.

When playing back messages

1 7 1 - 2 - Land line and mobile phone numbers in disaster areas

- (1) Dial "171".
- (2) Following the voice guidance, dial "2".
- (3) Dial the telephone number of the person you wish to contact, being sure to start from the area code (0XX-XXX-XXXX).

Disaster Message Board * Access from the top screen of the mobile phone website to use.

When registering messages

- (1) Choose "Disaster Message Board" on the top screen.
- (2) When the screen appears, choose "Register".
- (3) Enter the comment you wish to make.
- (4) Choose "Register" on this screen.
- (5) Message registration is complete.

When checking messages

- (1) Choose "Disaster Message Board" on the top screen.
- (2) When the screen appears, choose "Check".
- (3) Enter the mobile phone number of the other party.
- (4) Choose "Search" on this screen.
- (5) The message search results will appear.

Check Sheet 4

Check the boxes ☒ on the checklist.

5 Prepare for tsunami.

Tsunami caused enormous damage in the Great East Japan Earthquake. Correctly understanding the dangers posed by tsunami and acting quickly to evacuate is key to saving lives.

- | | |
|--|---|
| <input type="checkbox"/> Evacuate immediately. | If you feel strong or long-lasting tremors, begin evacuating to an evacuation location or to high ground immediately. |
| <input type="checkbox"/> Check evacuation sites in advance. | Be aware of locations marked as being at risk of flooding and evacuation sites on hazard maps, as well as safe locations such as high ground. |
| <input type="checkbox"/> Do not let your guard down, even if tremors are small. | A large tsunami may hit even if the epicenter of the earthquake is far away. |
| <input type="checkbox"/> Tsunami recur. | Since the second and third tsunami can be even higher, do not return, or approach the seashore, until safety has been confirmed. |
| <input type="checkbox"/> Once you can see a tsunami, it is too late to escape. | Tsunami reach land with a speed comparable to an Olympic sprinter. |

6 Prepare for earthquakes that happen while you are out or at work.

After a large earthquake has occurred, transport systems may be suspended for a long time, making it difficult for you to return home. Accordingly, it is important to create a plan of action for when you are out.

- | | |
|--|--|
| <input type="checkbox"/> Do not begin moving unnecessarily. | Ensure that you are safe and then check information on traffic and damage. |
| <input type="checkbox"/> Check the safety of your family. | Confirm that your family is safe using communication methods decided in advance at family meetings, etc. |
| <input type="checkbox"/> Check routes to walk home. | Check for dangerous locations, changes in scenery at day and night by actually walking around. |
| <input type="checkbox"/> Prepare items to get home. | Prepare maps, flashlights, warm clothing, comfortable shoes, and a disposable toilet at work. |
| <input type="checkbox"/> Use temporary accommodation facilities and support stations to help you return home. | Depending on circumstances, make use of facilities to ensure your safety. |

[Reference] Actions 1, 2, and 3 to ensure safety

When an earthquake has occurred, it is important to protect yourself first. While the tremors continue, check the condition of your surroundings, and take action to ensure your safety, as shown in the diagram: DROP (first, get low!), COVER (protect your head!), and HOLD ON (don't move!).



Provided by: © The Great Japan ShakeOut. All Rights Reserved.

Check Sheet for People Requiring Special Assistance

Check the boxes ☒ on the checklist.

☒ Have you prepared anything other than disaster prevention goods?

Seniors and People with Health Issues

Items to always have with you

- ☐ Regular medications and prescription record
- ☐ Glasses, dentures, hearing aids
- ☐ Oral care items
- ☐ Copy of health insurance card / Copy of long-term care insurance card

Items to have ready if necessary

- ☐ Wheelchairs/Canes
- ☐ Diapers/Absorbent pads
- ☐ Emergency care food
- ☐ Thickening agent
- ☐ Transfer belt

People with Physical Disabilities or Intractable Illnesses

- ☐ Regular medication (at least a three-day supply)
- ☐ Disposable diapers (enough for immediate needs)
- ☐ Change of clothes (underwear, pants, tops)
- ☐ Lift sling carrier
- ☐ Plastic sheets (for changing diapers and clothes)
- ☐ Items to help you stay warm or cool, if needed
- ☐ Portable battery or spare batteries for medical devices

Families with Infants and Young Children

- ☐ Maternal and Child Health Handbook, insurance card, patient registration card
- ☐ Infant formula (powdered or liquid), baby bottles, disinfectant (even if normally breastfed)
- ☐ Baby food, snacks, drinks
- ☐ Gauze
- ☐ Disposable diapers, wipes
- ☐ Nursing cape
- ☐ Anti-allergy products

People with Visual Impairments

- ☐ Spare special lenses, etc.
- ☐ Work gloves (to protect the hands)
- ☐ Folding white cane
- ☐ Low vision information card
- ☐ Braille slate
- ☐ Food and care supplies for guide dogs

People with Intellectual Disabilities

- ☐ Items needed when taking medications (oblaat film for swallowing pills, etc.)
- ☐ Food that the person can eat
- ☐ Help card, disability card, etc.
- ☐ Comfort items (favorite comics, etc.)

People with Language Barriers

- ☐ Help cards for foreign persons
- ☐ Language cards, emergency contact cards
- ☐ Food appropriate to your food culture
- ☐ Maps and hazard maps written in each language

People with Hearing Impairments

- ☐ Hearing aids and cochlear implants (including spare batteries)
- ☐ Writing implements
- ☐ Devices that can receive written information
- ☐ Portable television (can display subtitles)
- ☐ Ear-Symbol Armband, etc.
- ☐ Food and care supplies for hearing dogs

People with Mental Health Conditions

- ☐ Regular medication (at least three days' worth)
- ☐ Additional medication (Prepare in consultation with your regular doctor)
- ☐ Help card, disability certificate, etc.

LGBTQ+ Individuals and Those with Privacy Concerns

- ☐ Regularly taken medication (at least three days supply)
- ☐ Sanitary items, underwear, razors (in case of supply shortages)

Pregnant and Nursing Women

- ☐ Maternal and Child Health Handbook, insurance card, patient registration cards
- ☐ Water and food (if you have dietary restrictions such as those due to pregnancy-induced hypertension (high blood pressure), please bring food that is appropriate for your diet)
- ☐ Items to prepare for childbirth (for those in the last trimester of pregnancy, around 28 weeks)

Kanagawa Disaster Prevention

- Earthquake edition -

Published in September 2025

Published and edited by Crisis Control and Disaster
Management Division, Disaster Management Department,
Secure Community and Disaster Management Bureau,
Kanagawa Prefectural Government
1 Nihon-odori, Naka-ku, Yokohama-Shi, Kanagawa 231-8588
Phone 045-210-5945

* Information shown is current as of March 2025.

* Actual events may not proceed as described in this booklet in the event of an actual disaster.

* Unauthorized reproduction, copying, or borrowing of the illustrations, diagrams, images, and photographs in this booklet is forbidden except where permitted by the Copyright Act.