

2

Preparing for Earthquakes



1 Expand Your Earthquake Knowledge

2 Prepare for Earthquakes

3 Learn about Community Measures

4 If an Earthquake Strikes

5 Emergency Information

2-1 Evacuation

When you feel a strong tremor

When an Earthquake Strikes, Think Safety First

When an earthquake strikes, act to protect your own life first.

By Location

When you feel a tremor

At home: Protect your head and move away from windows and other glass items and furniture that may shatter or topple.

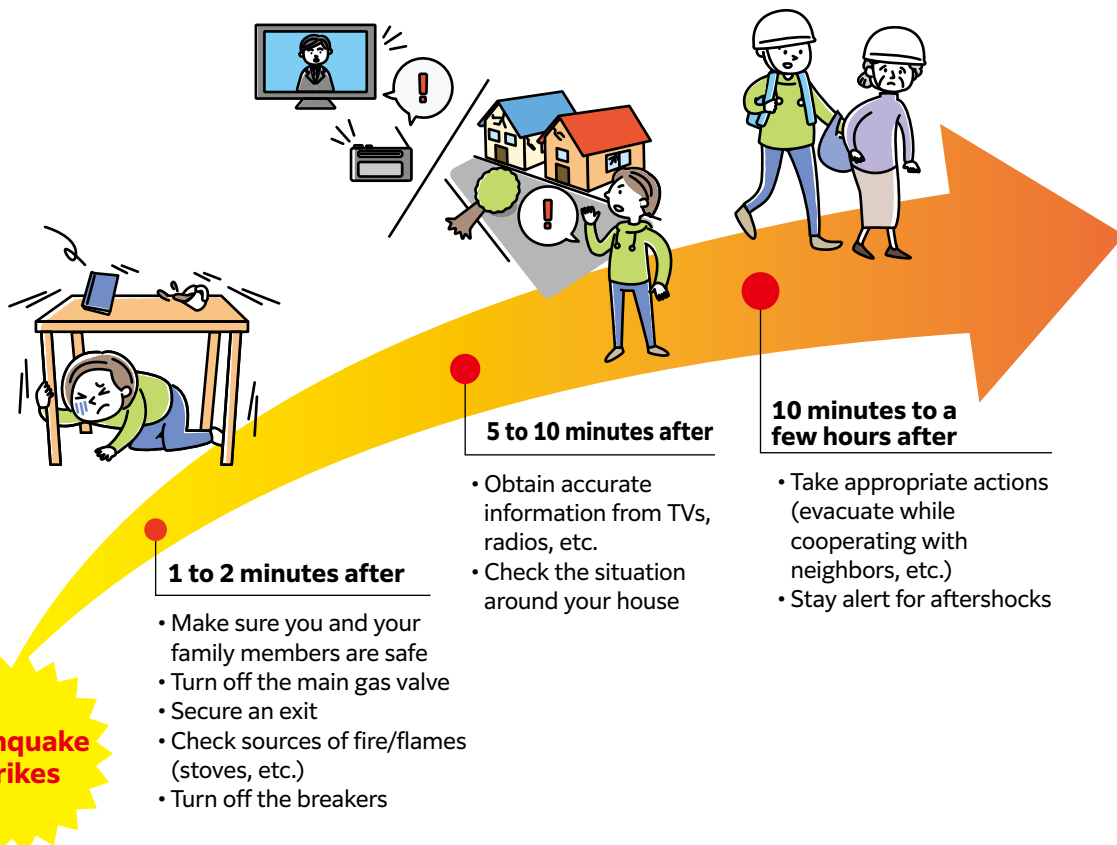
In an elevator: Press all the buttons and get off at the first floor it stops on.

While driving: Stop your vehicle on the left side of the road.

Note: When you get out of your vehicle to evacuate, leave your keys in the vehicle.



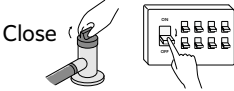
By Duration



Evacuation Procedures

If a large earthquake strikes and there is danger of buildings collapsing or fire spreading nearby, evacuate immediately. To ensure that you can evacuate calmly, please read the following to learn about appropriate evacuation procedures.

Large Earthquake Strikes!

Q Is there any danger of buildings collapsing or fire spreading nearby that would make your home unsafe?	
Yes	No
Evacuate to a temporary gathering place Once there, share any information about the situation with others so you are prepared to act.	Remain at home Monitor the situation carefully and stay alert for any new danger, such as aftershocks and spreading fires.
 Close Note: When leaving your home, first turn off gas valves and electric breakers. Only bring necessary items such as emergency supplies when evacuating.	
Q Is the fire spreading toward your home or a local temporary gathering place?	
Yes	No
Evacuate to an evacuation site Stay at the evacuation site until the dangers of fire is gone. (Excluding safe districts)	Stay at home or a temporary gathering place
Q Is there damage to your home, making it impossible to stay there?	
Yes	No
Evacuate to a designated shelter.	Stay at home

Temporary gathering places

These locations are safe places to monitor the disaster from, and to use as a gathering place before going to an evacuation site. Parks and schools are often used as such places.



Evacuation site

These locations are safe to evacuate to when a fire is spreading. Large parks and other locations with minimal risk of fire spreading are typically designated as such places.



Designated shelters

These are locations where evacuees who cannot return home can live temporarily. Municipal elementary and junior high schools are often used for this purpose.



Safe districts (Kinshicho district)

These are areas where widespread evacuation is unnecessary, since the risk of fire spreading is low due to advanced fireproofing practices in the community.

Note: Please see the inserted disaster preparedness map for more information about the locations of evacuation sites and the like.

2-2 Preparations in Your Home

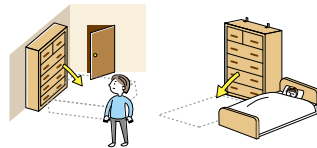
What you can do today!

To prepare for a large earthquake, think about where the safest place in your home is. Please read the following to learn how to make your home safer.

Examples of Household Preparations

☒ Review your floor plan

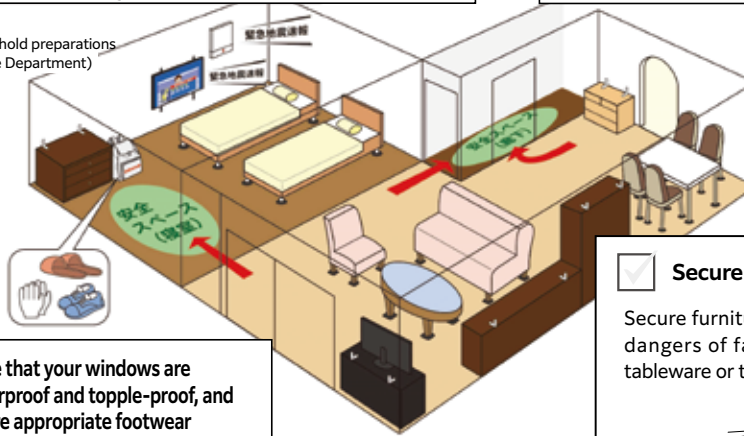
Avoid positioning furniture and the like in places that will be dangerous if it topples, such as in your bedroom, or where it could block your path.



☒ Securing safe spaces

Remove furniture and unnecessary objects to make a **safe space**—an area with minimal danger of things falling, toppling or shifting—in your home.

Examples of household preparations
(Source: Tokyo Fire Department)



☒ Ensure that your windows are shatterproof and topple-proof, and prepare appropriate footwear

To prevent injuries from broken glass, take measures such as applying shatterproof film to windows. It is also a good idea to prepare footwear for indoor use such as sneakers to avoid stepping on broken glass with bare feet.



☒ Confirm contact methods

Decide with your family how to contact each other, choose gathering places, and share other information necessary when an earthquake strikes.

☒ Secure furniture

Secure furniture to minimize the dangers of falling drawers and tableware or toppling cabinets.



It is also essential to check around your home for things that may become hazards if an earthquake hits.

Below are some of the things you should look out for.

Inspections around Your Home

☒ Inspect the building where you live

Thoroughly inspect the building for cracks in the exterior walls and damage to the roof and windows to determine whether it is safe to remain at home if an earthquake occurs.



☒ Be careful of block walls

Block walls may collapse when an earthquake strikes, and you may become trapped under them. Stay away from the block walls or buildings around your house that may be dangerous when you evacuate.

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2-3 Actions to Take If You Are Not Home

What Is a “Stranded Person”?

Many people come to Sumida City every day from outside the city for work, school, shopping, sightseeing and the like. If a major earthquake stops public transportation such as trains and buses, many people will be unable to get home from the affected areas. These people are referred to as “stranded persons.”



Do Not Try to Return Home Right Away When a Disaster Strikes

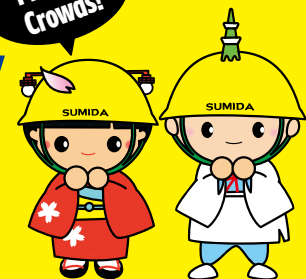
If many people rush to return home at the same time, certain locations will become crowded. That can increase the risks of crowd crushes and increase casualties if fires spread or objects fall. It will also hinder rescue and first aid, firefighting, the transportation of relief supplies, and other emergency response activities. The Tokyo Metropolitan Government has therefore enacted an ordinance on measures to avoid crowds of stranded persons.



Tokyo Metropolitan Government
Stranded persons crowd
suppression

When an Earthquake Strikes,
STAY for SAFETY
“Staying” Will Keep You Safe

Prevent
Crowds!



If everyone rushes to return home at once...

- ✗ It will block ambulances and fire engines!
- ✗ Aftershocks and congestion can lead to more casualties!

To protect your loved ones and yourself,
stay at your
workplace, school,
temporary shelters
or anyplace you are if it is safe.



Slows the emergency response!



Increases casualties in a secondary disaster!


Essential items for at-home evacuation!

2-4 Stockpile

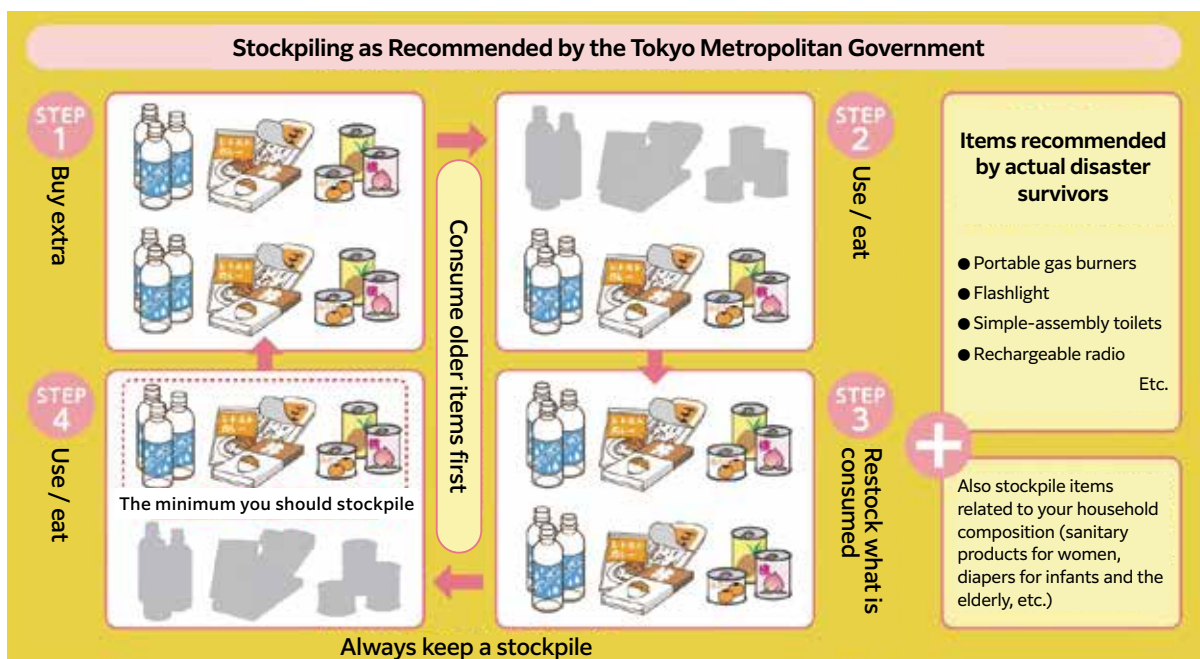
As preparation for earthquakes, you need to stockpile at least three (and preferably seven) days' worth of supplies. Be aware of items that you will need and be sure to check your stockpiles regularly.

◆ Example of daily necessities to stock

Daily necessities	
<input type="checkbox"/> Food	<input type="checkbox"/> Drinking water
<input type="checkbox"/> Medical supplies	<input type="checkbox"/> Medicines
<input type="checkbox"/> Medication book	<input type="checkbox"/> Masks
<input type="checkbox"/> Plastic wrap	<input type="checkbox"/> Alcohol wipes
<input type="checkbox"/> Simple-assembly toilet sets	<input type="checkbox"/> Radio
<input type="checkbox"/> Battery charger	<input type="checkbox"/> Flashlight
<input type="checkbox"/> Garbage bags	<input type="checkbox"/> Toothbrushes
Women: <input type="checkbox"/> Sanitary napkins	
Infants: <input type="checkbox"/> Disposable diapers <input type="checkbox"/> Baby formula	
Elderly: <input type="checkbox"/> Necessary medication	
Pets: <input type="checkbox"/> Pet food <input type="checkbox"/> Pet litter sheets	
Write down anything else you may need	
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>



One method of stockpiling is to buy more of what you normally use and restock it when you consume it. This is called the “rolling stock” method. It is effective because you are stockpiling foods that you are accustomed to eating on a regular basis.



Source: Tokyo Disaster Prevention Information website

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While you may be able to function without food for a while, you cannot stop yourself from needing to go to the bathroom, so be sure to stockpile at least five disposable toilets per person per day in case of a disaster.



What Are Disposable Toilets?

Below are the two main types of disposable toilets available.

Emergency toilet	Simple-assembly toilets
	
Bag-type toilet (urine bag) that is placed in the toilet bowl of your home	A simple movable toilet seat that can be used if your toilet is unavailable

What Happens to Toilets during a Disaster?

You may not be able to use toilets because...

- Pumps cannot deliver water if the disaster causes power outages
- Toilets cannot be flushed if water lines are broken due to an earthquake

Stockpiling toilets is also vital!



◆ Example of items in an emergency supply bag

Emergency Supply Bag

Prepare a bag with necessary items.

- ☐ Emergency food
 ☐ Drinking water
 ☐ Towel
 ☐ Clothes
 ☐ Tissue
 ☐ Medicine
☐ Valuables (wallet, personal seal, etc.)
☐ Cellphone/smartphone
☐ Battery charger, batteries
☐ Toothbrush
☐ Eyeglasses

Women: ☐ Sanitary napkins

Infants: ☐ Disposable diapers ☐ Baby formula

Elderly: ☐ Necessary medication

Pets: ☐ Leash ☐ Cage ☐ Pet food

Write down anything else you may need

☐
☐
☐


The Difference between Stockpiling and an Emergency Supply Bag

A stockpile is what you will be using to live at home until lifelines are restored.

An emergency supply bag is what you will bring with you if you must evacuate from your home quickly. Review its contents regularly and place your bag in a location that is easy to get to so that you can bring it along in any emergency. A backpack is recommended, since you may need to keep both hands free.

2-5 Fire Safety Preparations

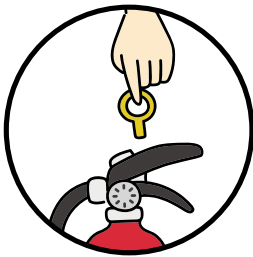
Taking measures to prevent fires from spreading in your home is also essential to reduce risks when an earthquake strikes.

◆ How to use fire extinguishers

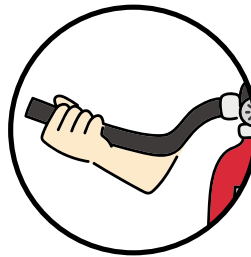
Fire extinguishers are a key tool for initial firefighting activities, and can reduce casualties due to fires caused by earthquakes.



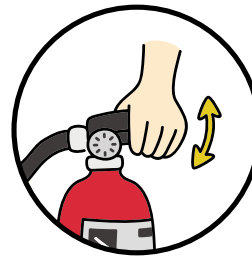
❶ Remove the pin



❷ Point the hose toward the source of the fire



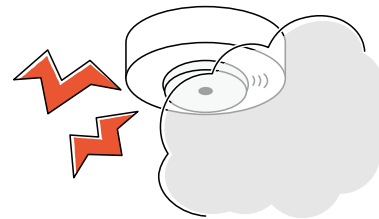
❸ Squeeze the lever



◆ Household fire alarms

Fire alarms automatically sound an alert when smoke and/or heat are detected, reducing damage from fires.

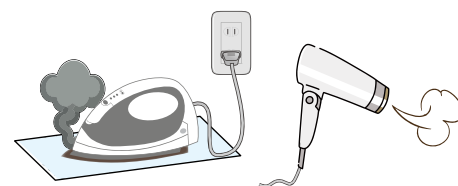
These alarms should be replaced approximately every ten years. Inspect them regularly.



◆ Beware of electrical fires

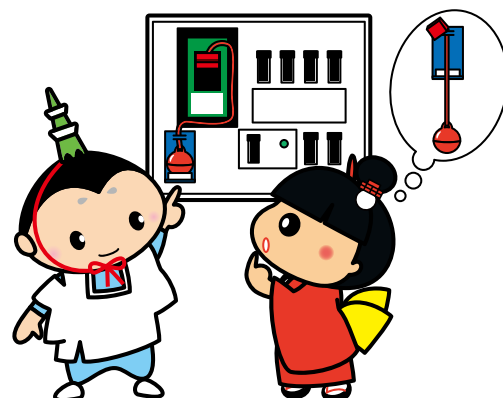
When the power is restored to your home and electricity is again available, wet electric appliances or other factors may cause electrical fires. Be sure to turn off your circuit breakers before evacuating your home to prevent such fires.

Example: A fire breaks out because combustible objects are in contact with electric heaters, irons or the like that were left on when the residents evacuated.



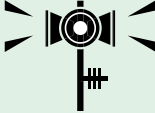








◆ Seismic breaker






This device automatically shuts off the flow of electricity from breakers, outlets and the like when it detects a tremor above a set value. Seismic breakers are useful for preventing electrical fires.



2-6 Gathering Information

Various methods are used to disseminate information during a disaster. Please read the following to confirm how you can gather information during an emergency.

<p>Disaster Prevention Radio Broadcast</p> 	<p>Sumida City broadcasts disaster-related messages from outdoor speakers installed at elementary and junior high schools, parks and the like in the city.</p> <p>For two hours after a broadcast, you can check its content via the phone service (03-5608-6274).</p>		
<p>Sumida Safety and Security Mail</p> 	<p>You can receive emails about disaster information etc., that affects the city via this service. To use this service, please register your email address as follows:</p> <p>Send a blank email to the email address below or scan the QR code below. You will receive an email for registration via the address you registered, so please follow the instructions. You will start receiving disaster-related information and the like once you register.</p> <p>s.sumida-city@raiden2.ktaiwork.jp</p> <div> Sumida Safety and Security Mail  </div>		
<p>Sumida City Official Website</p> 	<p>Sumida Crisis Management X Account</p> 	<p>Sumida Official Facebook Page</p> 	<p>Sumida Official LINE Account</p> 
<p>Sumida Shelter Information System</p>	<p>This system provides live updates of the situation and the capacities of evacuation shelters in Sumida, as well as routes to shelters from your current location.</p> <div> Sumida Shelter Information System  </div>		
<p>TV</p> 	<p>Press the “d” button on your remote while your TV is set to digital terrestrial broadcast.</p>		

Cable TV 	<p>Please turn to Channel 11 on the digital terrestrial broadcast to obtain evacuation information for the city.</p>
Radio 	<p>You can also obtain evacuation information and the like on Rainbow Town FM (88.5MHz). Since you can obtain information from radios even if there is a power outage or Internet connection failure, be sure you have a radio and spare batteries on hand.</p>
Emergency Alert Mail 	<p>This free service sends evacuation information and the like to all cellphones in a target area. While this mail service is unaffected by line congestion, you may not be able to receive the mail depending on communication and/or signal conditions. Please confirm with your cellphone carrier that your cellphone is compatible.</p>
Tokyo Disaster Preparedness App	<p>This app provides fundamental knowledge about disaster preparedness and measures you can take at home in addition to sending out disaster information during an emergency.</p> <div> Tokyo Disaster Preparedness App  </div>
Disaster Emergency Message Service	<p>Communications companies offer the following disaster message services so you can confirm the safety of family and friends, decide where to gather and the like without being affected by line congestion. The service can be used through a landline, cellphone or online.</p> <ul style="list-style-type: none"> • Disaster Emergency Message Dial (171) • Disaster Message Board • Online Disaster Emergency Message Board (web171) <p>For more information, please visit the Ministry of Internal Affairs and Communications website.</p> <div> Disaster Emergency Message Service  </div>

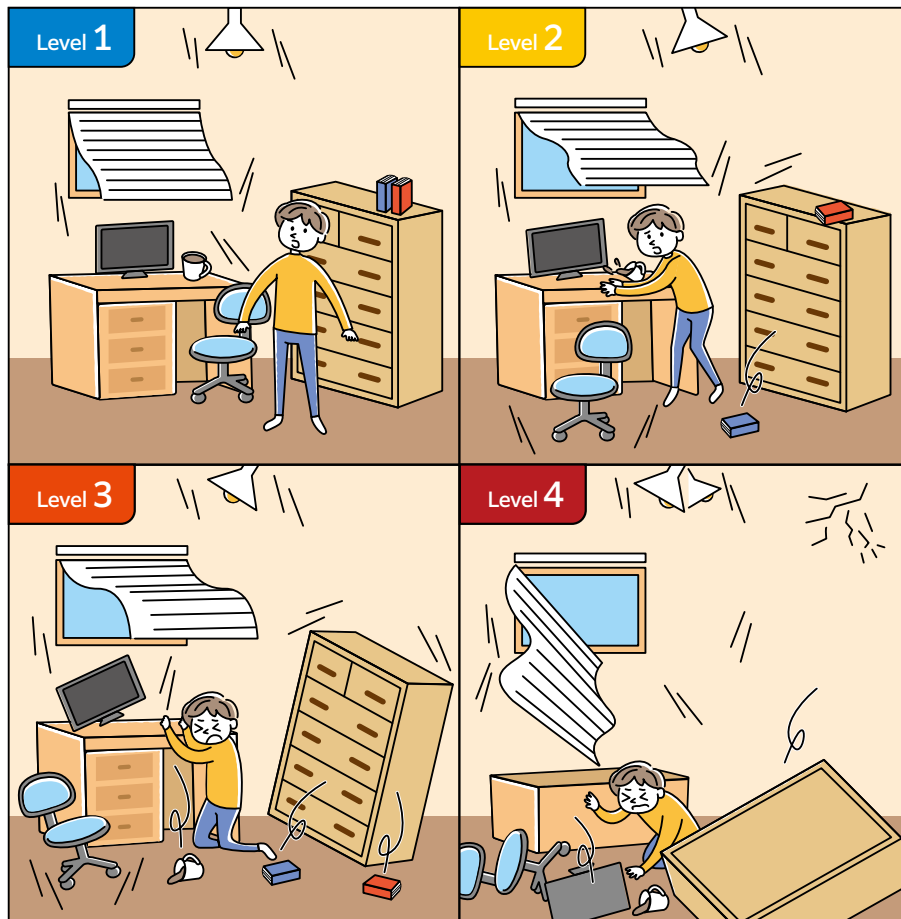
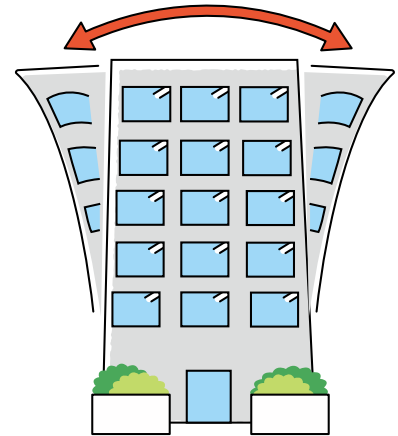


Radio is a highly effective way to communicate if a major disaster such as an earthquake disrupts telephone communications. The city has signed an agreement with the Sumida Amateur Radio Emergency Cooperation Association, an organization of amateur radio enthusiasts, to secure routes in addition to the city's disaster prevention radio broadcast to disseminate information in an emergency.

2-7 Disaster Preparedness in High-Rise Buildings

Long-Period Ground Motion

Long-period ground motion refers to long tremors caused by a large earthquake that take longer to shake once. This can cause high-rise buildings to shake significantly and continuously for a long period of time. A characteristic of long-period ground motion is the distance it travels; there have been cases in which large and long tremors were felt several hundred kilometers away from the epicenter. In apartment buildings and the like, this can cause furniture to topple or shift dangerously.



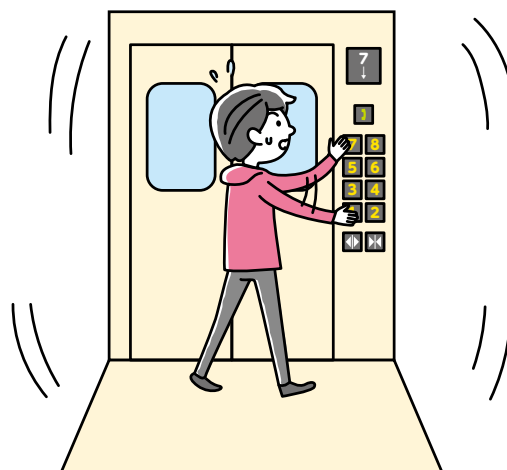
Long-period ground motion level	Human reactions and behavior	Situation in the home
Level 1 (slightly large tremors)	Most people who are indoors will feel the tremors, which will startle some people.	Window blinds and other hanging objects will sway significantly.
Level 2 (large tremors)	Most people will have difficulties doing normal activities, such as difficulty walking without holding on to something.	Dinnerware, books and other objects in cabinets or shelves may fall.
Level 3 (very large tremors)	Standing will become difficult.	Unfixed or unstable furniture may shift and/or topple.
Level 4 (extremely large tremors)	People are unable to stand and cannot move unless they crawl.	Most unfixed furniture will shift or topple.

In an Elevator

When you feel tremors, press all the buttons and get off at the first floor the elevator stops on. Some elevators have a safety function to detect tremors and will automatically stop at the nearest floor.

Prepare for Elevator Stoppage

If elevators stop after a disaster, it is harder to carry food and water to your home. This is especially true for higher floors, so please stockpile supplies on a regular basis.



Time-Controlled Seismic Safety Sensor

Earthquake strikes

Automatically stops at the nearest floor and opens the door

When the elevator detects a tremor, it will automatically stop at the nearest floor and open the doors so that people can evacuate.

Doors close automatically

The doors will close automatically once a certain amount of time passes. The doors can be opened from the inside.

For small tremors

(for models with initial minor tremor sensors)

The elevator will automatically resume operations after a certain amount of time passes if the tremor was small.

For large tremors

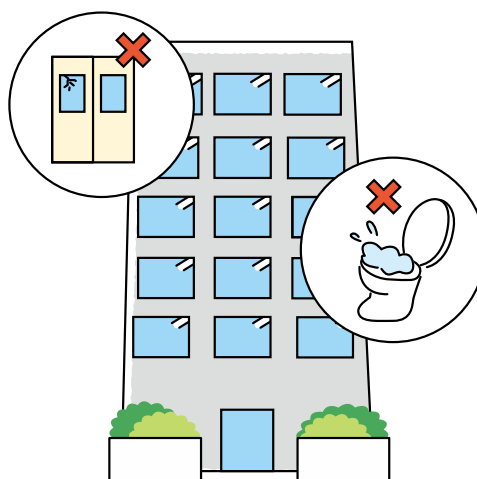
If the elevator detects a large tremor (seismic intensity of 4 or larger), the elevator will not resume operations until a maintenance crew manually restarts it, even if the elevator is not broken.

Issues Unique to High-Rise Buildings

In high-rise buildings, where elevators are indispensable in daily life, restoration efforts may take some time. Residents may need to stay in evacuation shelters for a prolonged period. Prepare your evacuation plan with consideration on this point.

When Disaster Strikes...

- Even if elevators are still moving, avoid using them since they may stop at any time.
- Toilet backup and similar problems may occur due to damaged facilities. Do not flush until you are informed that it is OK to flush water.



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2-8 Disaster Preparations by Businesses

The following are roles and responsibilities that businesses have in community disaster preparedness.

Prepare a Business Continuity Plan (BCP)

A business continuity plan (BCP) is something companies should draft to minimize damage, identify operations that should be prioritized, and determine methods and means to continue those operations. The BCP is crucial to ensuring that a company can resume operations quickly after a disaster, which will also earn it social trust.

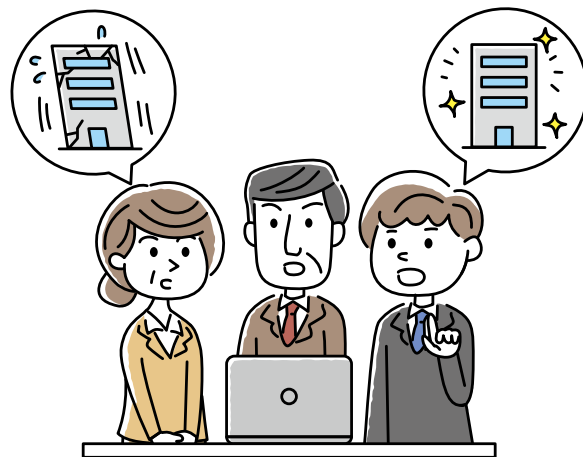
Prepare a Disaster Preparedness Plan

All businesses in Tokyo must prepare a disaster preparedness plan for each office in accordance with the Tokyo Metropolitan Government Ordinance on Earthquake Disasters Countermeasures.

The disaster preparedness plan that businesses in Tokyo create must include the following:

1. A preparedness plan for handling earthquake disasters
2. An action plan to follow when an earthquake disaster occurs
3. A recovery plan for resuming facility operations

These are created according to the table below.

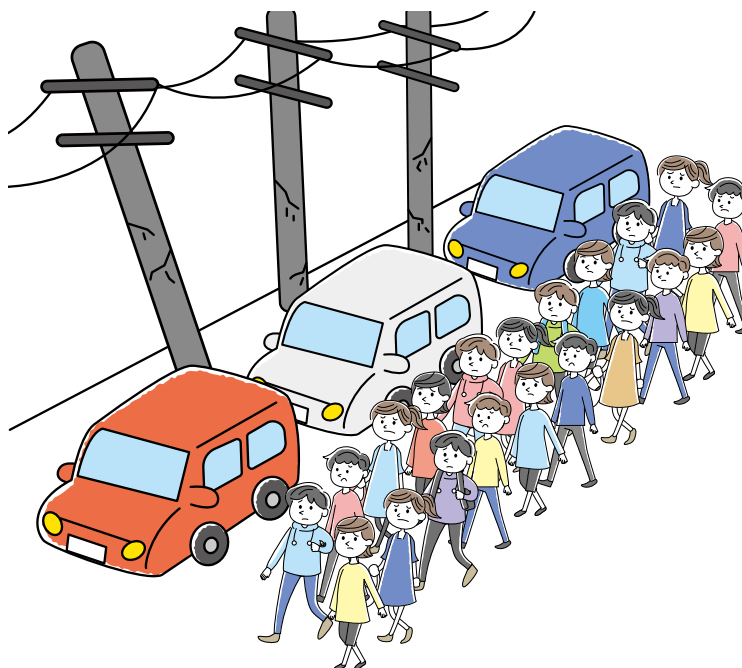


Business type		Disaster preparedness plan creation outline	Notify fire department
General business	Locations where fire prevention (disaster preparedness) managers must be appointed	The disaster preparedness plan is prepared as part of the fire safety (disaster preparedness) management plans.	Required
	Other (small offices)	Each office must prepare its own disaster preparedness plan.	Not required
Businesses that handle hazardous materials	Locations that require fire prevention regulations	The disaster preparedness plan is prepared as part of the fire prevention regulations.	Required
	Locations that do not require fire prevention regulations	Each office must prepare its own disaster preparedness plan.	Not required
Businesses managing facilities that Tokyo's governor designates as essential for disaster preparedness measures (city gas, electricity, railroad, and telecommunications companies)		These designated public corporations each have special items specific to their business type to incorporate into their disaster preparedness plans.	Required

Source: Earthquake Preparations in the Workplace, Tokyo Fire Department Website e-Library

Prevent Employees from Returning Home All at Once

Immediately after a disaster strikes, transportation is typically paralyzed and many people are left stranded at train stations and on the roads. Allowing employees to return home in the midst of great confusion increases the possibility of secondary disasters (e.g., crowd crush or collapsing buildings). It may also hinder emergency response activities. Companies should therefore tell employees to stay in a safe place for at least seventy-two hours after a disaster strikes rather than returning home.



Stockpiles

Companies must stockpile at least three days' worth of food per employee. It is better to have about 10 percent more than the minimum in case visitors are at the office when a disaster strikes.



Temporary Shelters

Some businesses have signed an agreement with the city to have the capacity to accept stranded persons temporarily when a disaster strikes.

Stranded Persons Support Stations

These stations support stranded persons who must walk home. In principle, convenience stores, family restaurants, gas stations and other businesses having agreements with Tokyo Metropolitan Government will provide support (provide tap water, allow the use of bathrooms, provide road information, etc.) starting from the fourth day after the disaster strikes.



Tokyo Metropolitan Government
Support for stranded persons

Some people require extra help!

2-9 Disaster Preparations for Those with Special Needs

Necessary Preparations

When a disaster strikes, it can cause casualties among people who have difficulty evacuating on their own, such as the bedridden, senior citizens at nursing care facilities, and the disabled. The following are items to prepare in advance and other ways to help.

Visually
impaired

White cane, braille board

Supporter

Continue to explain the current situation to the visually-impaired person while leading them.

Hearing
impaired

Hearing aid batteries, writing utensils

Supporter

Simplify your notes when conveying information in writing, and speak slowly and clearly toward those who have difficulty hearing.

Intellectually
disabled

Details of prescribed drugs, information about primary health care provider

Supporter

Interact with them so that they stay calm.

Mentally
disabled

Details of prescribed drugs, information about primary health care provider

Supporter

Interact with them to alleviate their worries.

Physically
disabled

Cane, wheelchair

Supporter

Ask others for help (about three to four people). Push wheelchairs slowly when helping them to evacuate.



Internal
disorders

Regularly used medicine, required medical equipment

Supporter

Support them by sharing their burdens, such as by carrying things for them.

Help Card

The Help Card indicates that you have a disability or disorder and need help during a disaster.

This card is distributed at the Disabled Citizens Welfare Division (Sumida City Office 3F) and at branch offices. You can also download it from the city website.



Help Mark



Sumida
Help Card

Pregnant Women, Babies

The following are examples of how past disasters have affected pregnant women and infants.

Pregnant women

Increased risk of miscarriage and premature birth, increased anxiety about childbirth, decreased breast milk supply, decreased motivation to raise children

Remedies

Monitor your own health carefully.
Keep your body warm as much as possible.

Infants and toddlers

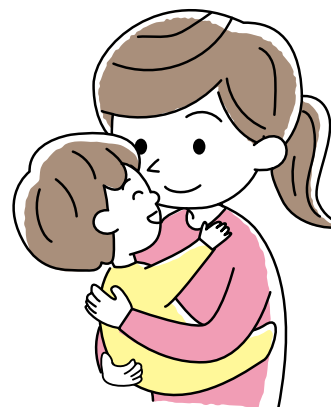
Stop drinking breastmilk or baby formula, increased restlessness, increased emotional outbursts

Remedies

Hug them and listen to them so that they feel safe.



Maternity Mark



Foreign Residents

- Use simple Japanese when communicating with foreign residents that have trouble speaking Japanese.

Example of simpler language

避難しましょう (*hinan shimasho* [We must evacuate])

▶ 逃げましょう (*nigemasho* [We must run away])

- Use machine translators or the like to communicate with foreign residents who do not understand Japanese at all.
- Help them find disaster preparation information in foreign languages.

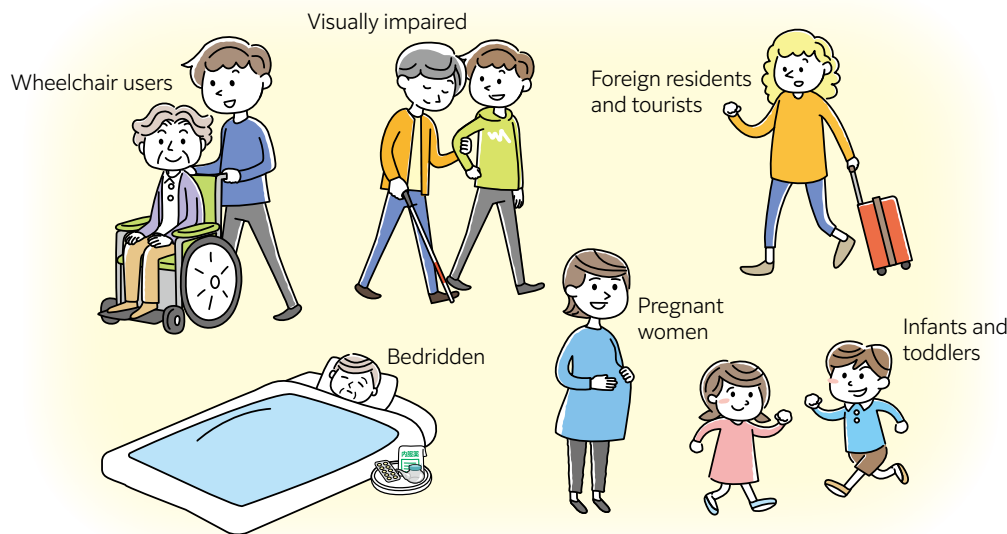


Sumida Multilanguage Disaster
Preparation Information

Residents with Special Needs

◆ Sumida City Evacuation Support Plan for Residents with Special Needs

In recent disasters, many of the victims have been senior citizens, the disabled, and others who had difficulty evacuating quickly. This has made clear the importance of creating a community-wide support system for those with special needs. Sumida City has thus formulated the Evacuation Support Plan for Residents with Special Needs as part of measures to support people requiring special consideration. This plan is designed to facilitate evacuation and life at a shelter for residents requiring special support at each stage of the evacuation process, including preparations before a disaster, evacuation when a disaster occurs, and life after evacuation.

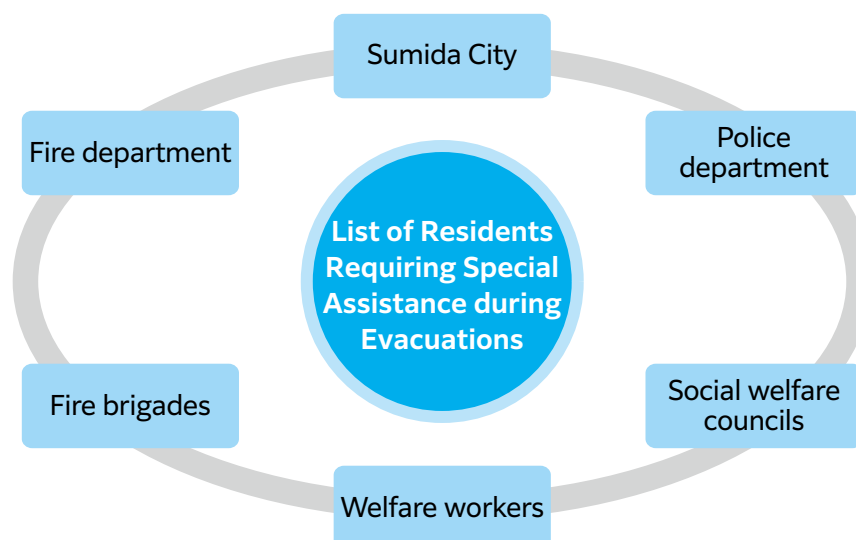


Sumida Evacuation Support Plan
for Residents with Special Needs

Example of those with special needs

◆ List of Residents Requiring Special Assistance during Evacuations

To facilitate its support activities, Sumida City has created the List of Residents Requiring Special Assistance during Evacuations. This lists people who require special assistance among those with special needs. The list is shared with the police, fire department, fire brigades, social welfare councils and welfare workers that the city has agreements with. It is also used to conduct disaster preparations and confirm resident safety if a disaster occurs.



2-10 Preparation for Pets

Pets are family too!

Evacuating with Pets

- Sumida City allows you to bring your pet to an evacuation shelter. In considerations of those with animal allergies, however, you cannot keep your pet in the area designated for humans. A space dedicated to pets will be set up within the shelter.
- If you are bringing your pet to an evacuation shelter, you must also bring necessary items such as cages, leashes and pet food.

Note: Guide dogs, hearing dogs, and other assistance dogs will be allowed to live in the same space as their owners.

Making Preparations

- Make sure your pet is trained and monitor its health regularly.
- Have your pets vaccinated against fleas and mites.
- Since June 1, 2022, dogs and cats sold in Japan must be fitted with a microchip. Although this is not mandatory for those who owned their pets prior to this date, you should consider having your pets microchipped in case you become separated from them.

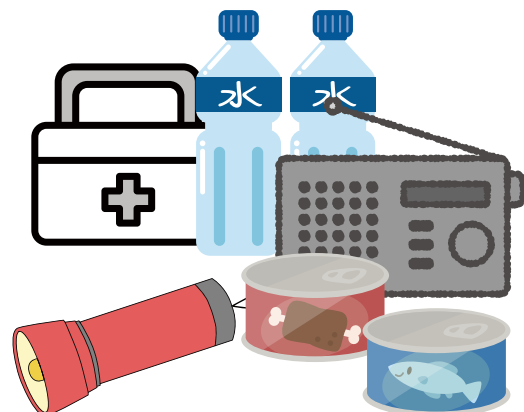
Note: Guide dogs, hearing dogs and other service dogs may stay with their owners.



Emergency supplies for pets

Please use the following list as a guide to prepare emergency supplies that may save your pet's life and health during a disaster. It is also essential to store these supplies in an easily accessible location so they can be picked up quickly.

- ☐ Pet food and water (for at least five days; preferably for seven)
- ☐ Medication, therapeutic food
- ☐ Pet bowls
- ☐ Toilet supplies (pee pads, cat litter, newspaper, etc.)
- ☐ Health records
- ☐ Photo of your pet
- ☐ Collar and leash
- ☐ Cage, carry cases
- ☐ Other necessary items (duct tape, toys, etc.)



1 Expand Your Earthquake Knowledge

2 Prepare for Earthquakes

3 Learn about Community Measures

4 If an Earthquake Strikes

5 Emergency Information