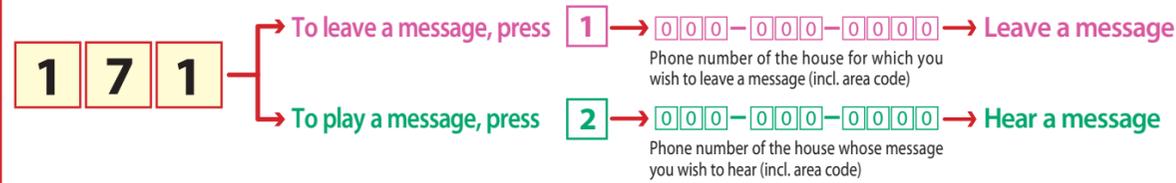


## Your Disaster Prevention Sheet

Fire / Ambulance: **119** Police: **110** Disaster Emergency Message Dial: **171**

### How to use the Disaster Emergency Message Dial 171 (NTT)



### How to use the Disaster Message Board Service for mobile phones



\* For details on how to use this service, check your mobile phone company's manual or website.

### Contact numbers: Disaster prevention and utilities

Facility name	Phone number	Facility name	Phone number
Ota City Office	03-5744-1111	Omori Police Station	03-3762-0110
Disaster Preparation and Crisis Management Division, Distribution Section	03-5744-1611	Denenchofu Police Station	03-3722-0110
Area Infrastructure Development Division 1, Omori Area Infrastructure Development	03-5764-0631	Kamata Police Station	03-3731-0110
Area Infrastructure Development Division 1, Chofu Area Infrastructure Development Office	03-3726-4303	Tokyo Airport Police Station	03-3755-0110
Area Infrastructure Development Division 2, Kamata Area Infrastructure Development	03-5713-2007	Ikegami Police Station	03-5757-0110
Area Infrastructure Development Division 2, Kojiya and Haneda Area Infrastructure Development Office	03-3741-3169	TEPCO (Tokyo Electric) Power Grid, Inc	0120-995-007
Omori Fire Station	03-3766-0119	Tokyo Gas Customer Center	0570-002-211
Denenchofu Fire Station	03-3727-0119	NTT East 116 Center	116
Kamata Fire Station	03-3735-0119	Bureau of Waterworks Tokyo Metropolitan Government Customer Center	03-5326-1101
Yaguchi Fire Station	03-3758-0119	Bureau of Sewerage Tokyo Metropolitan Government Southern Office	03-5734-5031

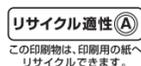
### Family contact info

Family member names	Location (workplace, school, etc.)	Phone number	Mobile phone number

### Evacuation site

Temporary Gathering Spot	Evacuation sites	Evacuation shelters

March 2021  
**Disaster Preparation and Crisis Management Division, General Affairs Department, Ota City**  
 5 Chome-13-14 Kamata, Ota-ku, Tokyo 144-8621  
 TEL: 03-5744-1611 FAX: 03-5744-1519  
 Ota City website: <http://www.city.ota.tokyo.jp>



V15

# A Disaster Prevention

## Check Guide

## for Families

When a disaster occurs, the most important thing you need to do as residents of Ota City is take action to protect yourselves!

### How to Use This Guide

What kind of disaster prevention measures does your family have in place?  
 There are no such things as "perfect" disaster prevention measures. It is necessary to make preparations in advance so that you can calmly cope with a disaster no matter when or where occurs. This guide will provide you with an easy-to-understand introduction to disaster prevention measures that your family will want to carry out in advance. Rather than tackling all of these measures at once, address them at a pace you and your family are comfortable with one at a time, making sure to check off the box next to the items that you have discussed or have tackled. After you have checked off all the boxes, revisit these measures from the beginning.  
 It is vital that you revisit them again and again so that you and your family are ready when a disaster actually occurs.



No. 1

# Disaster prevention starts with regular preparation

One disaster feared to occur in the near future is a Tokyo inland earthquake. Should that earthquake take place, it is unlikely that Ota City will be spared from the immense damage envisioned to occur.

Moreover, in recent years, wind and flood disaster resulting from typhoons and torrential rains has greatly intensified.

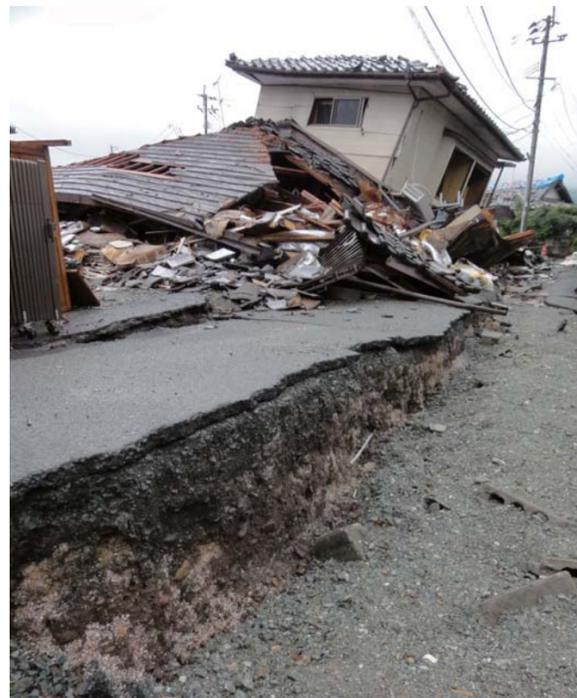
While it is impossible to keep disasters from taking place, it is possible to mitigate the damage that they cause by carrying out measures in advance.

Please take measures to prepare you and your family from disasters on a regular basis in order to protect yourselves when one actually occurs.

## Estimated damage in Ota City based on "Estimated Damage to Tokyo Caused by Tokyo Inland Earthquake, Etc."

(Announced by Tokyo Metropolitan Disaster Prevention Council in 2012)

Seismic center (scale)		Northern Tokyo Bay Area Earthquake (M7.3)	Genroku-Type Kanto Earthquake (M8.2)
Meteorological conditions		6:00 PM in winter; wind speed of 8 m/s	
Building damage	Fire	32,218 buildings	35,332 buildings
	Shaking/liquefaction	11,108 buildings	13,503 buildings
Casualties	Deaths	1,073 dead	1,228 dead
	Injured	10,412 injured	11,705 injured
Persons living in evacuation shelters		237,135 persons	260,174 persons
Tsunami height		1.58 m (In vicinity of Tenkubashi)	2.27 m (In vicinity of BOAT RACE Heiwajima)



A collapsed wooden house atop a massively cracked road (Town of Mashiki, Kumamoto)

# Have regular discussions with your family about disaster prevention

When a disaster occurs, you will be required to have a discussion with all the members of your family. That's why you should make sure to set aside opportunities to discuss disaster prevention with your family on a regular basis. It is crucial that you have such discussions monthly or with similar frequency as opposed to only having them once.



## Disaster prevention discussion themes

### Decide on a role for you and each of your family members to fulfill.

Decide in advance who will do what when a disaster actually occurs. When your family includes elderly individuals and/or small children, you should also discuss who will be the central member providing help.

### Check dangerous parts of the building.

→ Go to No. ②.

### Check dangerous locations in your house.

→ Go to No. ③.

### Check and replace household supplies and evacuation materials.

→ Go to No. ④ and No. ⑦.



### Check means of contact and evacuation sites upon a disaster.

Verify where you and your family should evacuate to if a disaster occurs. Decide in advance how your family will reach each other should you become separated.

→ Go to No. ⑦ and the back cover.

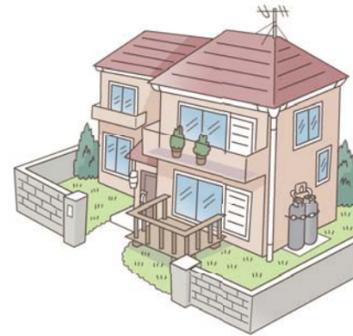


No. 1 [Earthquake Disaster Edition] Talk over disaster prevention with your family



# Quake-proofing check points at your home

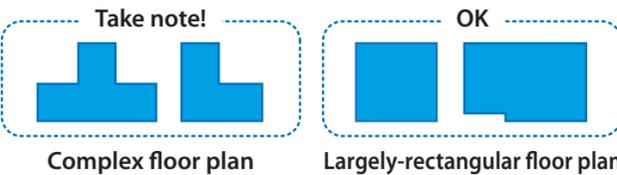
**Approx. 90%** of the people who perished in the Great Hanshin-Awaji Earthquake of 1995 did so due to being **crushed to death** under their collapsing house or furniture that toppled over. Additionally, in the Northern Osaka Earthquake of 2018, lives were lost due to the collapse of concrete block walls.



## Building check points (Buildings built before March 1981)

**What kind of shape is the building's floor plan?**

The floor plan of the building is a complex shape, like an L or T.



**What is the state of degradation of the building?**

The foundation of the building is rotting. The building contains termite and/or other damage.

There are cracks in the concrete foundation.

There are cracks in the outside walls.

**Are the building walls placed in a balanced manner?**

There are no first floor walls directly beneath outside walls on the second floor.

The north, south, east and west faces of the outside walls on the first floor include faces with no walls whatsoever.

**If the building was built before March 1981, receive a subsidy to diagnose, repair and improve it.**

**If any of the above apply, have a seismic diagnostic performed!**

- ★Key points in safeguarding lives when there is sudden, considerable shaking
- ① Seismic strengthening for the building
  - ② Repairing/improving concrete block walls
  - ③ Measures to prevent furniture from tipping

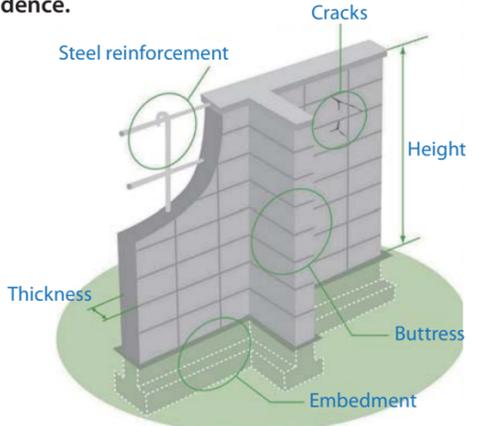
Subsidies for seismic diagnostics, quakeproofing repairs and improvements and concrete block wall repairs and improvements

→ Disaster Prevention Planning Division, Seismic Retrofit

☎5744-1349    ☎5744-1526

## Concrete block wall check points

Below, we introduce several check points for verifying the safety of concrete block walls. While these only represent a guideline, please make use of it when checking the safety of concrete block walls at your place of residence.



- The height of the wall is no more than 2.2 m from ground level.
- The thickness of the wall is 10 cm or greater (15 cm or greater when the height of the wall exceeds 2.0 m).
- There are buttresses placed (when the height of the wall exceeds 1.2 m).  
\*There are buttresses placed at 3.4m intervals of the wall's length that protrude for at least 1/5 of the height of the wall.
- There is a concrete foundation.
- The wall is not leaning, cracked, etc.

**If any of the above apply, make repairs/improvements using the subsidy available!**

\*Concrete block walls facing roads are eligible.



### Position furniture safely

Try to concentrate furniture in rooms that people do not enter and exit very often. If you put furniture in your bedroom, position it such that it will not fall on top of you and secure it in place. Do not place furniture or other objects in corridors or entrances.



### Secure furniture to prevent movement and toppling

Do not leave space between furniture and the wall. Use L-shaped metal brackets, metal connector fittings, or any of the other tools shown on the right side of this page to secure furniture in place.



### Stack items in bookshelves the smart

Put heavy items at the bottom and light items on top to help prevent bookshelves and cupboards from toppling over. Also cover the shelves themselves with nonslip sheets.



### Securing evacuation routes

Do not place furniture or your belongings near passageways, entrances or exits.



### Put anti-shattering film on glass windows

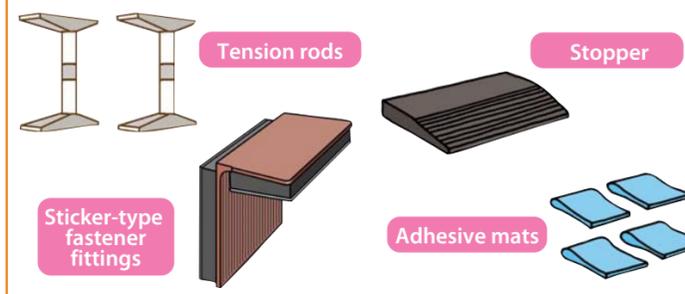
Use anti-shattering film on windows, cupboards, picture frames, and any other glass.



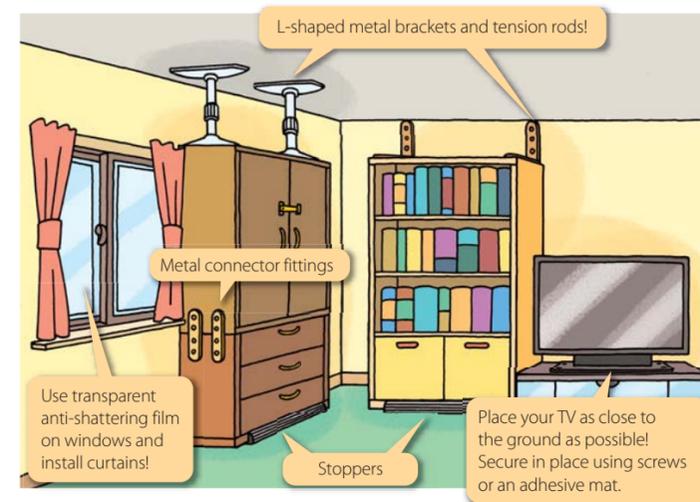
### Install anti-toppling devices

Although the best way to secure furniture is to use L-shaped metal brackets or screws, use tension rods or other tools to prevent toppling if you can't use screws on your wall! Using **tension rods and stoppers** together is as effective as using L-shaped metal brackets.

#### Examples of other tools that prevent furniture toppling

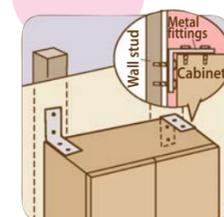


### How to set up your room



Anti-toppling devices are sold at hardware stores and similar places. Ota City can also help you buy some of these items (See No.⑦).

### Installation tips



Secure L-shaped brackets tightly to ensure that screws are firmly in place.



Use a support plate if your ceiling is made of a weak material.



**In Ota City** Provision of anti-toppling devices for furniture  
 Disaster Preparation and Crisis Management Division, Management Section

☎ 5744-1235 ☎ 5744-1519

The Ota City will supply and install fittings to prevent furniture from tipping to certain households, such as those solely consisting of elderly individuals and those that include disabled persons. Please inquire with the Ota City.

# Household emergency stores: Water, food, and daily supplies

After a disaster, it is better to continue living in your normal house than live at an evacuation shelters. Stock up on **at least 3 days' worth** of water and food in your home!

## Ensure that you stock up on the following

Your food stores do not necessarily need to be special items specifically for disaster use. Normal food items are suitable as long as they:

- ① Can be stored at room temperature    ② Have a relatively long shelf life

### Water

In general, one person will use 3ℓ of water per day for drinking and cooking.



### Rice

Assuming that 75g of rice is used per meal, 2kg of rice will last for 27 meals.



### Canned and sealed food items

Select a balanced variety of foods so that you will not tire of eating the same thing for several days.



### Other

Instant rice, dried noodles, high-calorie snack foods like cup noodles and chocolate, seasoning, etc.



## Make sure to stock a portable gas stove!

Having a portable gas stove enables you to cook rice and do other simple cooking. Note that you also need to stock several gas cylinders! (Expect to use 1-2 per day.)



## It's easy to stock up!

### The "Rolling Stock" Method

Create a large stock just by buying more of the foods you normally buy.



### Mark for Promotion of Stockpiling of Supplies in Ota City

This symbol mark to promote the stockpiling of supplies was created based on entries submitted by the residents of Ota City! It is used in the city to conduct PR for the stockpiling of supplies in households.



## Also stock daily supplies!

Stock up on supplies as appropriate for your family

### Elderly

- Adult diapers
- Household medicines
- Hearing aid



### Those with poor eyesight

- Glasses
- Contact lenses



### Pets

- Cages
- Pet food
- Leash



### Babies

- Baby formula
- Bottles
- Baby wipes
- Diapers
- Baby food



### Other

Sanitary products for women; appropriate food or medicines for those with allergies.

## A simple toilet is absolutely essential!!

After a disaster, you may not be able to flush toilets due to water outages or broken sewage pipes. Make sure to stock a simple or portable toilet! You can create a simple toilet using 2-3 layers of plastic bags and something to absorb liquids placed inside (e.g. new newspaper or paper diapers). Use over a toilet seat or cardboard.



# If there is an earthquake while you are at home...



**Earthquake occurs**  
(0-2 min.)

**Immediate post-earthquake period**  
(2-5 min.)

**Ensure safety**  
(5-10 min.)

**Rescue or help neighbors**  
(10 min. – half a day)

**Evacuate**

What to do when an earthquake hits

## Earthquake! Protect yourself first



- If you feel a tremor or hear an Earthquake Early Warning, see to your own physical safety first.
- Move under a sturdy table or any place where objects will not fall down, topple down, or bump into you. Wait until the tremors stop.

What to do in the immediate post-earthquake period

## Calm down Check for fires Stop fires early



- If you are using open flames, wait for the tremors to stop and then calmly put the fire out.
- If a fire breaks out, calmly extinguish it.

## Open windows and doors to secure an exit route

- Once the tremors stop, secure exits so that evacuation is possible.

## Panic leads to injury

- Watch out for fallen furniture, broken glass, or other dangerous objects indoors.
- Do not panic and run outside, as roof tiles, window glass, and signs may fall down.

What to do after an earthquake

## Correct information / Proper action

- Get correct information from TV, radio, government authorities, etc. If you do not know what to do, get help from your neighbors (See No.14).



## Work together with others for rescue and relief

- Cooperate to rescue and aid neighbors pinned under furniture and collapsed buildings.



## Check on each other Family safety / Check neighbors

- After confirming that your family is safe, check on your neighbors as well.



## Fire and tsunami: proper evacuation

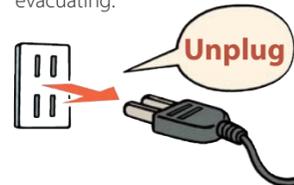
- If you feel in danger due to the threat of major fire in your area, evacuate to a Temporary Gathering Spot or evacuation sites.
- If there are large tremors near the coast or a tsunami warning is issued, quickly evacuate to a safe place like a tall building.

## Perform a safety check on electricity and gas before evacuating!

### Electricity

In the Great Hanshin Earthquake, many electrical fires broke out after electricity was restored.

Unplug all electrical appliances and flip the breaker before evacuating.



### Quake-sensitive breakers

This type of breaker automatically cuts off the electricity supply in response to a large tremor. This helps prevent electrical fires.

Ota City helps to supply quake-sensitive breakers (See No. 7).



### Gas

Turn off the gas valve before evacuating.

Gas facilities are equipped with microcomputers that automatically cut off the gas supply if they detect gas leaks or tremors of seismic intensity 5 or above.



### How to restore your gas supply

- ① Turn the gas apparatus off.
- ② Remove the "restore" button cap.
- ③ Slowly press the "restore" button.
- ④ Do not use the gas for 3 minutes.
- ⑤ Once the blinking light switches off, the gas is usable again.

# If there is an earthquake while you're outside the house...



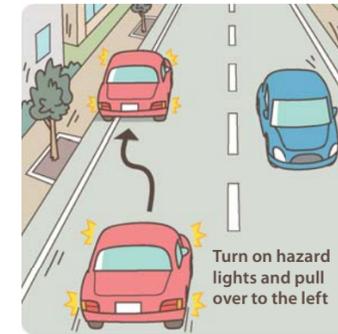
## In an elevator

- Press the buttons for all floors and exit at the first floor you can. If the elevator is equipped with a safety device, it will automatically stop at the nearest floor.
- If you are locked in an elevator, press the emergency button or use the intercom to call for external help. Wait in the elevator and do not try to exit forcibly, as this is dangerous.



## While driving

- Sudden braking may cause an accident. Hold firmly on to the steering wheel and gently decelerate. Pull over to the left side of the road and cut the engine.
- Do not exit the car until tremors stop.
- Try to leave the car on the edge of the road so as not to obstruct evacuation routes or emergency vehicles.



\* Under Japanese law, should there be no driver for vehicles that are in the way of emergency vehicles, the police, a road administrator or other such party will move the vehicle.

## In a residential area

- Stay away from concrete-block walls, stone walls, and gateposts.
- Never touch broken, dangling power lines.
- There is a risk of signs falling down through glass or straw roofs. Protect your head with a bag or any other item.



## In an underground shopping center

- Underground shopping centers have exits located at 60m intervals. Move along a wall to evacuate aboveground.
- If a fire breaks out, cover your mouth and nose with a handkerchief and lower your body close to the ground. Continue to evacuate.



## On a train

- Trains will stop automatically in response to tremors. Grab tightly on to straps and handrails while watching out for people falling over, or objects falling down from luggage racks.
- It is dangerous to try to get out of the train by yourself. Instead, follow the instructions of the staff on the train.



## If you hear an Earthquake Early Warning...

### Don't panic! Protect yourself first.

If a strong earthquake is predicted to hit imminently, an Earthquake Early Warning (EEW) will sound from TVs, radios, mobile phones, and other devices.

The strong tremors will come **several seconds (between a few seconds and a minute)** after the EEW sounds. Protect yourself (especially your head) during this period.

\* Because the EEW is triggered by seismic waves, it may not sound in time if you are located near the earthquake hypocenter (point of origin).



### 3 Steps to Save Your Life



① DROP

Stay close to the floor!



② COVER

Cover your body and head!



③ HOLD ON

Hold on and stay put until the tremors stop!

Courtesy of : The Great Japanese ShakeOut

For details on key points of evacuation, go to No. ⑦.

# What you need to do!

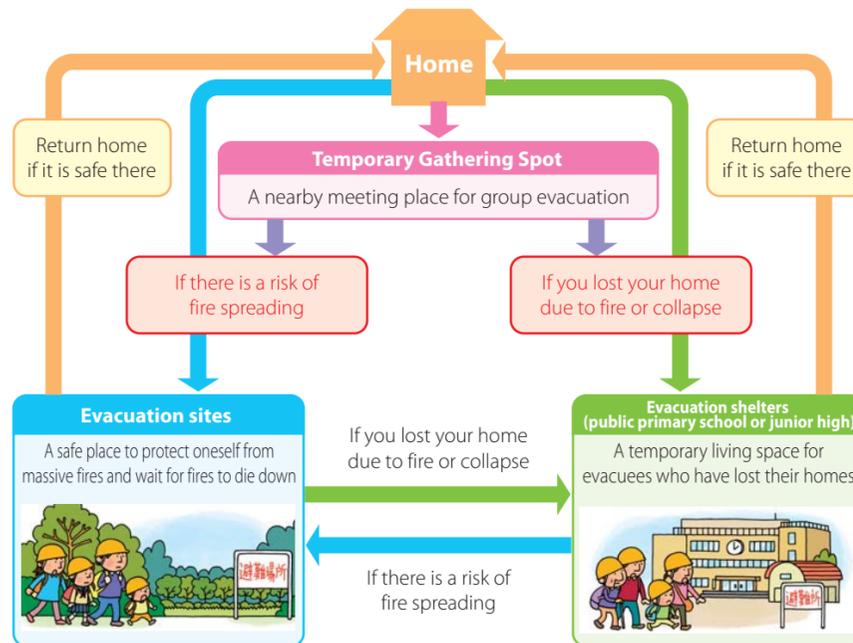
## Key points for evacuation

Ota City Hazard Map (Earthquake Disaster Edition)  
**In Ota City**  
**Disaster Preparation and Crisis Management Division, Planning Section**  
 ☎5744-1236  
 📠5744-1519

**大田区ハザードマップ**  
 This map contains estimated damage in the event of a Tokyo inland earthquake or other similar disaster, actions to take right after such a disaster occurs, evacuation sites and shelters, and other information. Check this information in advance so that you can protect yourself.



### Action flowchart for evacuation (with evacuation sites)



\* For evacuation shelters and evacuation sites, check the "Ota City Hazard Map (Earthquake Disaster Edition)" and the Ota City website!

### When to evacuate

When the local government issues an evacuation advisory or similar	When your home collapses or shows risk of collapse	When a fire breaks out in your home and spreads to the ceiling	When a fire breaks out nearby and might spread

### Evacuation Methods

Evacuate using routes with limited danger while being cautious of elements such as the direction where fires are occurring, the direction of the wind, and obstacles. As it may not be possible to traverse evacuation routes, come up with multiple routes in advance. Additionally, when conditions in the direction of evacuation are dangerous, it may be safer to temporarily make your way to another site of evacuation.



### Even in a disaster situation, it is best to live at home

An evacuation shelters is a living space for evacuees who have lost their homes. Those staying here temporarily to ensure their safety should return to living in their usual homes if it is safe. Anti-toppling measures to secure furniture and emergency food stores are an important part of resuming life at home after a disaster.



### Evacuation supplies

These are examples of items to bring with you when evacuating. Take only what's necessary, as too much weight will hinder your evacuation. Store your supplies in a place where they can be accessed immediately.

#### Helmets / Protective hoods

Protect your head from falling objects. Prepare enough for all family members.



#### Flashlights / Headlights

Crucial at night and during blackouts.



#### Mobile phone / Radio

Verify information sources in a language that you understand in advance.



#### Backup batteries / Charger

Pack a lot of these items to be used for mobile phones, flashlights, portable radios, etc.



#### Emergency rations

Crackers, hard biscuits, instant rice, and other foods you can eat without heating.



#### Water

Water in easy-to-carry plastic bottles.



#### Emergency medicines / Household medicines

Disinfectant for cuts, bandages, fever medicine, cold medicine, gastrointestinal medicine, etc. Do not forget household medicines.



#### Valuables

Bank book, health insurance card, driver's license, etc.



#### Daily supplies, etc.

Clothing, cotton work gloves, knife, lighter, can-opener, emergency whistle, portable toilet, masks, toothbrush, notebooks, pens, etc.



**In Ota City**

**Provision of emergency supplies**  
**Disaster Preparation and Crisis Management Division, Management Section**

☎03-5744-1235  
 📠03-5744-1519

Throughout the year, the local government helps to provide emergency supplies needed by your family (evacuation supplies, food, simple or portable toilets, anti-toppling tools, quake-sensitive breakers, etc.).

### Ready your children's favorite toys at the evacuation site

These will help you in giving mental comfort to your children, who are even more confused than adults when a disaster occurs.



### Disaster prevention supplies for pets

Make sure to have items that your pets need at the ready at all times. Pet supplies become hard to come by in times of a disaster. When readying these items, be sure to give top priority to those that concern the lives and health of your pets.



### Examples of disaster prevention supplies

- Pet food and water (at least 3 days' worth)
- Toilet supplies (disposable pet sheets, kitty litter, deodorizer, etc.)
- Cage/carrier bag
- Dishes for your pet
- Collar/leash
- Photos of your pet (Needed should your pet get lost)
- Medicine and therapeutic foods
- Notebook, etc. containing information on your pet



# Stop post-earthquake fires from spreading!

In the "Estimated Damage from a Tokyo-Epicentered Major Earthquake" (see Earthquake Map), Ota City is predicted to lose 642 lives and 32,218 buildings to fires. These predicted losses are the highest in all of Tokyo's 23 wards. The key to minimizing damage is to prevent fires from spreading.

## Don't let fires break out in your home!

### ① After the tremors stop, check on potential fire sources

For the duration of the earthquake, it is most important to keep yourself safe. Wait until after the tremors stop to shut off stoves and gas valves.



### ② Install fire alarms in your home

Install fire alarms to alert you of fires in your home and quake-sensitive breakers to prevent electrical fires.



### ③ Do not leave objects near heaters

Do not leave laundry or other flammable items near heaters.



### ④ Use flame-resistant curtains, carpets, etc.

Help prevent the spread of fires by using flame-resistant curtains and carpets that do not catch fire easily.



### ⑤ Install a fire extinguisher and learn how to use it

If a fire breaks out in your home, using a fire extinguisher while the fire is still small can dramatically cut down on potential damage.



## If a fire breaks out, extinguish it while it's still small!

### If a fire breaks out or you see a fire...

- Alert others to the fire in a loud voice. If you cannot yell, ring an emergency bell or bang on a noisy surface.
- Call 119. Calmly report the location of the fire.



### How to use a fire extinguisher ● Bring the fire extinguisher to the fire



### Key points in extinguishing a fire

- Stand upwind of the fire to avoid heat and smoke.
- If indoors, stand with your back against an exit to secure an evacuation route.
- Wave the hose right and left over the source of the flame, not the flame itself.

### Also use roadside fire extinguishers in disaster situations!

There are 6,900 fire extinguishers located at roadsides throughout the town at roughly 100m intervals. Check their locations on the "Wagamachi Disaster Prevention Network" website. (See No. 14)



## Work together with locals to extinguish fires early!

In the event that multiple fires occur simultaneously in the city, the fire department and firefighter crews will not be able to respond to all of the fires. However, if you act while fires are still small, fire extinguishers, bucket brigades, and other small-scale methods can extinguish them. Early-stage firefighting by locals is very important. In Ota City, citizens' disaster organizations have been formed by neighborhood and town councils. Carry out initial fire extinguishing activities using fire extinguishing equipment and materials such as portable fire pumps and standpipes. It is important that you, too, are a part of such fire extinguishing activities in order to protect yourself and your family.



## Firefighting equipment deployed with citizens' disaster organizations



Portable fire pump



Standpipe

This motor-driven pump sprays water drawn up from a "fire prevention water tank" or similar water source.

Connects to a roadside fire hydrant and utilizes the pressure to spray water.

## If you cannot extinguish the fire...

If you determine that extinguishing a fire is impossible, protecting lives is the top priority. You should work together with neighbors to evacuate quickly. (See No. 7 for evacuation methods.)



**In Ota City**  
**The local government helps to provide household fire alarms and pressurized fire extinguishers throughout the year.**  
 → Disaster Preparation and Crisis Management Division, Management Section  
 ☎03-5744-1235 ☎03-5744-1519

## When an earthquake (one with a seismic intensity of lower 6 or more) occurs and people's lifeline comes to a halt, emergency first-aid stations and other facilities will be set up!

### What should you do if an earthquake occurs and someone gets injured?

Seek first-aid to the extent possible.



If you need to be seen by a doctor, please head to an emergency first-aid station or similar facility.

### At emergency first-aid stations/mild symptom first-aid stations...

- 1 You along with other sick or injured individuals will be assigned an order of priority after it has been determined what kind of treatment you need (This procedure is called a triage).
- 2 If you have mild symptoms, you will be administered first aid. If you have moderate or higher symptoms, you will be taken to a hospital.
- 3 Emergency first-aid stations and mild symptom first-aid stations are generally kept open for 72 hours right after a disaster has taken place.



\*After 72 hours have elapsed, medical care stations will be set up as appropriate based on the recovery status of medical facilities in the area and other factors. For a list of medical care stations, please see the Ota City website.

### Locations where emergency first-aid stations

\*Check the Ota City Hazard Map (Earthquake Disaster Edition) for locations

	Hospital name	Address		Hospital name	Address
①	Ota Hospital	4 Chome-4-14 Omori-higashi	⑨	Denenchofu Central Hospital	2 Chome-43-1 Denenchofu
②	Tokyo Rosai Hospital	4 Chome-13-21 Omori-minami	⑩	Ebara Hospital	4 Chome-5-10 Higashi-yukigaya
③	Toho University Omori Medical Center	6 Chome-11-1 Omori-nishi	⑪	Tokyu Hospital	3 Chome-27-2 Kita-senzoku
④	Yasuda Hospital	1 Chome-11-18 Omori-kita	⑫	Mekama Hospital	3 Chome-23-3 Shimomaruko
⑤	Makita General Hospital	1 Chome-34-6 Omori-kita	⑬	Honda Hospital	1 Chome-17-15 Higashi-yaguchi
⑥	Matsui Hospital	2 Chome-7-10 Ikegami	⑭	Tokyo Kamata Hospital	7 Chome-10-1 Nishi-kamata
⑦	Ikegami General Hospital	6 Chome-1-19 Ikegami	⑮	JCHO Tokyo Kamata Medical Center	2 Chome-19-2 Minami-kamata
⑧	Omori Red Cross Hospital	4 Chome-30-1 Chuo	⑯	Watanabe Hospital	1 Chome-5-16 Haneda

### Locations where mild symptom first-aid stations

\*Check the Ota City Hazard Map (Earthquake Disaster Edition) for locations

	school name	Address
①	Magome Elementary School	1 Chome-34-1 Minami-magome
②	Higashi-Chofu Junior High School	29-15 Denenchofu-minami
③	Rokugo Junior High School	3 Chome-11-11 Nakarokugo

\*These stations primarily tend to persons with mild symptoms (persons who can still walk). Persons with more serious symptoms, etc. are treated at emergency first-aid stations.



# Other earthquake countermeasures

## When a tsunami comes...

In Ota City, levees and tide embankments are maintained at a height that exceeds that of tsunamis. For that reason, the risk of tsunami damage to the city is low. However, certain areas of the city are expected to be inundated should the flood gates be released. Please regularly keep track of where evacuation sites and evacuation routes are.

The Ota City has designated "temporary tsunami evacuation facilities" that can be temporarily evacuated to in the event that a tsunami occurs. **A list of those facilities is contained on the Ota City Hazard Map (Earthquake Disaster Edition).**

If a tsunami warning or other such announcement is made, quickly distance yourself from the sea and rivers and evacuate to a high building, a school or other such location.



**(Broadcast message)**  
A tsunami warning has been issued.  
If you are near the coast, evacuate to higher ground.

## Liquefaction phenomenon

Liquefaction is a phenomenon in which the subsoil takes on a liquid state when an earthquake occurs. When a Tokyo inland earthquake or other similar disaster takes place, it is predicted that Ota City will also suffer from liquefaction and damage to buildings and other elements due to the subsoil collapsing. Under "Liquefaction Countermeasures for Buildings" on its website, the Ota City has publicly released information in areas with a high possibility of liquefaction, measures for countering liquefaction, and more. Please check that information in advance.

Consultations on liquefaction countermeasures

Building Inspection Division,  
Structure Inspection Section

☎5744-1389  
FAX 5744-1557

## Earthquake countermeasures for condominiums

Damage and issues specific to condominiums

Shaking

The higher floors are, the more they shake. Be careful of tumbling and falling.

Piping

When piping is damaged, it becomes impossible to flush toilets or use running water.

Transportation of people or objects

The suspension of elevator service makes it difficult to relocate yourselves or carry goods to higher floors.

## Continued residency is recommended

Compared to wooden houses, condominiums have superior quakeproof and fireproof properties, which means there is less of a chance that the building will collapse or otherwise be affected by an earthquake. In that sense, they can be considered to allow residents to go on with their lives in the home that they are used to. In order to do that, please regularly bear in mind the measures described under **① Measures to prevent furniture from tipping, ② Stockpiling supplies in households and ③ Garbage and excrement** in No. ③ and No. ④ of this guide.

It should also be noted that condominiums have the advantage of numerous residents living in the same building. Leverage that advantage by creating an environment in which residents help each other out as members of the same property.



# Familiarize yourself with the weather



In Japan, torrential rain, typhoons and other inclement weather bring with them the likes of overflowing rivers and sediment disasters every year, resulting in considerable damage. To safeguard the lives of yourself and your family from such damage, it is recommended that you prepare yourself for when a disaster actually occurs by familiarizing yourself with the weather as well as the types and attributes of the wind and flood disaster that it potentially brings.

## Heavy rain

The trend surrounding torrential rain in recent years is that it has become increasingly localized and intensified due largely to the occurrence of "training" when cumulonimbus clouds move along the same line like a train. It is recommended that you develop a habit of frequently checking meteorological information when there is a risk of rain and wind becoming stronger.

### Flow of time



## Heavy rain

Meteorological information on heavy rain



### Rain strength guideline

Rainfall in 1 hr.	Somewhat strong rain 10 ~ 20mm	Strong rain 20 ~ 30mm	Intense rain 30 ~ 50mm	Highly intense rain 50 ~ 80mm	Violent rain 80mm or more
Surrounding conditions	Rain comes down heavily. Puddles form all over the ground.	Rain pours down. An umbrella does not prevent you from becoming wet. Ditches, sewers and small rivers overflow. Small landslides start.	Buckets of rain pour down. The roads become like rivers. Rainwater overflows from sewage pipes.	Rain comes down like a waterfall. Using an umbrella is pointless. Driving a car is dangerous. Water gushes from manholes.	You feel a suffocating sense of pressure. There is a high risk of the rain causing a large-scale disaster.

## Typhoon

### State of typhoon and meteorological information

State of typhoon	Meteorological information by the Japan Meteorological Agency	Meteorological information from local meteorological tower
<b>Typhoon occurring</b>	<b>Information on tropical cyclones</b> <b>Typhoon information</b> Forecasts 12 and 24 hrs. in advance (every 3 hrs.) Forecasts in 24-hr. increments up to maximum of 120 hrs. in advance (every 6 hrs.) Actual conditions and estimated values 1 hr. later (every hour) Forecasts in 3-hr. increments up to 24 hrs. in advance (every 3 hrs.)	<b>Meteorological information on typhoons</b> (Status of heavy winds, etc. announced as appropriate from this point onwards)
<b>Typhoon approaching</b>	<b>Announcements of probability of entering storm area</b> Announced every 6 hrs. for regions whose probability of entering a storm area within 120 hrs. is 0.5% or greater	<b>Gale, heavy rain and storm surge advisories, etc.</b>
<b>Typhoon reaching land</b>	<b>Typhoon information</b> (every hour) When the center of a typhoon reaches a distance of less than roughly 300 km to the Japanese peninsula "Typhoon No. ○ has reached the vicinity of ○○ City on the day of ○ around the time of ○."	<b>Storm, heavy rain and storm surge warnings, etc.</b>  <b>Landslide alert information</b> (When there is a risk of a serious sediment disaster)

### Classification of typhoon strength

Class	Maximum wind speed
Strong	At least 33 m/s but under 44 m/s
Very strong	At least 44 m/s but under 54 m/s
Violent	At least 54 m/s

### Classification of typhoon size

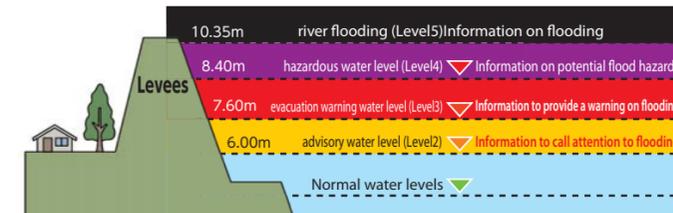
Class	Radius with wind speed of at least 15 m/s
Large-scale (Large)	At least 500 km but less than 800 km
Very large-scale (Extremely large)	At least 800 km

## Wind and flood disaster brought by heavy rain and typhoons

### Overflow of rivers

#### Overflow of Tama River

The bursting of the levees of the Tama River may cause large quantities of water to flow into towns and cities, damaging or destroying homes along the way.



\*Tama River water levels are those at the Den-en-chofu (Upstream) Survey Point.

Using the Ota City Hazard Map (Wind and Flood Disaster Edition), you can verify assumed inundation areas within the city should the amount of rainfall reach its maximum estimated limit (588 mm in 48 hrs. across the entire Tama River basin) as well as inundation depth and continuous inundation time in such cases. Please pay sufficient attention to meteorological and evacuation information and be mindful to evacuate at an early stage.

### Small- and medium-sized river (Nomi River, etc.) overflow/inland water flooding

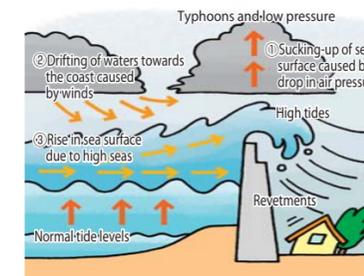
A defining aspect of small- and medium-sized rivers is that their water levels fluctuate quickly. Moreover, in addition to river overflow, heavy rain creates sudden influxes of water into sewers and drainage channels in a small time frame. This causes drainage functions to drop and water to overflow, and is assumed to be followed by damage from inland water flooding accompanied by inundation.



Use the Ota City Hazard Map (Wind and Flood Disaster Edition) to check assumed inundation areas and inundation depths in advance for the overflow of small- and medium-sized rivers and inland water flooding within the city as well as that for the overflow of the Tama River.

### Storm surges

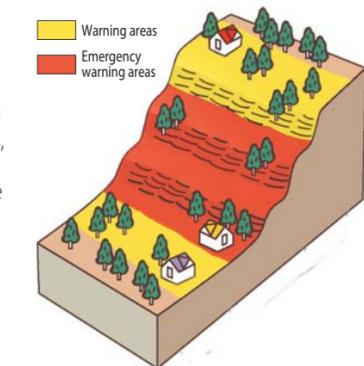
When super large-scale typhoons approach, the sea level (tides) may rise due to factors such as the elevation of the sea surface and drifting created by strong winds.



The Ota City Hazard Map (Wind and Flood Disaster Edition) contains information on the largest assumed inundation caused by high tides. As certain inundation assumptions are based on the premise of the bursting of levees along the Tama River, inundation assumptions have been provided for non-coastal parts of the city as well.

### Sediment disasters (landslides)

The plateau areas of Ota City, such as Den-en-chofu and Magome, contain a total of 97 sediment disaster (emergency) warning areas. In the vicinity of steep slopes, heavy rain may cause the subsoil to loosen, which in turn may cause landslides. Instances of continuous heavy rain and locations involving natural slopes that are not reinforced require attention in particular. It is recommended that you use the Ota City Hazard Map (Wind and Flood Disaster Edition) to verify the aforementioned sediment disaster (emergency) warning areas in advance and to take note of "sediment disaster warning information" announcement by the Japan Meteorological Agency and the Tokyo Metropolitan Government as well as evacuation information issued by the Ota City when an actual disaster occurs.



Precursors to landslides: Water becoming muddy, peculiar sounds, small rocks falling down, etc.

# Protect your house from floods!

## Protect your home from inundation damage!

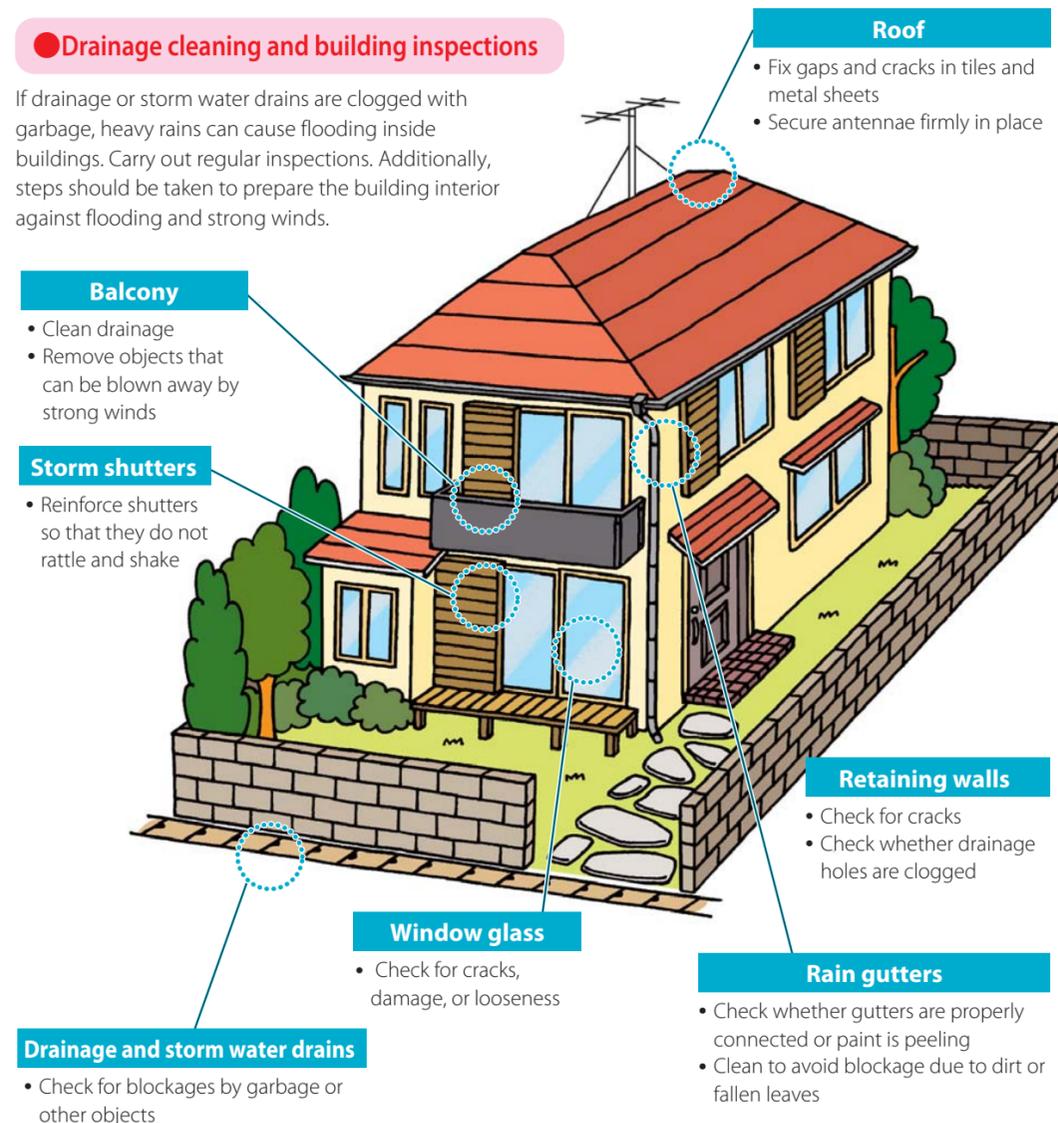
When torrential rain or something similar causes inundation damage in your home, there is a risk of your home being inundated up to the second and higher floors should drainage gutters on the porch become clogged. Given the large number of precedents involving backward flow from sewers, it is necessary to be careful. Sandbags, waterbags and the like can be used to keep your home from being inundated when the level of inundation is shallow. Prepare yourself in advance prior to the arrival of heavy rain or a typhoon.



## Preparations during your everyday life

### ● Drainage cleaning and building inspections

If drainage or storm water drains are clogged with garbage, heavy rains can cause flooding inside buildings. Carry out regular inspections. Additionally, steps should be taken to prepare the building interior against flooding and strong winds.



#### Roof

- Fix gaps and cracks in tiles and metal sheets
- Secure antennae firmly in place

#### Balcony

- Clean drainage
- Remove objects that can be blown away by strong winds

#### Storm shutters

- Reinforce shutters so that they do not rattle and shake

#### Retaining walls

- Check for cracks
- Check whether drainage holes are clogged

#### Window glass

- Check for cracks, damage, or looseness

#### Rain gutters

- Check whether gutters are properly connected or paint is peeling
- Clean to avoid blockage due to dirt or fallen leaves

#### Drainage and storm water drains

- Check for blockages by garbage or other objects

## Ways to prevent house flooding

### ● Sandbags

Ota City offers free sandbag delivery. Moreover, there are 26 sandbag storage sites in Ota which allow immediate retrieval and use in an emergency. Check the Ota City Hazard Map (Wind and Flood Disaster Edition) and the Ota City website for the locations of sandbag storage sites.



### ● Simple water bags

Simple water bags can be made using items around your house (cardboard and plastic bags).

#### How to make a water bag



- 1 Double up two plastic bags (garbage bag) by placing one inside the other and fill the resulting double-layer bag with water (but not too much to carry).
- 2 Place the full bag into a cardboard box. Create an unbroken wall of these boxes around house entrances and other places where water might enter the building.

### ● Water-stopping board

Place a board reinforced by sandbags across entrances and doorways to prevent flooding.

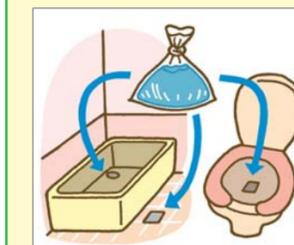


### ● Drainage pumps

Inspect drainage facilities in semi-basement garages and similar locations. If there are no drainage facilities, a drainage pump which you can find in regular stores can be effective.

### Other uses

There is the possibility that sewage water from the toilet or elsewhere may backflow into the sink or bathtub drains. Block the drains with large water bags to stop such flooding.



### In Ota City

Free delivery and storage sites for sandbags

Contact the local Area Infrastructure Development/ Area Infrastructure Development Office

- |   |   |  |   |
|---|---|--|---|
| Omori ☎03-5764-0631<br>FAX 03-5764-0633 | Chofu ☎03-3726-4303<br>FAX 03-3726-4318 | Kamata ☎03-5713-2007<br>FAX 03-5713-2009 | Kojiya Haneda ☎03-3741-3169<br>FAX 03-3744-8955 |
|---|---|--|---|

Subsidies for installing storm water infiltration facilities → Construction Coordination Division. ☎03-5744-1308 FAX 03-5744-1558

A storm water infiltration facility gathers rainwater from gutters and lets it soak into the soil underground.

# Key points of evacuating from storms and floods

Heavy rain and typhoons are different from earthquakes in that it is possible to predict when they will approach and how big they are in advance to a certain degree. Use the hazard map or other means to regularly confirm the kind of disaster risk heavy rain and typhoons pose to your home, school, place of work and other parts of your living environment, and make preparations in advance so that you can take action to evacuate at an early stage when heavy rain, a typhoon or a similar phenomenon actually approaches.

## Preparations to regularly make in advance

### 1 Verify assumed damage around your home in advance

Check the Ota City Hazard Map (Wind and Flood Disaster Edition) in advance to see if the area in the vicinity of your home is included in assumed inundation areas, sediment disaster (emergency) warning areas or other such areas, as well as how long inundation will continue for.

### 2 Secure evacuation sites and routes in advance

Emergency Evacuation Sites at Times of Flood as designated by the Ota City constitute locations for residents, particularly "people who require assistance in evacuating" due to having difficulties evacuating on their own, to temporarily evacuate to. For that reason, as a general rule, those residents must secure evacuation sites and routes on their own in advance. Please set locations such as the home of a relative or acquaintance who lives in a safe area as your evacuation site. Additionally, in instances involving heavy rainfall, locations that can normally be traversed safely may be closed to traffic. For that reason, it is recommended that you make sure to secure multiple evacuation sites and routes.

### Be careful of submerged underpasses

Due to being lower than the ground, underpasses carry the risk of collecting vast amounts of rainwater. When unsuspecting cars enter underpasses without realizing that they are submerged and get stuck in the depth of the water, their engine stops and their doors and windows no longer open due to the water pressure and electrical system failure. This potentially leaves the driver without the ability to escape the vehicle.

"Submergence signs" are placed at the entrance of underpasses. During heavy rain, please take note of those signs and avoid danger by taking a detour or otherwise avoiding those underpasses.



### 3 Ready emergency materials and emergency stockpiles in advance

Prepare an emergency stockpile in advance that consists of enough food and goods to enable you to live for at least three days. (See No. 4)

It is also advisable for you to gather together emergency materials in the form of the bare minimum necessities, place them in a backpack or similar bag and leave them close to the entranceway of your house so that you can take them with you immediately upon evacuating.

## When a typhoon or heavy rain approaches

### 1 Gather information

At a stage prior to evacuation, using No. 14 as a reference, make sure to gather information such as the path of the typhoon, the amount of rainfall near your home, and water levels in nearby rivers.

### 2 Change into clothes that are easy to evacuate in

Use a backpack for your bag so that both of your hands are freed up. Sneakers that are easy to move about in are recommend over rainboots for shoes to wear.

### 3 Conduct a final check of items to bring with you upon evacuating

Supplement anything that is missing or that you do not have enough of in advance.

## Evacuate on your own even if no evacuation information has been issued.

### Evacuation timing

- 1 When it is still light outside
- 2 When public transportation is still available
- 3 Before the wind starts to intensify
- 4 When you discover that something is wrong

#### \*Take note of the following:

- 1 Signs of landslides near steep slopes (precipices)
- 2 Rising water levels near rivers



## When evacuation information is issued

### Alert Level 3

Begin your evacuation starting with people who require time to evacuate (elderly individuals, disabled persons, small children, etc.) and people who are helping them.

### Alert Level 4

Promptly evacuate to your evacuation site. If relocating to a public evacuation point appears to be dangerous, evacuate to a safe location nearby or a safer location within your home instead.

Evacuate all members

### Evacuation complete

### Evacuation to outside of building [General rule]

- When there is risk that the building will topple due to a landslide
- When inundation will become deep or persist for a prolonged period
- When there a risk of a river overflowing

leave and go elsewhere



### Vertical evacuation (Exception)

In the event that people are left behind or the levees around the Tama River break, people should evacuate to the second or higher floor of their home or a nearby sturdy building.



**In Ota City**  
**Ota City Hazard Map (Wind and Flood Disaster Edition)**  
 Disaster Preparation and Crisis Management Division  
 ☎5744-1236 FAX 5744-1519

The Ota City Hazard Map (Wind and Flood Disaster Edition) contains information on the following three types of assumed flooding in the city in cases involving the largest amount of conceivable rainfall: the overflow of the Tama River, damage from high tides, and the overflow of small- and medium-sized rivers. Please use the map to deepen your understanding of disasters and help you devise actions for evacuation to protect the lives of yourself and your family.



# Create a "My Timeline"

# Other wind and flood disaster (lightning, tornadoes and hail)

## What is a "My Timeline?"

A "My Timeline" is a self-tailored action plan for evacuation that organizes advance preparations and actions directed at wind and flood disaster resulting from the likes of typhoons and heavy rain in chronological order. By deciding in advance "who" will perform "what" and "when" they will perform it in accordance with your own individual family makeup and living environment, you can expect to be able to take calm action to evacuate when the danger of a disaster looms. In past examples of large-scale flood damage, numerous precious lives were lost due to people being left behind at home as a result of delays in actions for evacuation. Make it a point to put together a "My Timeline" in order to take such actions as early as possible.

## Steps in examining a "My Timeline"

### Step 1

**Familiarize yourselves with the risk of flood damage in the area in which you and your family reside.**

- Familiarize yourselves with the risk of flood damage (using the Ota City Hazard Map (Storm & Flood Damage Ver.).
- Familiarize yourselves with past floods (using an inundation record map).
- Familiarize yourselves with the characteristics of the topography of the area.



**! You will be able to recognize the risk present**

- Your house will be inundated.
- It's far to the evacuation shelter.Etc.

### Step 2

**Familiarize yourselves with data obtained upon floods and with approaches to timelines.**

- Familiarize yourselves with data obtained upon floods and with methods of interpreting that data.
- Familiarize yourselves with approaches to timelines.
- Envision your actions when a flood takes place.



**! You will know when and how to escape**

- What will you bring? ●When and with whom will you escape? ●How should you avoid dangerous locations as you escape?

### Step 3

**Create a "My Timeline."**

- Create your own "My Timeline."



(Image representation)

The ●●'s My Timeline (a sample)		
Time until a disaster occurs (guideline)	Information communicated by government	Main preparations ("My Timeline")
3 days prior	Typhoon forecasts and meteorological information by Tokyo Metropolitan Government on typhoons	●Start researching future typhoons.
2 days prior	Heavy rain and flood advisories	●Ready what you will bring when you evacuate.
1 days prior	Heavy rain and flood warnings	
Half a day prior	Information to call attention to flooding	●Start researching rainfall where you live and rainfall upstream. ●Start researching river water levels.
5 hours prior	Information to provide a warning on flooding (Alert Level 3)	●Change into clothes that are easy to evacuate in.
3 hours prior	Information on potential flood hazards (Alert Level 4)	●Start relocating to a safe place. ●Evacuation complete.
0 hours	Information on flooding (Alert Level 5)	

## ! If you create a "My Timeline" as a community...

**...a broader sphere of communication will result.**

- You can become acquainted with others through sharing your opinions.
- Your connection with your neighbors will become stronger and more substantial.



## Once you've created your "My Timeline" ...

- 1 Prepare yourselves for the occurrence of a disaster by sticking or otherwise keeping your "My Timeline" in a location where your whole family can see it. (Ex.) At the entranceway or on the refrigerator
- 2 Review your "My Timeline" over and over based on changes in your environment (family makeup, living environment, etc.) and yearly disasters.
- 3 Note that your "My Timeline" simply represents guidelines for actions to take. When a disaster occurs, gather information frequently and take action as the situation demands it.

\*Materials on creating a "My Timeline" can be downloaded from the Ota City website.

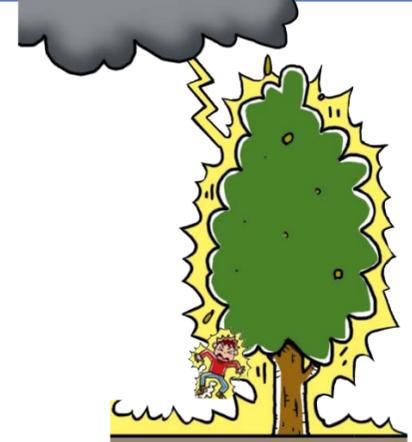
## Protecting yourself from lightning

### ① When indoors...

- Keep a distance of 1m or more from lights, TVs, and all other electrical equipment.
- Do not touch water. Stop washing dishes, cooking, taking a bath, etc.
- Unplug any unnecessary electrical appliances.

### ② When outdoors...

- If lightning is predicted, take shelter immediately by entering a building or a vehicle.
- Don't ever take shelter under tall trees or tree trunks, as this is very dangerous.



**Telltale signs of an imminent landslide** ●Muddy water, strange noises, pebbles and small rocks falling, etc.

## When a tornado is approaching

### ① When indoors...

- Shut curtains and windows (including storm shutters)
- Move toward the center of the house to a room with no windows.
- Move to the lowest floor or basement of the building.
- Climb under a sturdy table to protect yourself



### ② When outdoors...

- Evacuate into the closest sturdy building, watching out for glass and other shattered material.
- If there are no sturdy buildings nearby, take cover behind a sturdy structure.



**Warning signs** ●Suddenly dark sky ●Large raindrops and hail  
●Funnel-shaped clouds  
●Loud sound similar to a jet airplane

## \*Watch out for hail!

Cumulonimbus clouds (storm clouds) may also produce hail, in addition to lightning and tornadoes. Lumps of hail can be very dangerous. Evacuate immediately into a safe building or vehicle.



# Gather information on disaster prevention

## Gathering information from Ota City (Universal for earthquake, wind and flood disaster)

Ota City website <https://www.city.ota.tokyo.jp/honnyaku/index.html>



**Disaster prevention and crime prevention**

The website also provides information on support activities conducted in each region when a disaster occurs. The below and other information is also available under "Disaster prevention and crime prevention."



List of sandbag storage sites



Rain gauges (rainfall measurements from 6 locations in Ota City)



Flood safety cameras (video feed of water levels at Nomikawa River, etc.)



The latest footage from river cameras is displayed.

Download disaster prevention pamphlets

Ota City website  
Top-left side of the main page

Emergency information

> [Emergency information list](#)

Disaster

> [Disaster & Crime prevention](#)

> [Night and medical care on holidays](#)

## Safety & security E-mail notification service for residents

Disaster prevention information, meteorological information, earthquake information, flood control information and the content of broadcasts over government radio for disaster prevention are sent to pre-registered email addresses.

How to register

Send a blank email to the following email address or use this QR code:

[kumin-en@anzen.city.ota.tokyo.jp](mailto:kumin-en@anzen.city.ota.tokyo.jp)



## Ota City Twitter

Disaster information for Ota City will be posted here. Type "大田区" in the search bar to find it.

[account:@city\\_ota](https://twitter.com/account:@city_ota)



## Government radio for disaster prevention

Broadcast towers for government radio for disaster prevention are placed in approx. 250 locations in Ota City as a means of communicating disaster information to city residents. The content of those radio broadcasts can be verified using your home phone or another phone directly after broadcasts by dialing the "telephone answering service for government radio for disaster prevention." Please contact the below number if you were unable to hear the original radio broadcast or in other such cases.

**TEL: 0180-993-993 (Toll call)**

## Gathering information from related agencies (Wind and flood disaster)

### How to gather meteorological information

#### Japan Meteorological Agency (JMA) website

<https://www.jma.go.jp/jma/indexe.html>

Verify information such as updated meteorological data and future trends.



Weather Warnings/Advisories

<https://www.data.jma.go.jp/multi/index.html?lang=en>

High-resolution Precipitation Nowcasts

<https://www.jma.go.jp/en/highresorad/>

Real-time Flood Risk Map

<https://www.jma.go.jp/en/suigaimesh/flood.html>

Real-time Landslide Risk Map

<https://www.jma.go.jp/en/doshamesh/>

#### Digital broadcasts

Press the "d button" to see digital broadcasts of weather forecasts and information on disaster prevention.

You can verify the announcement status of information on areas such as rain and warnings and evacuation information issued by the Ota City in the form of written data.

When using a TV

Press the "d button" on your remote control to display the data broadcast screen.



When using a mobile phone or other device

If you can access "1seg" (terrestrial digital broadcasting service for mobile devices), holding the screen vertically will cause written data to be displayed.



### How to gather information on rivers, etc.

Perform a search using the Internet and access the relevant websites.

Flood damage

Water levels, rainfall, flood forecasts and live footage pertaining to Tama River

MLIT [川防English]

Water level data and rainfall graph pertaining to Nomi River

Tokyo Metropolitan - Flood Control Information System

Real-time Risk Map (Flood)

Real-time Flood Risk Map

Sediment disasters

Regarding the designation of sediment disaster (emergency) warning areas  
Verify growth in danger levels of sediment damage

Ota City website  
Real-time Landslide Risk Map (JMA)  
Landslide Alert Information (JMA)

## Join community disaster prevention activities

When a major disaster occurs, there is no guarantee that even firefighters, police and other such entities can respond right away. Community forces centered on "citizens' disaster prevention organizations" and "school activities for disaster prevention" are what step up to the challenge in order to "do what they can to protect their own town or city." Cooperate with fellow members of your community and help each other out.

### Activities by citizens' disaster prevention organizations

Citizens' disaster prevention organizations are formed with local governments and town council as their parent organizations. They engage in the below activities when a disaster occurs.

- Firefighting activities using portable fire pumps and standpipes
- Safety check-ups and assistance for those with special needs (elderly and disabled)※see below
- Rescue and aid activities
- Operation of evacuation centers (hubs for school-based disaster prevention activities)※see below
- Information-gathering and propagation



\* On regular days, these organizations perform activities like disaster prevention drills. Non-Japanese people should also participate actively in drills and post-disaster activities!

### Activities at centers for school activities for disaster prevention

When a disaster occurs, centers for school activities for disaster prevention are opened in evacuation shelters. Through cooperation and operation predominantly by its headquarters but also by various members of the community that include schools and citizens' organizations for disaster prevention, these centers engage in activities that largely consist of: ① Operating evacuation shelters, ② Gathering and communicating information and ③ Patrolling the local area and assisting ongoing residents. During normal times, the centers conduct meetings at municipal elementary schools and other locations in Ota City. Do not hesitate to attend them!

## To protect people who require consideration from disasters

Areas such as the below are a concern when attending to elderly individuals, individuals, disabled persons and other people who require consideration when an earthquake occurs.

- Those people may have difficulty detecting imminent danger.
- Those people may have difficulty calling for help or communicating what they need help with.
- Those people may have difficulty taking immediate action to protect themselves.

In order to protect such people who require consideration from disaster, while preparations on the part of those people themselves are a must, the kind support of the community as a whole is also needed.

People who require consideration that especially need assistance due to having difficulties evacuating on their own are referred to as "people who require assistance in evacuating."

### Help Card



**Comprehensive Support Center for the Disabled (Support Pia)**

☎5728-9433  
FAX 5728-9437

### Secure your ability to help each other when a disaster actually occurs.

Help Cards can be used to keep track of emergency contact information and details on necessary support. They come in handy when disabled persons ask surrounding people for their understanding with regard to and assistance with one's disability in times of need during a disaster or in other similar instances. Disabled persons and other applicable individuals are therefore advised to fill in their Help Card prior to the occurrence of a disaster and keep it on their person at all times. Additionally, if you see someone with a Help Card who needs help, please assist them in accordance with the details stated on the card.

\*Help Cards are handed out at the counters of the Disabled Residents Welfare Division and the Area Welfare and Services Division at Ota City Hall, the counter of the Comprehensive Support Center for the Disabled, the counter of Ota City Branch Offices, and other locations.

### ●As a person who requires consideration, please:

If you are unable to take sufficient action on your own or even with the help of your family, make a request in advance to nearby residents or a citizens' disaster prevention organization to come verify your safety and provide you with assistance. It is important that you proactively take part in community disaster prevention drills, events and the like and deepen your interaction with members of your community on a regular basis.