

Be Prepared on a Regular Basis

1. Discuss Disaster Preparedness with Your Family

◆ When a disaster strikes, utilities generally stop working, which may make telephone calls difficult. Be sure you take the following steps beforehand:

- Delegate responsibilities in the case of an emergency
- Confirm evacuation site locations and decide on places where the family can meet
(It is a good idea to check the conditions and terrain of your neighborhood on the *Disaster Prevention Map* [right] and *Flood Hazard Map* [below])
- Decide on ways family members can contact each other.
(NTT Disaster Emergency Message Dial 171, relatives or friends who can be common contact points for the family, etc.)

2. Conduct Safety Inspections in Your Home

◆ Earthquake Preparedness

Indoors

- Attach braces to furniture, including TVs, refrigerators, etc., to prevent them from toppling over.
- Prevent glass from shattering and scattering
- Prevent light fixtures from falling

Outdoors

- Prevent the antenna, roof tiles, pots on the veranda, etc., from falling
- Check your brick walls and hedges

◆ Typhoon and Flood Preparedness

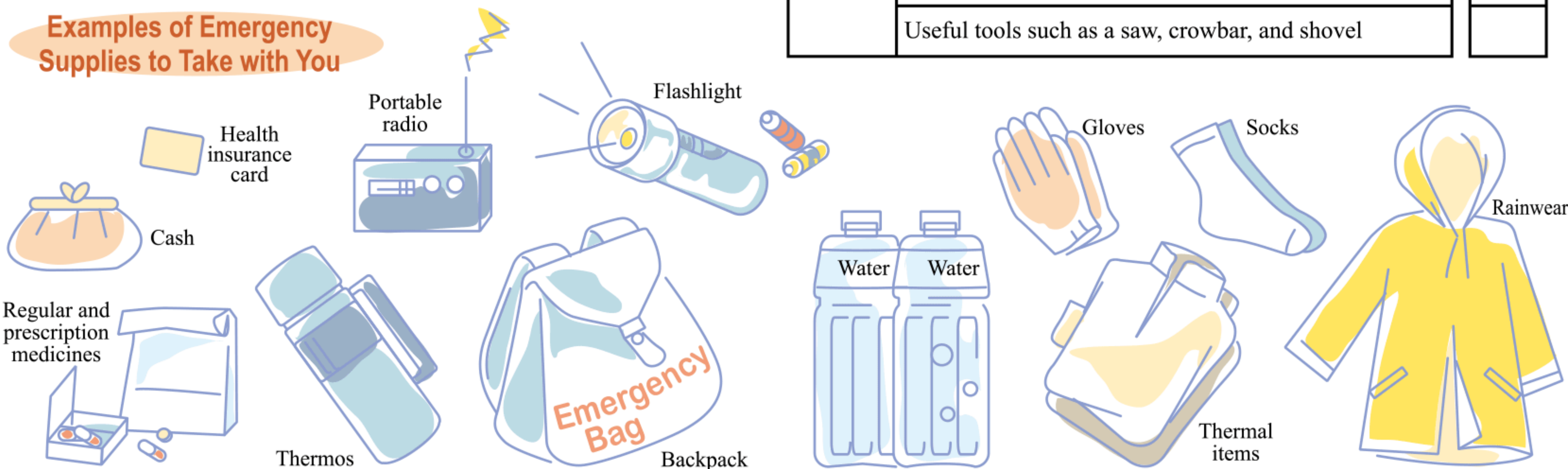
- Do not block ditches along the street or rainwater drains with potted plants or curb ramps
- Have sandbags and flood prevention boards ready for basements, underground parking lots, and other locations with a high risk of flooding
- Fasten securely or clear away any items outdoors that are at the risk of being blown away by the wind
- Inspect trees and maintain them as necessary

《Rental Sandbags》

Suginami City offers sandbags for rent. Please call as early as possible, since it will be difficult to deliver sandbags if it rains suddenly.

Contact: Suginami Public Works Office, Tel: 3315-4178

Examples of Emergency Supplies to Take with You



3. Preparing Emergency Supplies to Take with You

◆ Minimal Necessities—the First Things to Take with You

- Prepare one emergency bag per person. Keep each bag at a weight that can be shouldered without difficulty.

《Examples of Emergency Supplies to Take with You》

Items		Check
Food	Drinking water, emergency food (food that can be eaten without cooking)	<input type="checkbox"/>
	Baby formula, baby bottle, thermos, regular food	<input type="checkbox"/>
Medical Items	Regular and prescription medicines (a copy of your medicine handbook), first-aid kit, mask	<input type="checkbox"/>
	Wet tissues, tissues, disposable pocket-warmers	<input type="checkbox"/>
	Disposable diapers, sanitary napkins	<input type="checkbox"/>
Valuables	Cash (including ¥10 coins for public telephones), car/house keys	<input type="checkbox"/>
	Driver's license, health insurance card, bankbooks, personal seals	<input type="checkbox"/>
Everyday Necessities	Eyeglasses, contact lenses and maintenance kits, dentures	<input type="checkbox"/>
	Flashlights, batteries, a portable radio, candles, lighters	<input type="checkbox"/>
	Cell phone and battery charger, plastic bags, a whistle, towels	<input type="checkbox"/>
	Jacket, underwear, socks, shoes, gloves, hat, rainwear	<input type="checkbox"/>
	Thermal items, knife	<input type="checkbox"/>

◆ Necessities for Everyday Living—Have Enough Supplies for Three Days

- If your home is not damaged, you should stay there.

《Examples of Necessities for Everyday Living》

Items		Check
Food	Food for three days (food that can be eaten without cooking)	<input type="checkbox"/>
	Drinking water for three days (three liters per person per day)	<input type="checkbox"/>
Fuel	Gas cartridge stove, gas cartridges, solid fuel	<input type="checkbox"/>
Everyday Necessities	Water for everyday living (leftover bath water, etc.), plastic water tank, buckets	<input type="checkbox"/>
	Cooking utensils, kitchenware (made of paper, etc.)	<input type="checkbox"/>
	Plastic food wrap, aluminum foil	<input type="checkbox"/>
	Portable toilet, toilet tissue, garbage bags	<input type="checkbox"/>
	Toiletries, towels, adhesive tape	<input type="checkbox"/>
	Large ground sheets, rope	<input type="checkbox"/>
	Sleeping bags, change of clothes	<input type="checkbox"/>
	Useful tools such as a saw, crowbar, and shovel	<input type="checkbox"/>

If an Earthquake Strikes

What to Do When an Earthquake Strikes or Immediately after an Earthquake Strikes

◆ Indoors

- Take cover under a table or desk and wait until the tremor subsides
- Extinguish all sources of heat/fire
- DO NOT rush outside in a panic
- Open a window or door and secure an exit

◆ Outdoors

- Stay away from buildings and evacuate to an open area
- Stay away from glass buildings
- Stay away from brick walls and automated vending machines
- Protect your head with your handbag or briefcase

If There Is a Heavy Downpour

What to Do in a Heavy Rain

◆ Indoors

- Evacuate temporarily to a safe location such as the second floor if you live in a regular house, or a higher floor if you live on the bottom floor of a housing structure or apartment/condominium with underground levels. (There is a high risk of water flowing into basement levels, and you may not be able to open the door due to the water pressure.)
- Please refrain from draining large amounts of water, such as bathwater. (There is a strong chance that sewerage pipes will overflow.)

◆ Outdoors

- DO NOT go near rivers or bridges.
- If you discover something wrong, such as water shooting out from a manhole or rainwater drainage pit, please do not go near these areas. The manhole cover may come off in some cases.

Confirming the Safety of Your Family

How to Use NTT Disaster Emergency Message Dial 171

To record a message

171

To play a message

1

2

• Disaster victims should dial their home telephone number.

• Those outside the disaster area should dial the telephone number of the disaster victim.

Note: Dial the telephone number starting with the area code. (Area code)-XXXX-XXXX

How to Use the Message Bulletin Board for Disasters from Your Cell Phone

To register a message:

Select "Message Bulletin Board for Disasters" from the top menu.

- ① Select "登録" (Register).
- ② Select "状態" (Condition).
- ③ Input a comment within 100 letters, and press "登録" (Register).

To confirm a message:

- ① Select "確認" (Confirm).
- ② Input the cell phone number of the person whose safety you want to confirm, and select "検索" (Search).
- ③ Confirm the message.

Collecting Information on Disasters and Evacuation

- ◆ TV and Radio
- ◆ Cable TV J:COM Tokyo (Digital Channel 11)

◆ Suginami City Website
<http://www.city.suginami.tokyo.jp/>



mobile ▶

◆ Disasters and Disaster Prevention Information E-mail Service
 Suginami City issues alerts via e-mail and telephone.

To register for these services:

- E-mail: Disaster prevention information delivered via the mobile edition of Suginami City website
<http://www.city.suginami.tokyo.jp/>
- Telephone: Please apply for this service by calling the Disaster Prevention Section directly.

◆ Disaster Prevention Public Address System (Inquiries: Disaster Prevention Section)

When important information during a disaster is announced, such as flood alerts and instructions to evacuate, it is broadcast using the city's disaster prevention public address system.

◆ River Water Level Warning Broadcasts (Inquiries: Construction Section)

The rivers in Suginami City have 18 water level gauges and 17 alarms, and the water level is monitored on an ongoing basis. A caution alert siren sounds if the water level reaches the alert level, and a flood alert siren sounds if the river overflows its banks.

◆ Kandagawa River Flood Forecast and Landslide Alert Announcements

The Tokyo metropolitan government and the Japan Meteorological Agency issue joint forecasts and alerts.

Where to Evacuate

◆ In Case of an Earthquake

If your home is damaged or dangerous to be in or around, such as being at risk of toppling over, please evacuate to one of the 66 earthquake evacuation sites in Suginami City (see the *Disaster Prevention Map*).

◆ In Case of a Flood

Evacuation sites are opened depending on the location and scale of the flood. If a downpour/flood alert is issued in Suginami City, evacuation sites will open in five locations in the city (see the *Flood Hazard Map*).

Precautionary Notes When Evacuating

- Extinguish all sources of heat/fire, shut off the main gas valve, shut down the power circuit breaker, and lock all your doors and windows.
- Change into comfortable clothes that you can easily move around in (long sleeves and long pants are recommended) and wear sturdy shoes.
- Keep your belongings to a minimum so that you can fit everything in a backpack.
- Avoid going off on your own; evacuate under the supervision of the local disaster prevention association leader.

In case of a flood, do the following in addition to the above:

- Stick to streets that are not flooded.
Walk carefully, because manhole covers may have come off.