

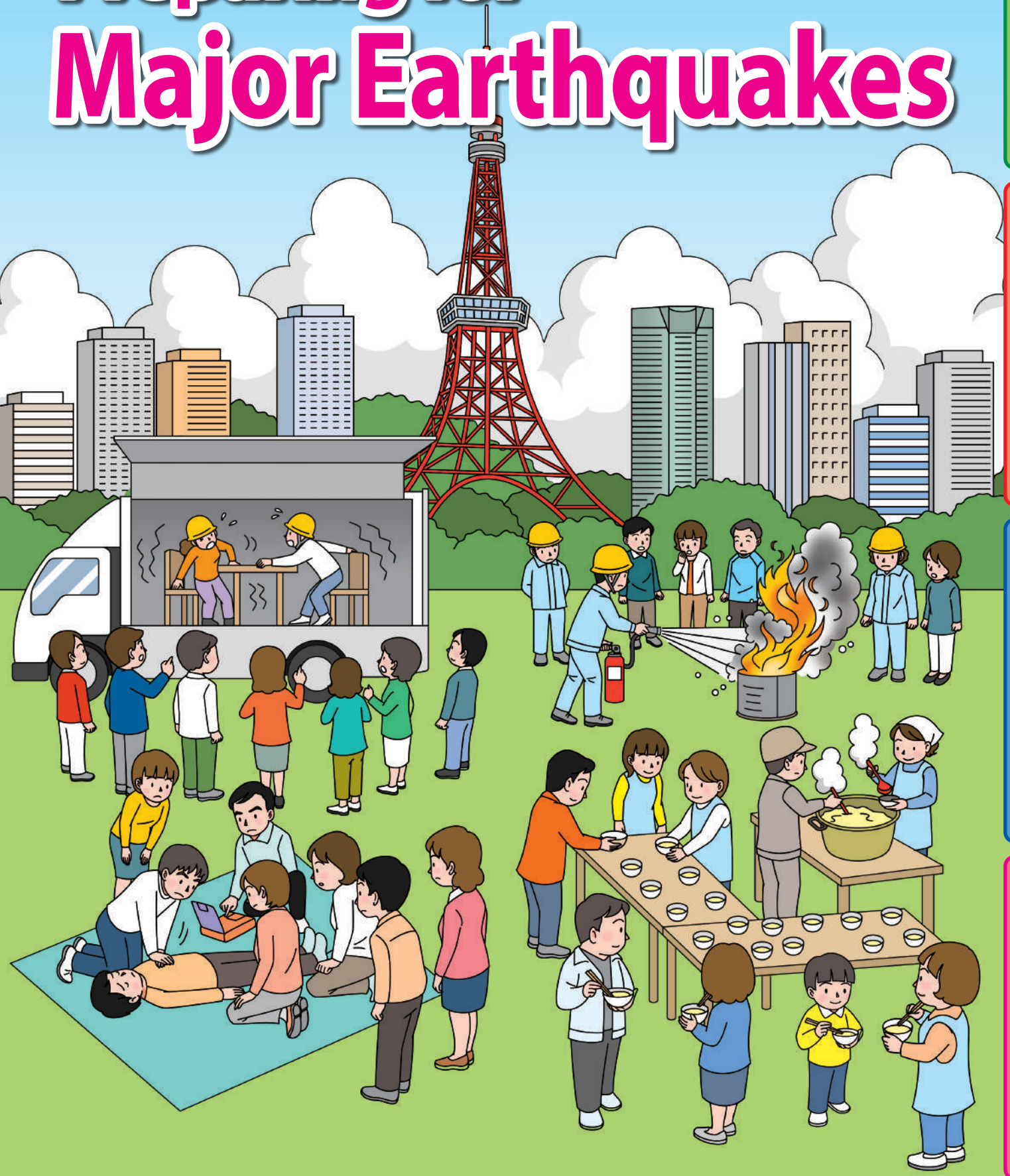
Preparing for Major Earthquakes

Earthquakes

Fires

Storms and Floods

Individual Disaster Prevention



Days Never to be Forgotten P1

- The Great East Japan Earthquake
- The Kumamoto Earthquakes of 2016

Earthquakes

Earthquake facts Japan is one of the most earthquake-prone countries in the world P2

- What to do in an earthquake

Earthquake! What should you do? P4

- Indoors / Outdoors ● Evacuation flow ● During an evacuation

Preparation Part 1 : Making your home safe P6

- Make safety your number-one priority when arranging furniture
- Tips for securing furniture

Preparation Part 2 : Staying safe in a residential complex P8

- Types of damage unique to residential complexes
- What to do in an earthquake
- Important considerations for residential complexes

Preparation Part 3 : Staying safe in a residential complex P10

- Other precautions
- What you can do to continue living in your home even after disaster strikes
- Know your own building
- Minato City is strengthening its support for disaster preparedness in residential complexes

Preparation Part 4 : Earthquake safety at work P12

- Disaster prevention for businesses
- Secure office furniture to prevent it from tipping or falling

Preparing for tsunamis P14

- Important characteristics of tsunamis ● Tips for escaping tsunamis

Fires

Fire prevention P16

- Fire prevention during earthquakes / Three rules for initial-stage fire response
- When to fight fires in an earthquake / These items can be dangerous!

Storms and Floods

Storm and flood facts P18

- Protect yourself from sudden, heavy rainstorms / Know the level of flood danger in your neighborhood

- Familiarize yourself with the many sources of disaster information

- It's dangerous underground!

Getting prepared P20

- Check the area around your home when the weather is clear

- Three types of evacuation notices

Individual Disaster Prevention

Community disaster preparedness P22

- Participate in voluntary disaster prevention organizations

Assisting people with special needs P24

- Everyday assistance ● Assistance during a disaster

- What to do if someone collapses

Start preparing for disasters today! P26

- Keep your emergency stores stocked up
- Keeping items on hand using the "rolling stock" method
- Make preparations according to your family composition
- Emergency kit and emergency stores checklist

Start preparing for disasters today! P28

- Eating in the wake of a disaster
- Oral care at times of disaster
- Simple recipes for use in disasters
- Tips for situations when water services are unavailable

Start preparing for disasters today! P30

- Take a new look at your living space! Have you taken steps to prevent furniture from toppling?
- Minato City provides free subsidies for anti-tipping devices for furniture and other earthquake safety equipment
- Confirm evacuation sites and routes
- Participate in disaster prevention drills

Start preparing for disasters today! P32

- Establish a method for contacting your family during a disaster
- Use all possible means to gather information!
- Registering for Minato City's disaster information e-mail service

- Emergency contact information

- Emergency family contact information Back cover

Days Never to be Forgotten

The Great East Japan Earthquake

At 2:46 p.m. on March 11, 2011, a massive earthquake with a magnitude of 9.0 struck off the Sanriku Coast. It was the largest earthquake ever recorded in Japan, producing energy equivalent to approximately 1,000 times that released by the Great Hanshin Earthquake that struck the Kobe region in 1995.

The earthquake caused intense shaking over a broad area, measuring 7 on the Japan Meteorological Agency's seismic intensity (shindo) scale in Kurihara City in Miyagi Prefecture and 6 Upper in Miyagi, Fukushima, Ibaraki, and Tochigi Prefectures. It also generated a large tsunami that primarily struck the Pacific coast and caused enormous damage, particularly along the coast extending from the Tohoku to Kanto regions. Moreover, liquefaction occurred in landfill areas and other places with loose ground and shallow groundwater levels. Various kinds of damage occurred, as the phenomenon caused ground subsidence, pushed up sewage pipes and manholes, and caused buildings to fall over. In all, some 18,500 people were killed or went missing as a result of the earthquake and tsunami. Of these, more than 90% were killed by the tsunami.



The Kumamoto Earthquakes of 2016

On April 14 and 16, 2016, two earthquakes, each with a seismic intensity of 7, occurred in the Kumamoto region of Kumamoto Prefecture. The Kumamoto Earthquakes were part of a series of earthquakes that attracted considerable attention for the great number of aftershocks, of which 4,596 had a seismic intensity of 1 or greater (as of April 12, 2019).

Fifty people perished in the earthquakes, killed by collapsing houses or other damage. Additionally, as many as 223 people are believed to have died from causes attributable to the disaster. They include those who died from the mental and physical hardship of having to leave their homes and live as evacuees amid the threat posed by repeated aftershocks. Some who were forced to live in their cars had likely died from "economy class syndrome" as the result of poor blood circulation caused by spending long hours in the confined spaces of their cars.

The earthquakes also caused enormous structural damage, as approximately 206,900 buildings were damaged, including some 8,700 that were completely destroyed. Among those damaged were newer buildings that had been built in or after 2000, when Japan's earthquake-resistance standards were strengthened. This demonstrates the frightening power of strong local earthquakes caused by active fault movements.





Earthquake facts

Japan is one of the most earthquake-prone countries in the world

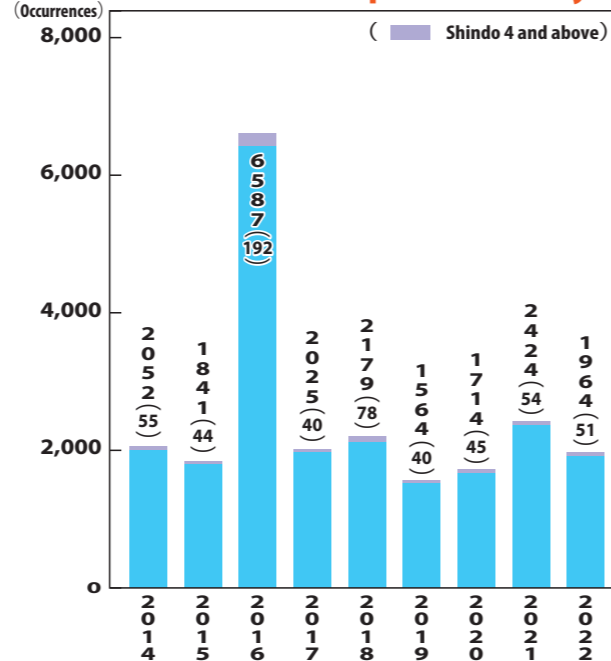
As one of the world's most earthquake-prone countries, Japan has been devastated by earthquakes time and again since long ago. The year 2023 marks 100 years since the Great Kanto Earthquake that struck in 1923. At 11:58 in the morning on September 1, 1923, a quake with an estimated magnitude of 7.9 hit with an epicenter in the northwest of Sagami Bay. A seismic intensity of 6 was felt in Saitama, Chiba, Tokyo, Kanagawa, and Yamanashi prefectures, destroying over 100,000 homes. It also sparked numerous fires that spread extensively. This earthquake became a catalyst for disaster prevention measures, such as naming September 1, the day of the Great Kanto Earthquake, as National Disaster Prevention Day. More recently, Japan was hit by the Great Hanshin-Awaji Earthquake and the Great East Japan Earthquake that caused the most devastation since the end of World War II. Again on April 14 and 16, 2016, the Kumamoto Prefecture area was hit by earthquakes registering an intensity of 7. On September 6, 2018, the Eastern Iburi region of Hokkaido was also hit by an earthquake of intensity of 7, causing a prefecture-wide blackout.

You can see from the chart on the right that Japan has numerous seismic intensity 4 or higher earthquakes a year.



Photos from the Great Kanto Earthquake: Burned ruins in front of Tokyo station, looking towards Nihonbashi (Japan Meteorological Agency website)

Recent earthquake activity



Japan Meteorological Agency, "Shindo Detabesu Kensaku" (shindo database search)

Tremor strength and expected damage from earthquakes

Shindo 0	● Not felt by most people	Shindo 5-lower	● Dishes in cupboards and books on bookshelves may fall ● Windowpanes may shatter occasionally ● Telephone poles sway noticeably
Shindo 1	● Felt only by some people indoors	Shindo 5-upper	● People have difficulty walking unsupported ● Some unsecured furniture may tip over ● It is difficult to drive
Shindo 2	● Felt by most people indoors ● Hanging lights and other fixtures sway slightly	Shindo 6-lower	● Difficult to remain standing ● Wall tiles and windowpanes break and may fall ● Wooden homes that are less earthquake-resistant may collapse
Shindo 3	● Felt by almost all people indoors ● Dishes in cupboards may rattle ● Power lines sway slightly	Shindo 6-upper	● Difficult to move without crawling ● Most unsecured furniture moves and some tips over ● Cracks and gaps open in the walls of even highly earthquake-resistant wooden homes
Shindo 4	● Felt by most people walking ● Hanging items sway considerably, and dishes in cupboards rattle ● Felt by some people in cars	Shindo 7	● People are thrown about by the shaking ● Most furniture moves, and some is tossed in the air ● Even highly earthquake-resistant wooden homes may collapse

What to do in an earthquake

※ If you live in a high-rise apartment building, turn to page 8.



It is difficult to react calmly to a high-magnitude earthquake, but split-second decisions may make the difference between life and death. Remember these steps to act calmly and avoid panicking.

Earthquake

Calm down and protect yourself.

If there is a desk or table nearby, get under it. Move to a location where furniture and other items are unlikely to fall on you.

Extinguish fires if you are able to.

Extinguish gas stoves and shut off gas mains.

1-2 minutes

Check for small fires and put them out immediately.

Check on your family.



3 minutes

Put on your shoes to protect your feet from broken glass and other dangers.

Have your emergency supplies ready.

Watch out for gas and electrical leaks.

Take shelter immediately if your area is prone to tsunamis or landslides.

5 minutes

Check on your neighbors.

Be proactive and check the safety of elderly people who live alone or people with special needs in your neighborhood. If you discover a fire, call out loudly to alert others and work with your neighbors to extinguish it.

Watch out for aftershocks.

Check the radio and other broadcasts for information.



5-10 minutes

Avoid using the telephone as far as possible.

Seek shelter if your home is unsafe or might collapse. Be extremely careful around concrete walls and glass. Do not use your car.

Preventing fire.

Shut off gas mains, shut off circuit breakers, and evacuate.

Firefighting and rescue.

Work with your neighbors to alert the fire department and other emergency responders if your area requires firefighting or rescue services.



10 minutes to several hours

Prepare a stockpile of essential goods.

Do not expect to receive external help in the first three days after the disaster.

Gather information about the disaster and damage.

Listen for official announcements.

Do not enter collapsed homes.

Up to about 3 days

Life in evacuation shelters

Follow the lead of voluntary disaster prevention organizations.

Obey the community rules.

Make an effort to help each other.





Earthquake! What should you do?

Indoors

Apartment buildings/Elevators

- Open a door or window and secure an evacuation exit.
- Do not use elevators for evacuation. Evacuate using the stairs to avoid being caught in fire or smoke.



Department stores and supermarkets

- Protect your head with your bag or other items and move away from the display windows and products. Find shelter near a pillar or wall. Follow the store manager's instructions and remain calm.



At home

- If you feel tremors, hide under a table to protect yourself. If you are unable to take shelter, protect your head with a cushion or other item that is close at hand.



- Once the tremors have subsided, quickly extinguish fires. Do not forget to take care of electrical outlets and gas mains.



- Check on young children, the sick, the elderly, or people with special needs.
- Do not walk around barefoot. You may injure yourself on broken glass or other sharp objects.

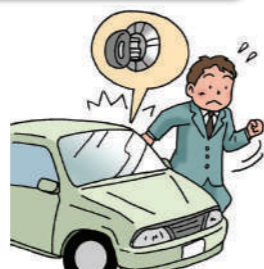
Theaters and assembly halls

- Protect your head with your bag or other items and hide between the seats. Follow the manager's instructions and remain calm.



Driving

- Grip the steering wheel firmly, slowly reduce your speed, and pull over to the left side of the road. Turn off your engine.
- Remain calm and check your surroundings until the tremors subside. Listen to your radio for information.
- If you need to evacuate, leave the key in the ignition and do not lock the door. Take valuables like your vehicle inspection certificate (shakencho) with you and evacuate on foot.



Near the coast

- Evacuate to higher ground and listen carefully for tsunami information. Do not approach the shore until the authorities call off the tsunami warning or advisory.



On a train

- Grab hold of a handrail or hanging strap tightly with both hands.
- Even if the train stops during the earthquake, do not open the emergency hatches or climb out of windows without being instructed to do so.
- Follow the crew's instructions and remain calm.



On the street

- Do not stay in one spot. Use your bag to protect your head from glass, falling signs, and other dangers and evacuate to an open area or park.

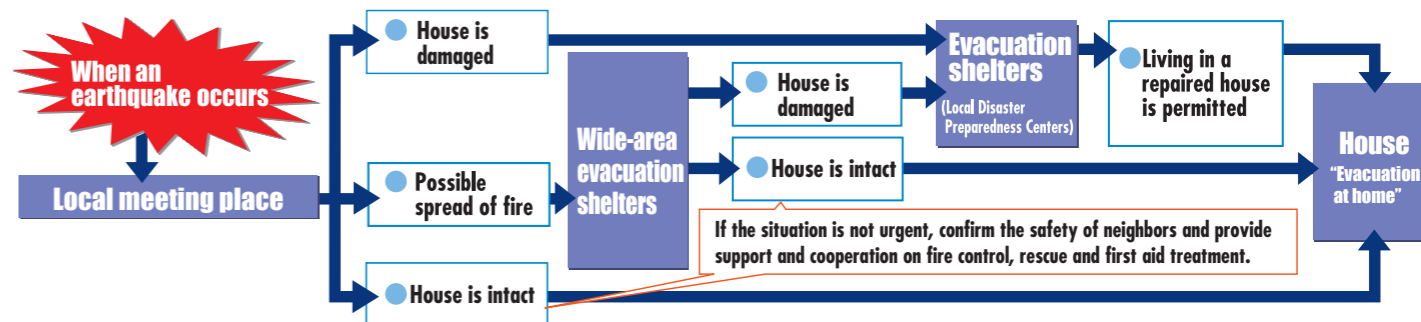


- Stay away from concrete walls, vending machines, and other hazards.
- Be wary of unsteady telephone poles or low-hanging power lines.



- If there is no open area or park nearby, calmly evaluate your surroundings and move to a safe location away from buildings.

Evacuation flow



Evacuation at home

"Evacuation at home" means to stay at home instead of going to an evacuation shelter if a disaster strikes. Staying at home not only lowers the risk of contracting COVID-19 at the evacuation shelter, but it also allows you to remain in a familiar environment without worrying about the stress and loss of privacy that comes with living in an evacuation shelter.

Local meeting place

This is a place where neighbors temporarily gather to confirm one another's safety and receive first aid before going to a wide-area evacuation shelter. An area is established for each neighborhood association. Residents of high-rise building should gather on their own floor or a nearby floor for safety confirmation.

Wide-area evacuation shelter

This is a place for temporary evacuation as a precaution against the danger of spreading fire after an earthquake. Residents will return home once the danger has passed if their homes are undamaged. Residents who can no longer live at home due to damage will go to a residents' evacuation site.

Evacuation shelters

This is a temporary living space for people whose homes have been damaged in a disaster-related collapse or fire. Residents return to their homes once repairs are completed and they can resume their lives there. Evacuation centers also serve as centers for providing supplies not only to evacuees but also to people continuing to live at home, and for disseminating information.

During an evacuation

Ten rules for evacuation

- 1 Before evacuating, double check fire hazards and switch off the circuit breaker to prevent electrical fires.
- 2 Each person should carry a disaster prevention card.
- 3 Protect your head with a helmet or safety hood.
- 4 Carry as little with you as possible.
- 5 Leave a note for absent family members.
- 6 Evacuate on foot. Never travel by car or motorcycle.
- 7 Take children and the elderly firmly by the hand.
- 8 Travel with your neighbors in a group. Go to the agreed-upon meeting place first.
- 9 Avoid narrow roads, walled-in areas, and riverbanks when traveling to evacuation sites.
- 10 Evacuate to your designated evacuation sites.



What to wear during an evacuation

- Give children and the elderly disaster prevention cards.
- Wear clothing made from cotton rather than synthetic materials.
- Wear broken-in shoes with thick soles.
- Protect your head with a helmet or safety hood.
- Wear work gloves.
- Wear long sleeves and long pants.



Evacuation rules

During an evacuation, it is essential that you help one another and follow the rules and systems designed to prevent chaos. It is especially important to prepare an evacuation plan for safely evacuating small children, the elderly, the sick, and people with physical disabilities. Evacuating by car during a disaster will crowd the evacuation site and its surroundings with cars and will actually delay the evacuation process. It will also obstruct relief efforts, so please be considerate of others and leave your vehicle behind.

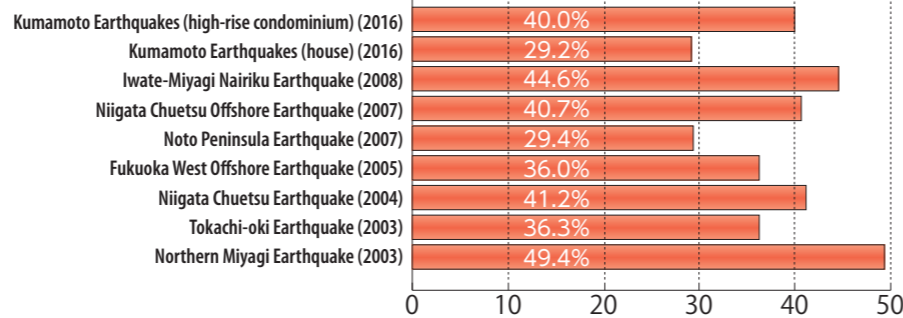
Making your home safe



According to an investigation by the Tokyo Fire Department, 30–50% of injuries sustained during earthquakes in recent years were caused by fallen or tipping furniture. Falling furniture can also block escape routes and impede evacuation during an emergency. Secure large furniture and arrange furniture carefully for a safe home and peace of mind.

Percentage of earthquake-related injuries caused by falling furniture

(Source: Tokyo Fire Department)



Make safety your number-one priority when arranging furniture

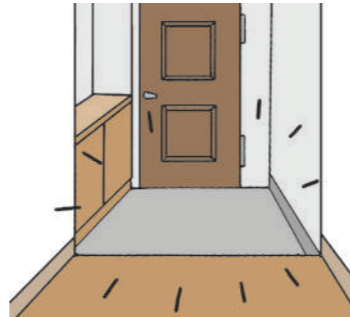
Make your room safe.

Place as little furniture as possible in bedrooms and children's rooms. If you do place furniture in these rooms, make sure that it is secure. Follow the hints below when placing furniture that cannot be secured.



Keep escape routes clear.

Do not place furniture that may tip easily or is likely to fall in the entryway or other passageways that lead to exits.



Store your belongings carefully.

Don't place objects up high. Store light items above and heavy items below to lower the center of gravity. Arrange books on bookshelves so there are no gaps between them.

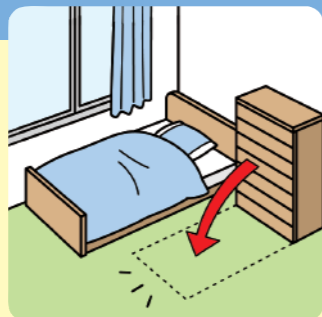


Attach film to windows and glass.

Attach a shatter-resistant film to the glass inside your home. Don't forget the glass on cupboards and picture frames.



What to do if you cannot secure furniture in the bedroom or near an exit



Position furniture so it cannot fall where people sleep.



Position a desk or other object to prevent furniture from falling directly onto sleeping people.

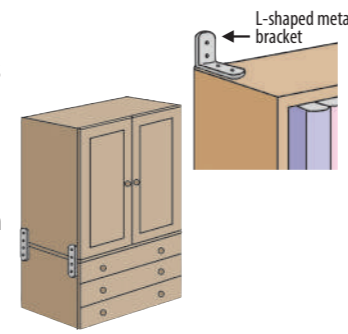


Position furniture so it won't block the exit, even if it falls over.

Tips for securing furniture

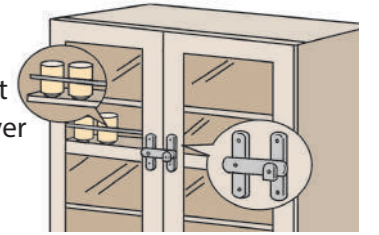
Cabinets and bookshelves

Use L-shaped metal brackets to secure cabinets and bookshelves to support posts, walls, or lintels. Connect the top and bottom of two-part cabinets with metal brackets.



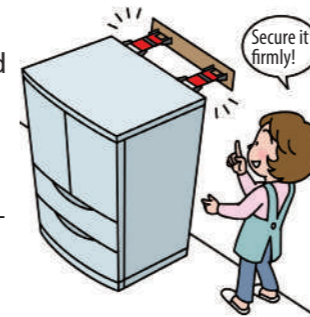
Cupboards

Attach a metal latch to prevent the doors from swinging open. To prevent dishes from flying out, cover shelves with slip-resistant sheets or attach a rail in front of dishes.



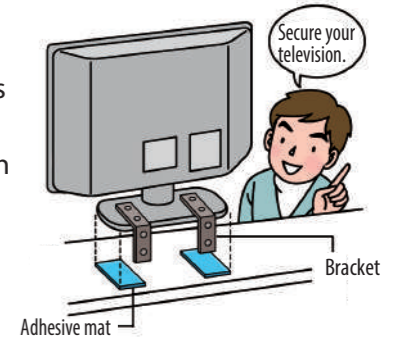
Refrigerators

Attach straps to the knobs on the rear of the refrigerator and secure them to something solid, like a wall stud. In many cases, the manufacturer includes straps with the refrigerator for this purpose. Read the user manual carefully and follow its instructions.



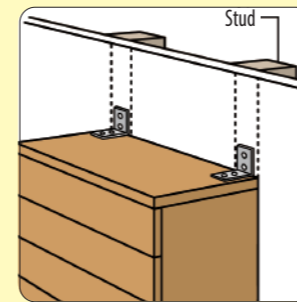
Televisions

Secure televisions to TV stands with the brackets provided by the manufacturer or to a stud with an eye bolt and string. Add adhesive mats to improve the television's resistance to tremors.

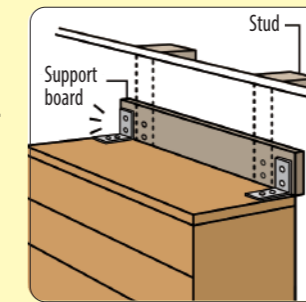


Tips for using anti-tip devices

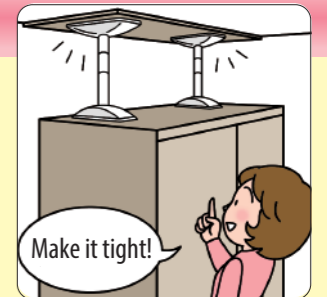
Use a support board, as shown in this example, when the brackets and studs don't line up.



Attach metal brackets to a stud or other wall support for sufficient strength.



If you can't screw into the wall, install an anti-tip device with a tension rod. Wedge a support board between the device and the ceiling and tighten it so the tension with the ceiling secures the furniture.

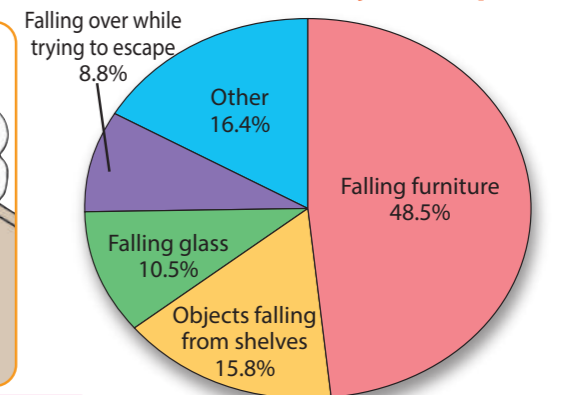


What if your furniture falls over?

Even if the building is undamaged by the earthquake, falling furniture can pin people and injure them or create obstacles that impede escape. Keep furniture from falling or tipping to prevent injuries and ensure a safe escape path.



Causes of injury during the Great Hanshin-Awaji Earthquake



(Source: Kobe Fire Department investigation)

See page 31 for information on support programs offered by Minato City.



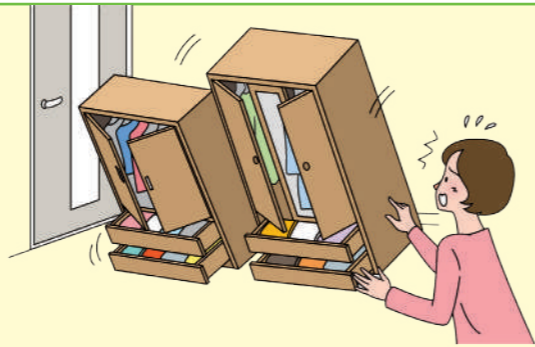
Staying safe in a residential complex

Residential complexes (such as apartment buildings and condominiums) are generally considered to be highly earthquake-resistant. However, their heights can present problems. If you live in an apartment building or condominium, it is important to know the characteristics of your building with respect to disaster preparedness and be ready.

Types of damage unique to residential complexes

Extended periods of ground motion (when in a high-rise residential building)

- Higher floors tend to experience greater swaying when extended periods of ground motion occur during an earthquake. This makes them more susceptible to the following hazards.
 - Furniture tends to move more easily and can cause injury or block escape routes.
 - Furniture can topple over or drawers can fly out.
 - The water in aquariums and water tanks can sway greatly, making it easier for them to tip over.
 - Hanging lights can sway violently and fall.
 - Fire can be caused by the toppling over, falling, or movement of furniture.
 - Escaping from a room may be difficult if its doors and windows cannot be opened as a result of the swaying.



Problems with toilets and garbage

- When plumbing becomes damaged, water stops flowing from taps in the kitchen and toilets become unusable. The inconvenience this causes becomes greater for people living on higher floors. In addition, when emergency portable toilets are used, they can create noxious odors and other sanitation problems in addition to garbage problems.



Elevator stoppage

- When elevators are out of service, residents must rely on the stairs—and the higher up they live, the more difficult it is to get themselves as well as food, water, and other supplies to their homes.



What to do in an earthquake



Apartment buildings and condominiums have excellent earthquake and fire resistance, and there is little chance that they will collapse. If an earthquake strikes, stay calm and make sure that you are safe. Then check the safety of your floor and neighboring floors and stay home if you can.

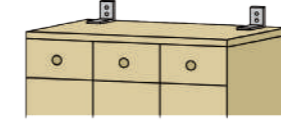
Important considerations for residential complexes

Room safety precautions

Attach a transparent, shatter-resistant film to windows and keep curtains closed.



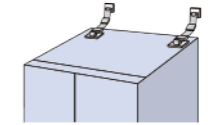
Prevent the toppling and movement of low furniture.



Use low furniture in bedrooms.

When installed, "quake breakers" automatically switch off when they detect swaying of a certain strength or greater.

Fix the refrigerator against the wall with stoppers.



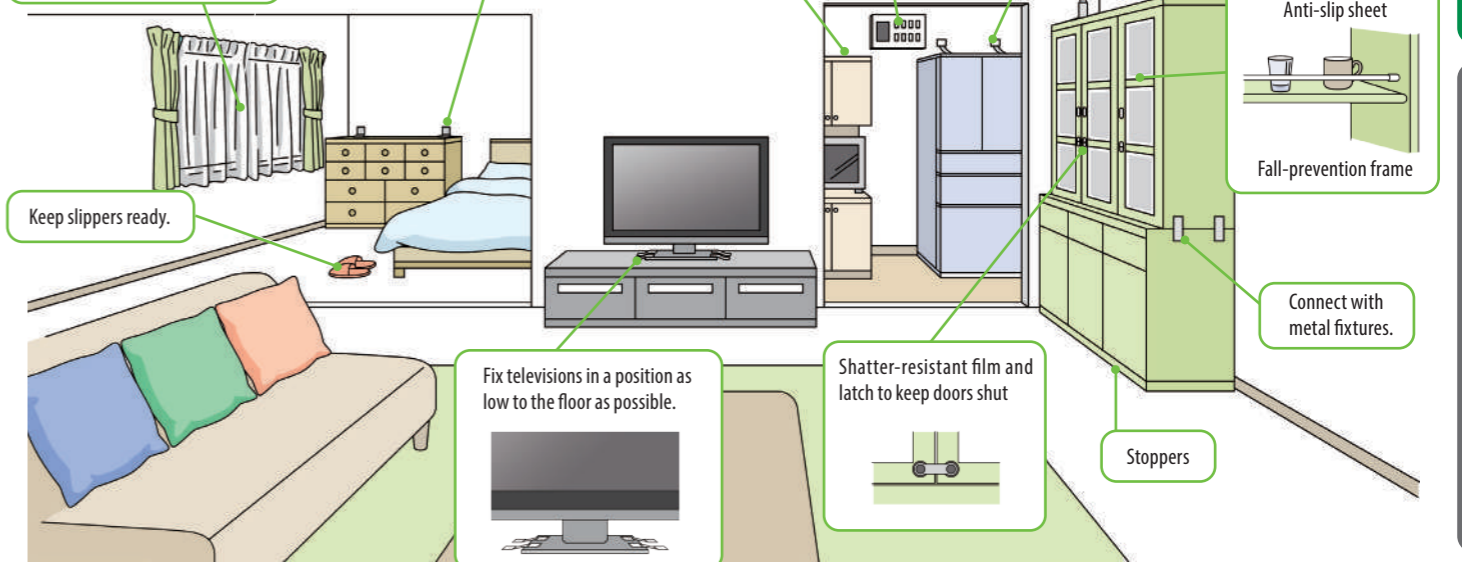
Don't place objects up high.

Anti-toppling device (bar stopper)

Anti-slip sheet

Fall-prevention frame

Connect with metal fixtures.



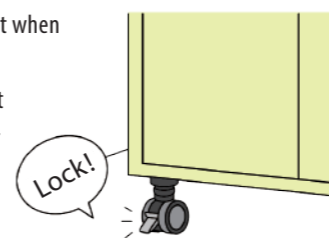
Keeping window areas safe

- Placing large furniture near windows is hazardous, as the furniture may move in an earthquake and break the glass. Don't place heavy objects or items that can easily topple, fall, or move near windows.



Keeping furniture on casters in place

- Keep the casters on furniture locked except when moving the furniture.
- Keep the furniture in place by attaching to it a removable belt that is fixed to the wall or other solid object.



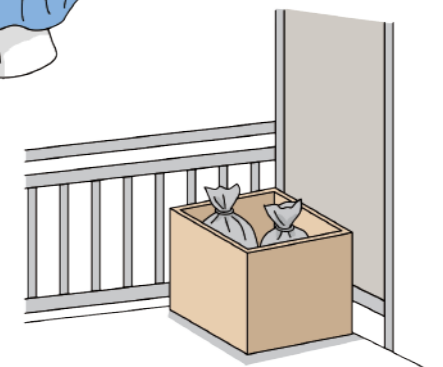
Emergency household supplies

- Carrying goods up to high floors will be difficult if the elevator stops in an earthquake. Keep a store of food, water, and other necessary items (at least seven days' worth) to keep you supplied after an earthquake.



Portable toilets

- Don't flush your toilets until it is confirmed that there is no damage to the building's plumbing. Use portable toilets instead. Set rules beforehand requiring residents to temporarily store bags containing used portable toilets on their balconies and to put the bags out for collection on specified days.
- Keep plastic bags, newspaper, deodorizing spray, baking soda, and other such items ready for use as a substitute for portable toilets.



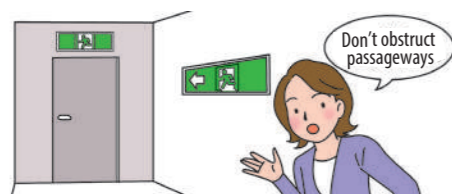


Staying safe in a residential complex

Other precautions

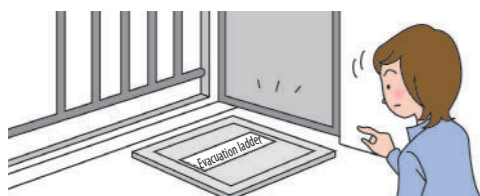
Corridors, emergency exits, and emergency stairs

Do not obstruct common-use corridors, emergency exits, or emergency stairs. To avoid a secondary accident, descend the stairs carefully and in an orderly manner: do not all rush down them at once.



Verandas

Check the instructions for using the evacuation hatch (emergency exit). Do not place items where they will block the hatch.



Messages from the building management or disaster prevention groups

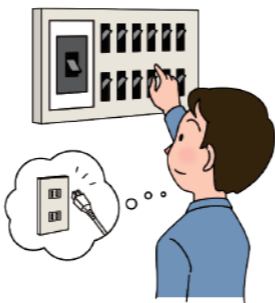
Check for messages from building management daily regarding disaster prevention equipment inspections and disaster prevention drills.



Preparations for loss of essential utilities

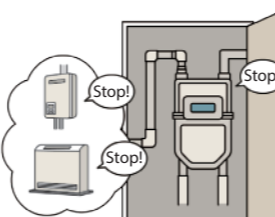
1 If a power outage occurs

- Keep flashlights handy in case of a power outage.
- If the power goes out, unplug electrical devices from power outlets and shut off the circuit breaker to prevent electrical fires after power is restored.
- Keep household fire extinguishers handy in case of an electrical fire.



2 If the gas supply stops

- Safety devices will activate to automatically stop the gas supply if strong shaking or a gas leak is detected. Familiarize yourself with your digital gas meter's operation now so you will be prepared for an emergency.
- Remember that a flashing red lamp when gas is available means there may be a gas leak.
- Keep a portable gas stove and canisters (including spares) ready.



3 If the water supply is cut off

- Keep a supply of bottled drinking water and water in plastic tanks on hand for daily use.



What you can do to continue living in your home even after disaster strikes

“Being prepared” is a necessary part of “evacuating at home.” This means keeping a stock of daily necessities (such as enough water, food, and portable toilets for seven days) and also making preparations for daily living if essential utilities are cut off. It is also a good idea to keep a supply of masks, alcohol sanitizers, and other hygiene products.



Know your own building

After the Great Hanshin-Awaji Earthquake, roughly 60% of people trapped under their homes or furniture were rescued by their neighbors (Source: Kobe City Civic Action Investigation). If you live in an apartment, your neighbors are the other residents in your building. Before a disaster occurs, each floor or multiple floors should prepare a plan to check on each other, a list of everyone's names, and emergency supplies. Daily communication and greetings are also important.

A disaster preparedness checklist for your home

- I recognize the faces of my neighbors on the same floor and nearby.
- I know the procedure to follow if a fire occurs in the building.
- An emergency supply box is installed in the elevator for use if someone gets trapped inside.
- I know what to do if I get trapped in an elevator.
- I have a crowbar or other tool ready to open doors that are damaged and won't open.
- I have arranged the potted plants and other items on my balcony so that evacuation equipment installed there can be used.
- I know where the fire extinguishers on my floor are located. I also know where the sprinklers and fire doors are.
- I know how to evacuate. For example, I know the shortest route to the emergency stairs and where the evacuation hatch is.
- I will check how to contact the building's management company. And I will discuss with the management company what to do in a disaster before one strikes.
- All households in my building keep as many emergency supplies as possible so they can continue living at home following a disaster.
- I discuss disaster preparedness with fellow residents and our disaster-prevention residents group/management association, and we create rules for our building.
- I routinely participate in community activities and create relationships that will foster community cooperation in a disaster.
- I participate in disaster drills conducted by our management association and fire department.
- I participate in events organized by our management association, neighborhood association, local government, etc.
- I discuss with my family the importance of joining everyone to help the elderly, expecting or nursing mothers, and others with special needs who live in our building.

Minato City is strengthening its support for disaster preparedness in residential complexes

Disaster prevention advisors who are experts in disaster prevention are sent to apartment complexes to provide advice on forming disaster management organizations, give lectures to improve disaster prevention awareness, and provide advice on drills. They also give advice on equipment such as disaster prevention materials and devices and elevator chairs for high-rise apartments with at least six floors and 20 homes and mid-rise apartments with three to five floors and at least 10 homes to improve their disaster prevention facilities.

Minato City's "disaster preparedness chart"

Minato City prepares "disaster preparedness charts" that help residents see at a glance how well prepared their homes are. A city employee will personally visit the manager of a residential building upon request to explain Minato City's support programs and provide advice on disaster preparedness.

Earthquake safety at work



In order to keep earthquake damage in the workplace to a minimum, every employee must be prepared and improve their disaster prevention awareness. You never know when an earthquake will occur. Perform regular workplace inspections and begin preparing disaster prevention plans to protect human lives, facilities, property, and information.



Disaster prevention for businesses

Businesses should strive to ensure that their facilities and equipment are safe and to protect employees and visitors as well as residents in the surrounding area.

Protocol for stranded persons

If public transportation is interrupted after a major earthquake, many people will have trouble returning home. If all of them try to return home immediately, crowded roads and disorder near train stations can impede rescue operations and the resumption of public transportation services.

Keep employees and visitors from returning home all at once.

Within structured organizations such as businesses and schools, management should take charge to ensure the safety of their employees, students, and/or customers.

Businesses should prepare at least three days' worth of emergency stores for their employees.

Provide temporary shelter for those who cannot return home.

Businesses should do what they can to help employees and other stranded persons with temporary shelter, emergency supplies, personal assistance, and other support.

Cooperation from stranded persons.

People who happen to be in the city for shopping or sightseeing when a disaster occurs and cannot return home should help other victims and support local rescue operations.

Ensuring the safety of facilities and equipment

Office furniture, equipment, and products can injure people if they fall or are thrown by tremors. Carefully secure furniture and manage the safety of equipment and installations on the property.

Ensuring the safety of employees and visitors

Businesses should perform regular disaster prevention drills on their premises and work to ensure the safety of employees and visitors as well as residents in the surrounding area.

Participation and cooperation with local disaster prevention activities

There are limits to residents' ability to respond to disasters. Businesses should regularly and actively participate in local disaster prevention initiatives.

Preventing fires and the spread of fire

To prevent the spread of fire during a disaster, businesses should prepare fire prevention plans for their facilities.

Check the earthquake resistance of your building

Ensure the safety of your building by having its earthquake resistance evaluated.

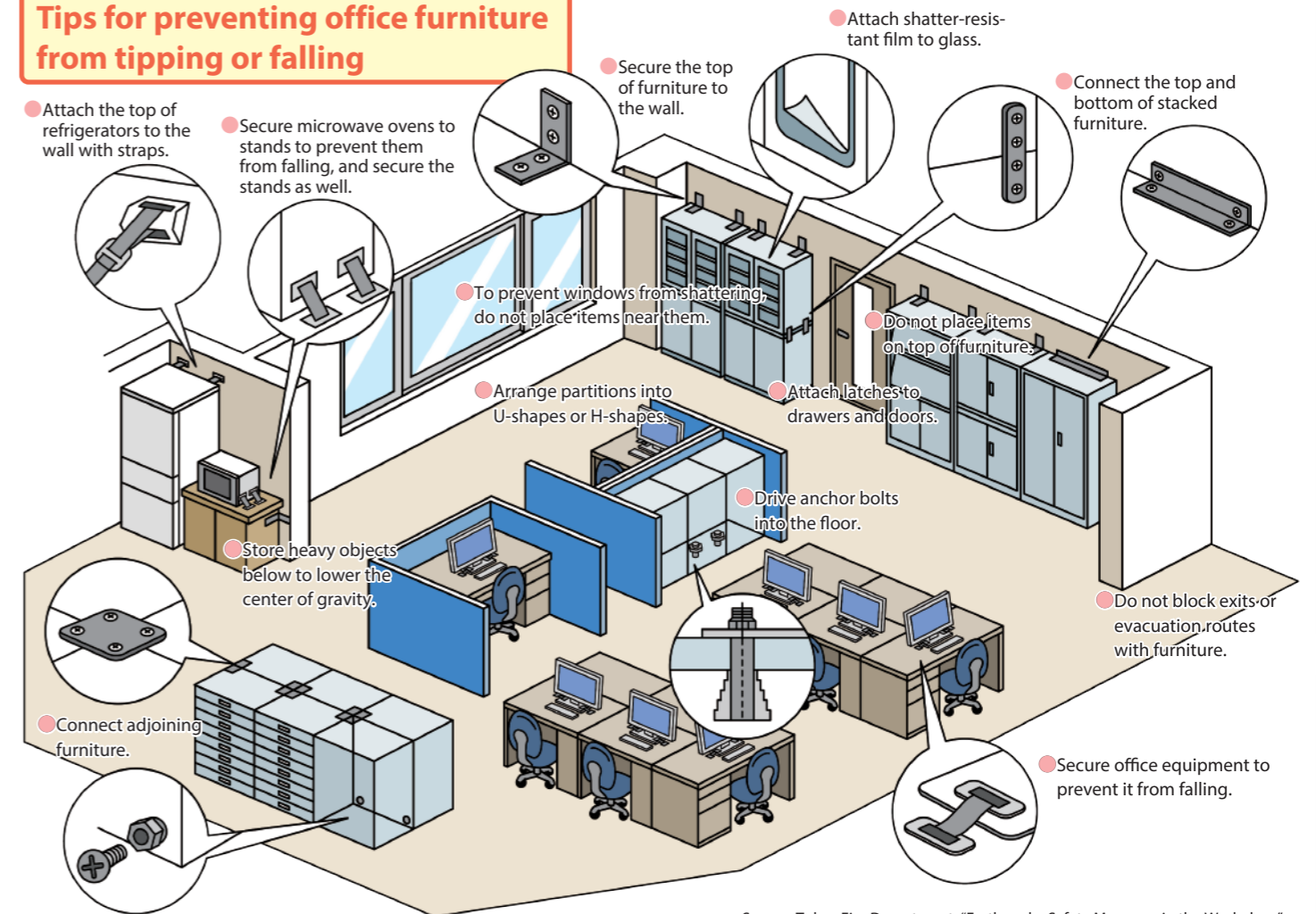
Personal disaster preparation in the workplace

- 1 Keep a pair of comfortable shoes on hand that will allow you to safely walk home after the post-disaster disorder has subsided.
- 2 Walk the route home so that you are familiar with it.
- 3 Prepare high-energy foods like chocolate or candy.

Secure office furniture to prevent it from tipping or falling

The Great Hanshin-Awaji Earthquake occurred directly underneath the city, and many people died or were pinned beneath collapsed buildings and falling furniture. Office furniture can become a dangerous weapon during an earthquake. Always adhere to earthquake safety protocols to protect the lives of your employees.

Tips for preventing office furniture from tipping or falling



Source: Tokyo Fire Department, "Earthquake Safety Measures in the Workplace"

Checklist

Check the safety of your office

- | | |
|--|---|
| <input type="checkbox"/> Storage cabinets are secured to the wall or floor. | <input type="checkbox"/> There is nothing that can easily tip over and obstruct evacuation routes. |
| <input type="checkbox"/> The top and bottom of stacked furniture items are connected. | <input type="checkbox"/> Emergency exits can be seen clearly. |
| <input type="checkbox"/> Partitions are arranged in U-shapes and H-shapes to prevent them from falling over. | <input type="checkbox"/> There is nothing blocking emergency exits. |
| <input type="checkbox"/> Office equipment is secured. | <input type="checkbox"/> Storage cabinets are not overflowing and have a low center of gravity. |
| <input type="checkbox"/> Shatter-resistant film has been attached to glass. | <input type="checkbox"/> There are no hazardous materials (e.g. chemicals or flammable items) in storage. |
| <input type="checkbox"/> There are no obstacles or bumps on the floor that might easily trip up someone. | <input type="checkbox"/> There is nothing beneath desks. |
| <input type="checkbox"/> Evacuation routes are clear. | <input type="checkbox"/> There is nothing that can easily tip over near windows. |

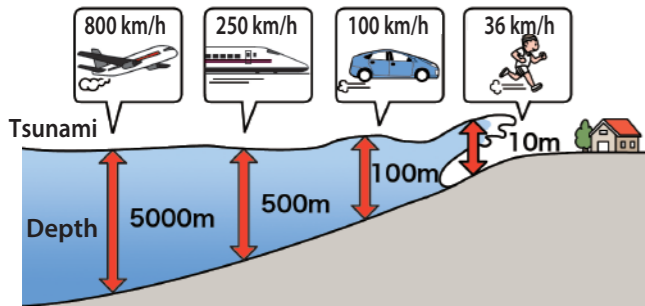
※ Note: Items without a checkmark need to be addressed. Be prepared for an earthquake and improve the safety of your office environment.



Preparing for tsunamis

The only way to protect yourself from a surging tsunami is to evacuate to a high location out of reach of the rising water. You must be prepared to save your own life. Always remember that you must evacuate immediately if a tsunami is coming.

Important characteristics of tsunamis



In deep water, tsunamis advance with the speed of a jet plane

The speed of a tsunami changes with the depth of the ocean floor. Tsunamis are fast in deep water and slow down as the water becomes shallow. At a depth of 5,000 meters, tsunamis advance at 800 km/h, roughly the speed of a jet plane. At a depth of 10 meters, they slow to about 36 km/h, which is still the pace of a world-record sprint.

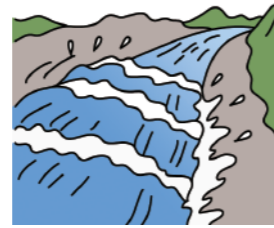
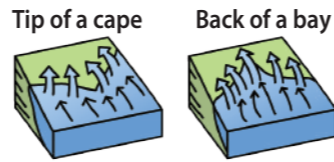


Tsunamis strike land multiple times

Tsunamis repeatedly rebound and strike the shore at least two or three times. After rebounding off of land, a tsunami may unexpectedly strike and damage another shore. The first wave is not necessarily the biggest. It is extremely dangerous to return home after the first wave because it was small.

Tsunamis can reach an unexpected height

The height of a tsunami is affected by the topography of the coast. In a deep bay, the energy is concentrated at the back of the bay and the wave rises. On the other hand, if the tsunami strikes a promontory or cape jutting out from the coast, its nature is to spread evenly along the area, rising as the energy is concentrated there.



Tsunamis travel up rivers

Tsunamis travel up rivers. The tsunami accompanying the Great East Japan Earthquake travelled roughly 50 km up the Kitakami River in Miyagi Prefecture. Caution is essential not only along the coast but also along river basins.

Tsunamis cannot be felt at sea

The wavelength of tsunamis is so long that they are not recognizable as waves far out at sea. Boats near the shore can avoid damage from tsunamis by escaping to waters at least 100 meters deep.



Tips for escaping tsunamis

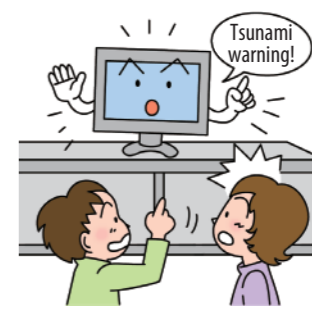
Tsunamis can occur even if the earthquake tremors are small

Tsunamis frequently occur even when earthquake tremors are minor. During the 1896 Meiji-Sanriku Earthquake, a large tsunami struck the shore even though the tremors only measured a shindo of three near the coast. Even if tremors are small or unnoticeable, residents of tsunami-prone areas must make evacuation their top priority.



Don't believe folklore that says there are no tsunamis

During the 1983 Sea of Japan Earthquake, a group of elementary-school students were swept away by a tsunami during a field trip to the shore. Before that earthquake, people believed the folklore that claimed there are no tsunamis along the Sea of Japan, and they did not exercise enough caution. Ignore groundless rumors and superstitions and heed the Japan Meteorological Agency's tsunami warnings.



Tsunamis can occur even if the tide doesn't recede

It is often said that the tide recedes before a tsunami occurs, and many people in tsunami-prone regions believe this. However, reports indicate that after the Great East Japan Earthquake, residents of Otsuchi-cho in Iwate Prefecture who waited for the tide to recede before escaping were surprised by the tsunami because it didn't seem to happen. The water will not always recede as a warning sign of an impending tsunami. Know the facts and don't put yourself in danger.



Height is more important than speed

If the area is already being inundated with water and there is no time to evacuate to a safe, higher elevation, escaping to a high place like a sturdy, tall building is more important than escaping quickly. If you are in this kind of situation, choose a building as far away from the shore as possible.



Evacuate on foot, not by car

In general, you should evacuate on foot. At the time of the Great East Japan Earthquake, some people were saved by evacuating by car, but many others were caught in the congestion and killed as they were swallowed up with their cars. It is important for the entire community to consider an evacuation plan that limits evacuation by car to people with special needs, and particularly those who are bedridden.

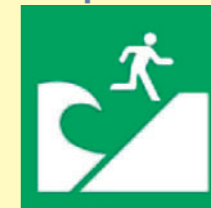
Learn to recognize tsunami symbols

The national government has defined certain symbols related to tsunamis and tsunami evacuation.

Tsunami evacuation building



Tsunami evacuation point



Tsunami attention (at-risk region)



©Minato City has designated tsunami evacuation buildings (facilities within the city) as temporary evacuation facilities for escaping from flood-prone areas when a tsunami warning or a major tsunami warning is in effect for Tokyo Bay.

Lessons from the Great East Japan Earthquake New tsunami warnings and advisories

The Japan Meteorological Agency (JMA) has upgraded the tsunami warnings and advisories that it issues in the event of a tsunami. Drawing from lessons learned following the Great East Japan Earthquake, the JMA will no longer announce numerical values for expected tsunami heights in its initial reports when a huge earthquake above magnitude 8 occurs. Instead, it will focus on urging people to evacuate, using phrases like "a huge tsunami may strike." It will then give predicted tsunami heights in the second and subsequent reports. The JMA has also simplified its tsunami height classifications by reducing them from eight to five levels.

Basic tsunami warnings and classifications for estimated wave height

Types of warnings and advisories	Previous system Announced tsunami height	Improved system		
		Numerical value	Description	Classifications of estimated tsunami height
Warning	10 m or higher	Exceeding 10m	Massive	Exceeding 10m
	8 m, 6 m	10 m		5~10 m
	4 m, 3 m	5 m	3~5 m	
Tsunami	2 m, 1 m	3 m	High	1~3 m
Tsunami advisory	0.5 m	1 m	(none)	20 cm ~ 1 m



Fire prevention

Fire prevention during earthquakes

A frightening result of earthquakes is fire, which causes secondary destruction. Following the Great Hanshin-Awaji Earthquake, major fires broke out across the city. Even during the Great East Japan Earthquake, which received a lot of attention for tsunami-related fires along the coast, 135 earthquake fires broke out across Tokyo and ten other prefectures. (Source: Fire and Disaster Management Agency, "Protecting Human Lives from Earthquake Fires")

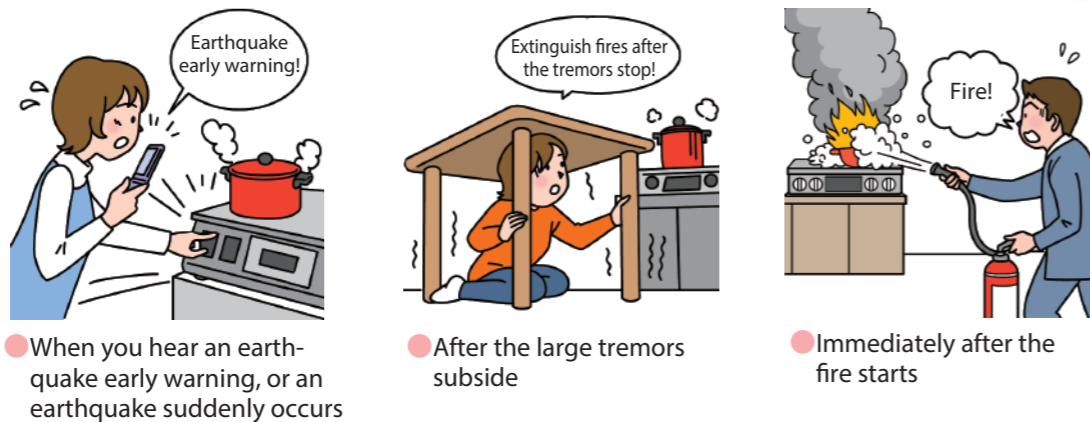
To prevent earthquake fires from spreading across a wide area, every household must prevent fires from starting in their home. Even if a fire breaks out, you must extinguish it quickly (in its initial stages) and prevent it from spreading.

Three rules for initial-stage fire response

- 1 Call out loudly to notify others of the fire**
 - Yell, "Fire!" to get support from your neighbors.
 - Call 119 to notify emergency services whenever there is a fire—no matter how small.
- 2 Take initial-stage firefighting measures**
 - Your best chance of extinguishing a fire is immediately after it starts. Remain calm and act quickly.
 - Do not rely solely on fire extinguishers or water. Make full use of all items at hand (such as milk or cushions) to extinguish fires.
- 3 Escape quickly**
 - Basic firefighting becomes difficult when flames reach the height of your back.
 - When you evacuate, close the doors and windows in the room to shut off the supply of air to the fire.
 - Run through smoke quickly to avoid inhaling it.

When to fight fires in an earthquake

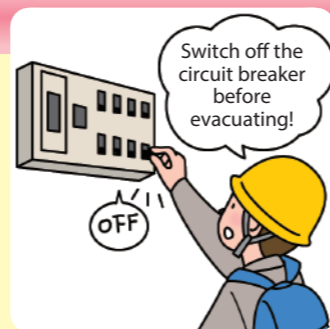
Generally, you have three chances to put out fires during an earthquake. Most houses are equipped with digital gas meters that automatically cut off the gas supply when they detect earthquake tremors. Make your own safety your top priority.



Preventing electrical fires

Watch out for electrical fires, which tend to occur when interrupted power is restored after an earthquake. Fallen electronic devices may set nearby objects on fire or ignite a gas leak when the power is restored. Remember these tips to prevent electrical fires.

- As a precaution, switch off all electrical devices after a large tremor.
- Switch off the circuit breaker when you evacuate.
- After an earthquake, double-check for gas leaks and damaged wires before using electronics.



These items can be dangerous!

◆ Accumulated flammable items Are there newspapers and magazines piled up around your house or in the hallways of your apartment building? They are common causes of house fires.	◆ Cigarettes Many fires are started by carelessly tossing away lit cigarettes. Carefully put out cigarettes so they don't reignite.	◆ Gas stoves Forgetting to turn off gas stoves is dangerous. There have been countless fires started because people have left stoves unattended while cooking food.
◆ Open flames Open flames can spread to surrounding areas, and flying embers can ignite other things. Failing to thoroughly extinguish open flames is another common cause of accidental fires.	◆ Matches and lighters Many fires are started by children playing with matches and lighters. Matches and lighters may also ignite from the heat of strong, direct sunlight.	◆ Heaters Many fires are caused by laundry resting or falling on heaters.
◆ Fish tanks and lenses Some fires occur when water in items such as fish tanks or plastic bottles act as a lens to spark a fire.	◆ Spray cans Aerosol spray cans may explode when heated.	◆ Candles and incense Do not light candles or incense near flammable objects or go to sleep with them lit.
	◆ Bath heaters Lighting bath heaters when the tub is empty is dangerous. Always make sure there is water in the bath first.	◆ Electrical cords Electrical cords can heat up and ignite when they are stepped on, twisted, or inserted into multi-outlet extension cords. Dust accumulation and pets chewing on cords create additional fire hazards.

Learn to use a fire extinguisher

Using a fire extinguisher

- Hook your finger through the safety pin and pull up to remove it.
- Release the hose and aim it at the base of the fire.
- Squeeze the lever firmly and direct the spray at the fire.

Positioning yourself

- Move upwind from the fire and approach it from that direction.
- Bend your knees slightly and take a low stance.
- Avoid the heat and smoke. Do not face the flames directly.
- Do not aim for the flames themselves. Sweep the extinguisher back and forth over the base of the fire.

Inspection tips

- Safety pin**
 - Is it damaged or deformed?
 - Is the seal broken?
- Hose**
 - Are there any cracks or deterioration? Is it loose?
- Cylinder and base**
 - Are these rusted or deformed?
- Lever**
 - Is it damaged or deformed?
- Cap**
 - Is it deformed or loose?
- If the extinguisher has a gauge**
 - Is the needle within the designated (green) pressure range?



Storm and flood facts

Every region of Japan experiences heavy rains during the spring rainy season, fall rains, and typhoons. In recent years, water damage has also resulted from short bursts of heavy rainfall concentrated in one location. Begin preparing for storm and flood damage early and establish a response plan.

Protect yourself from sudden, heavy rainstorms

Act immediately if you see the warning signs of a storm



- ! Seek shelter immediately if you are near a river and the sky turns black.
- ! Retreat indoors if you hear thunder or see lightning.
- ! Be on guard if you feel a cold wind.
- ! Retreat indoors if large raindrops or hail begin to fall.
- ! Move to higher ground if you are in an area of lower elevation during a rainstorm.
- ! Evacuate immediately if you are near a river and hear a warning siren.

Know the level of flood danger in your neighborhood

Check available hazard maps

A hazard map shows degrees of disaster susceptibility for a particular area. A flood hazard map, for example, uses color-coding to indicate danger levels according to anticipated flood depths. Minato City has prepared hazard maps for storm surges, landslides, and tsunamis. Please examine the maps and become informed about the dangers that are present near your home. Hazard maps may be viewed on Minato City's website.



You can find national hazard maps prepared by regional governments through the Ministry of Land, Infrastructure, Transport, and Tourism (MLIT) website.

MLIT hazard map portal site
<https://disaportal.gsi.go.jp/>

Floods
High tides
Landslides
Tsunamis
Other

Access Minato City's hazard map web page here.

Minato City Hazard Map

Familiarize yourself with the many sources of disaster information

Weather services can predict typhoons and heavy rain to some extent. Pay attention to weather reports and get in the habit of checking them during inclement weather. The Japan Meteorological Agency releases a variety of reports during heavy rains and typhoons. Understand the types of weather reports, the conditions they describe, and the way they are released to the public.



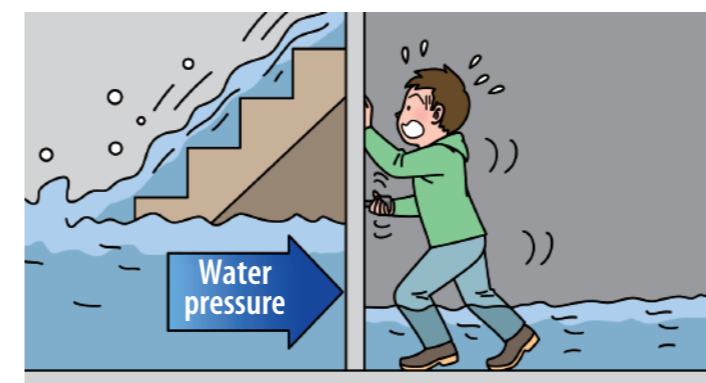
Major types of weather, climate, and earthquake information

- **Advisories:** released when there is a possibility of a disaster
- **Warnings:** released when there is a possibility of a major disaster
- **Sediment disaster alert:** released when there is a danger of landslides
- **Tropical cyclone information:** released when a typhoon occurs
- **Tornado advisory:** released when there is a danger of tornados, downbursts, or other types of heavy wind
- **Emergency warning:** released when there is an especially high probability of a major, highly destructive disaster that happens only once in a few decades

It's dangerous underground!

Japan's large cities have many underground facilities, including shopping centers, subways, and parking structures. These spaces have **limited exits** and are susceptible to disasters because **evacuation and rescue are difficult**.

You must also be especially vigilant underground so that you do not fail to notice that a disaster is occurring above you. There have been incidents where people drowned because they were slow to escape underground flooding caused by severe rainstorms.



Potential dangers

- 1 Water suddenly inundates the basement**
Water quickly inundates underground areas during heavy rains and floods.
- 2 Water pressure holds doors shut**
Water pressure from flooding is surprisingly strong and can prevent you from opening doors easily.
- 3 The power goes out for the entire building**
When the basement of a building is flooded, the entire building's power may go out, preventing communication with the outside.

Evacuation tips

- **Consult the hazard map**
Before a disaster occurs, consult hazard maps and other resources to identify areas that are dangerous during heavy rains or floods.
- **Check weather forecasts**
Check the weather forecast daily and do your best to avoid underground facilities when there is a risk of heavy rain or flooding.



Getting prepared

Check the area around your home when the weather is clear

Roof

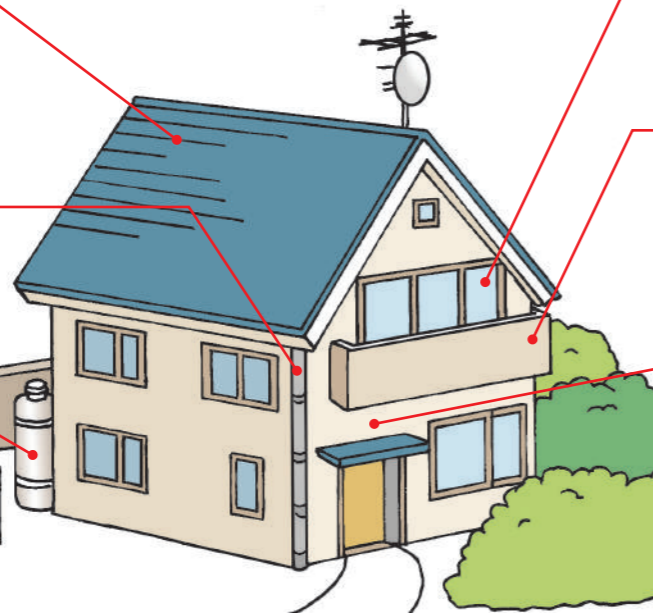
Check for deterioration and for gaps between tiles and metal roofing. Make sure antennae are well secured.

Rain gutters

Check for separation at joints and for peeling paint. Remove accumulated leaves and dirt.

Outdoor fixtures

Firmly secure propane gas tanks. Make sure there is nothing that can be blown about by strong wind or knocked over during a flood.



Windows

Reinforce rattling or loose window frames.

Verandas

Avoid placing items that can be blown about by a strong wind on your veranda. If the wind picks up, move items from the veranda indoors.

Exterior walls and fences

Inspect walls and fences and repair damage and cracks.

Basements and underground garages

Keep sandbags and water bars on hand to stop flooding.

Danger! Avoid the following activities during a storm. They are extremely dangerous.

- Climbing onto the roof to make repairs
- Checking the area around your home, garden, or fields
- Approaching embankments or the shore

During a storm

Check weather forecasts

Check the television and other broadcasts for announcements from the Japan Meteorological Agency, government authorities, or the fire department. You can check weather updates by phone (dial 177) or online.



Do not go outdoors unless you have to

Whenever possible, stay indoors when there is a danger of a typhoon or heavy rainfall. If you must go outdoors, check the weather reports, avoid dangerous areas, and return home quickly.



Prepare your home

If there is a danger of storm damage, take precautionary measures such as attaching packing tape to windows in X-shapes. Consider evacuating children and the elderly to a safe location ahead of time.



Alert levels and evacuation information

When the threat of a disaster associated with a storm, flooding, and the like is imminent in residential areas, Minato City will issue information concerning evacuation. Alert levels and evacuation information are classified according to the severity of the situation. Residents must take evacuation actions according to the information provided.

Alert level	Information urging action	Situation	Required action
5	Emergency Safety Measures	Disaster is occurring or imminent	<p>Life-threatening situation! Take immediate action to ensure safety!</p> <ul style="list-style-type: none"> ● If you deem that leaving your present location to go to a designated emergency evacuation shelter is more dangerous than staying put, take immediate steps to ensure your safety where you are. (note) However, remember that, in some situations, it may not be possible to ensure your safety when a disaster is occurring or imminent. The following are examples. <ul style="list-style-type: none"> ※Flooding: Even if you take refuge on your house's upper floor, it is still possible that the same floor will be flooded. Also remember that you may be unable to find a tall building nearby in which to take refuge if it becomes necessary. ※Landslides: Soil or debris can also flow into rooms that are situated away from cliffs. There is also no guarantee that you will find a sturdy, tall concrete building nearby where you can seek safety if it becomes necessary.
<p>~~~~~ <Be sure to evacuate when it reaches Alert Level 4!> ~~~~~</p>			
4	Evacuation Instruction	Strong possibility of disaster	<p>Everyone must evacuate from hazardous areas.</p> <ul style="list-style-type: none"> ● Everyone must move away from hazardous areas either by evacuating and leaving, or securing safety indoors. However, if the alert concerns a possible landslide, leaving the area is always the best course of action.
3	Evacuation for the Elderly, etc.	Possibility of disaster	<p>The elderly and others who have special needs must evacuate from hazardous areas.</p> <ul style="list-style-type: none"> ● People who need time to evacuate (such as senior citizens and people with disabilities who live at home or in a facility) as well those who will assist them must move away from hazardous areas either by evacuating and leaving, or securing safety indoors. ● People who are not included in the above description should also stop their normal activities and evacuate voluntarily if the need arises.

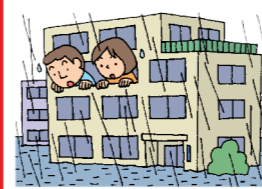
※ It is important to remember that evacuation information corresponding to "Alert Level 5" may not be issued for all cases, as municipalities may have difficulty grasping the disaster situation with certainty.
 ※ "Evacuation Instruction" will now be issued in place of the "evacuation advisories" issued in the past.

What do "evacuating and leaving" or "securing safety indoors" mean?

Evacuate and leaving (horizontal evacuation)



Secure safety indoors (vertical evacuation)



Evacuating from a storm or flood mainly involves "evacuating and leaving," such as by going to a designated emergency evacuation shelter or to the house of a relative or acquaintance in a safe location. Particularly in the case of landslides, the possibility that your house will collapse makes evacuating and leaving the best course of action. In some cases, you may be able to make plans for securing your safety indoors by checking a hazard map for anticipated flooding around your house and then moving to the upper floor or remaining on a high floor. However, at a minimum, the following conditions must be met if you are going to secure your safety indoors.

Conditions for securing your safety indoors

- 1 Your building is not in a "potential house collapse and flood zone."
- 2 Your building has a room that will not be flooded.
- 3 You have a store of water, food, medicines, etc., and will be able to use electricity, gas, water, and a toilet even if your house becomes flooded for an extended period of time.

Tips for safe evacuation

Wear safe attire and carry as little as possible

Protect your head with a helmet. Wear tightly laced sneakers. Carry baggage on your back and keep your hands free.



Call out to neighbors

Evacuate in groups of two or more. Invite neighbors to join you and travel together. Help children, the elderly, and others with special needs.



Do not use your car

Cars may float in a few dozen centimeters of water. You may also become a hindrance to other refugees and emergency vehicles. Evacuate on foot.



Watch out for manholes and gutters

When sudden, heavy rain flows into underground drainpipes, it raises the pressure inside the pipes and can open manhole covers. Be careful not to fall into manholes or gutters during a flood.

Plan a safe route to the evacuation site during normal conditions



Community disaster preparedness

Participate in voluntary disaster prevention organizations

Voluntary disaster prevention organizations take action after large-scale disasters, such as the Great East Japan Earthquake, when official disaster prevention agencies are overextended. Volunteer disaster prevention organizations are comprised of volunteers from the local community. Reports from the Great Hanshin-Awaji Earthquake indicate that 70% of the people pulled from the rubble were rescued by their families and neighbors. This kind of community cooperation is also very important for overcoming the hardships of extended stays in evacuation shelters. Commit yourself to protecting your city and strengthen its disaster preparedness by actively participating in volunteer disaster prevention organizations.

Everyday activities

Develop disaster prevention programs to strengthen your city's disaster preparedness.

Disseminate disaster prevention information

Residents need to take an interest in disaster prevention and increase their knowledge of disaster prevention protocol to be prepared for natural disasters. Plan fun events that will bring your community together to learn about disaster prevention.



Check the disaster safety of your community

Knowing your city is fundamental to disaster prevention. Identify hazards and disaster-prevention issues in your community and prioritize them for improvement.



Examples

- Publish disaster prevention newspapers
- Create a disaster prevention map for your community
- Host disaster prevention lectures and film screenings
- Incorporate disaster prevention events into community festivals and sports days
- Organize disaster prevention camps

Prepare disaster prevention materials and equipment

Disaster prevention materials and equipment can be anything that might be useful in the event of a disaster. Prepare the materials and equipment your community will need and learn how to use it.



Main materials and equipment

- Helmets
- Fire extinguishers and portable pumps
- Stretchers and rope
- First-aid kits
- Megaphones
- Flashlights and high-powered lights
- Tents
- Hammers, crowbars, axes, shovels, power saws, and other tools
- Ladders
- Emergency generators

Checklist

- Household fire prevention equipment
- Illegally parked cars and bikes
- Falling hazards such as concrete/stone fences, signs, or vending machines
- Cliff faces, retaining walls, and levees

Carry out disaster prevention drills

Disaster prevention drills are essential for preparing your community to respond appropriately to a disaster. Urge all local residents to attend and perform regular training as a community.

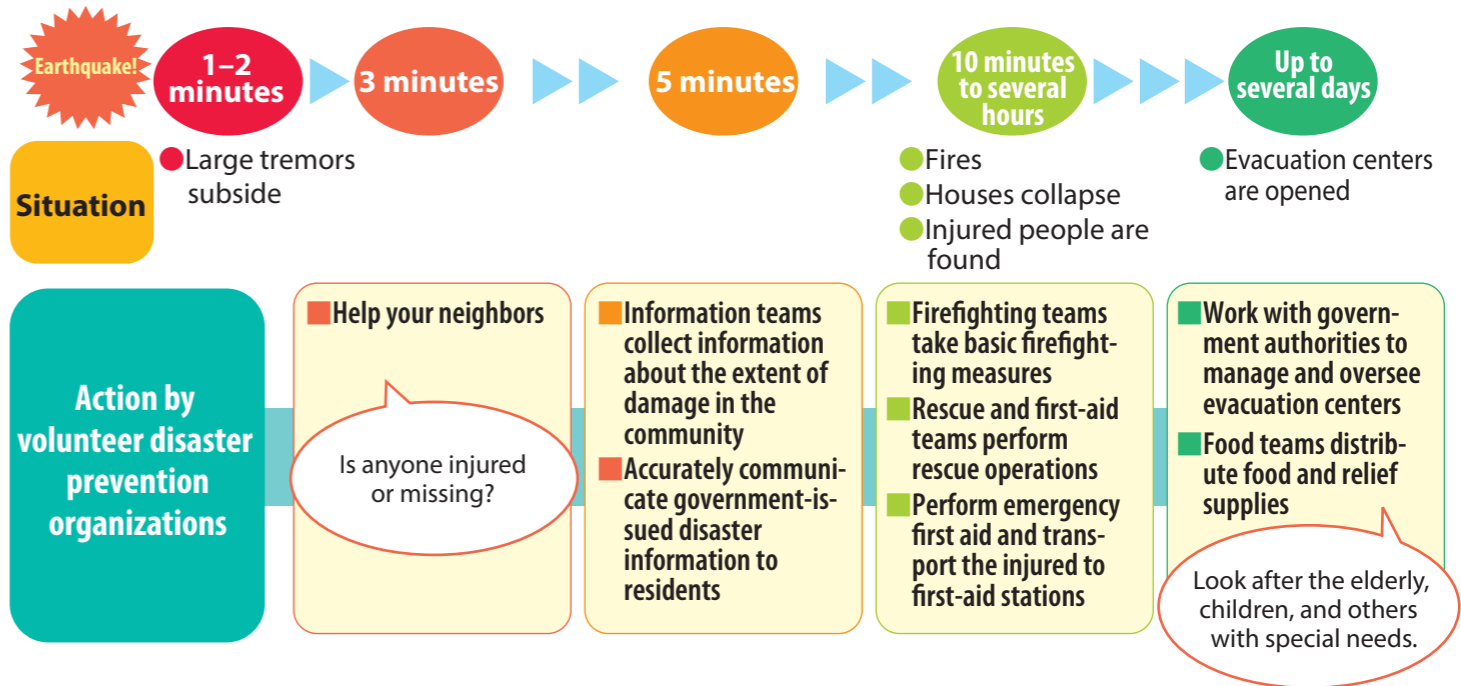
Types of disaster prevention drills

- Basic firefighting
- Evacuation guidance
- Rescue and first aid
- Food and water rationing
- Collection and transmission of information



During a disaster

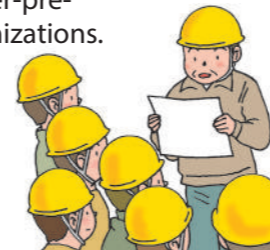
Volunteer disaster prevention organizations take action shortly after an earthquake. Here is a sample timeline.



Action by volunteer disaster prevention organizations

Collecting and transmitting information

Communicate with official disaster prevention organizations and transmit accurate information to residents. Collect information about the extent of the damage in your community and report to official disaster-prevention organizations.



Rescue operations

Rescue people trapped under collapsed homes and perform first aid on the injured. Work carefully to avoid secondary injuries from disaster-related hazards.



Basic firefighting

Perform fire prevention and basic firefighting. Evacuate residents from areas threatened by fire. Remember that the purpose of civilian firefighting is to prevent the spread of fires: do not endanger yourselves needlessly. You are only responsible for firefighting until the fire department arrives.



Medical relief operations

Many people will be injured during a major disaster, and it will take time for doctors to examine all of them. Transport injured people to first-aid stations where first-aid teams can provide treatment.



Evacuation

Guide residents to evacuation sites or other safe locations. Evacuation routes may change due to disaster damage. Get accurate information from disaster prevention organizations and evacuate safely.



Food and water distribution

Distribute food, water, and relief supplies to disaster victims. When necessary, prepare meals for distribution.





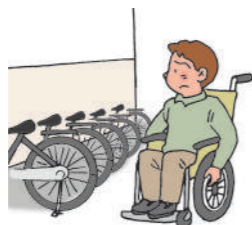
Assisting people with special needs

When a sudden disaster strikes, the people who are most susceptible to harm are those who require some kind of assistance from others (i.e., people with special needs). They include children, the elderly, non-Japanese speakers, and people who are disabled, sick, or injured. These people may have difficulty perceiving or recognizing the danger and thus may be unable to take appropriate action. To protect those people with special needs, let us routinely consider their needs during city planning and be proactive about helping them in an emergency.

Everyday assistance

Make sure the area is safe by putting yourself in their shoes

Put yourself in the shoes of people with special needs during emergencies and inspect the disaster preparedness and safety environment of the community. Are illegally parked bicycles blocking wheelchair evacuation routes? Can the blind, the deaf, and non-Japanese speakers obtain accurate warnings and evacuation information? Improve on the problems you have identified.



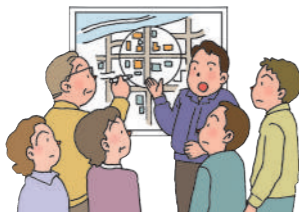
Proactively communicate

Make it a point to communicate regularly with people with special needs so that you can easily help them in an emergency.



Determine the support they need and devise a system to provide it

Obtain information about the home and living conditions of people with special needs. Establish specific methods and systems for informing them of disasters and providing them with other support.



Get people with special needs to participate in disaster drills

Get people with special needs to participate in disaster prevention drills with their families or others who will help them. This will shed light on the assistance they'll need and potential problems to be solved.



Assistance during a disaster

Provide information and reassurance appropriately

Anyone confronted by a sudden natural disaster will be afraid. People who struggle to understand what is happening around them are likely to be especially frightened. To put people with special needs at ease, talk to them right away and explain the situation and what to expect. Adjust your communication method to accommodate their needs. If they cannot hear you, communicate in writing. Use hand gestures and body language to communicate with other foreign residents who may not understand your language.



Offer guidance during evacuation

If a person cannot readily protect themselves, quickly protect their head and guide them to a safe location. If you are in a wheelchair and cannot take action easily on your own, ask those around you for help.



Treat people with compassion when they are upset

Be compassionate to people who are fearful during an emergency and treat them kindly. Speak with them regularly and keep them from feeling isolated, particularly at evacuation centers.



What to do if someone collapses



When a person collapses, time is of the essence. First, shout for help and call an ambulance. Quickly check the person's condition by gently shaking their shoulder and calling to them. Begin CPR immediately if they are unconscious. You can receive basic lifesaving training at city fire departments. **Prepare for emergencies by attending basic lifesaving training and learning to perform CPR and use AEDs.** Contact your local fire department for details.

Performing CPR

1 Make sure the area is safe

Approach the person after ensuring your own safety, for example, by checking for nearby traffic or smoke in the room.

2 Check for a response

If there is a clear response, ask if they have any injuries or symptoms and provide first aid as needed. If there is no response, call loudly for help, asking someone to call 119 and someone to get an AED. If there is no one around, call 119 yourself.



3 If the person does not respond, check their breathing

Look at the person's chest and abdomen and watch for up to 10 seconds to see if they are breathing normally. If the chest and abdomen are still or not moving normally, assume they are not breathing (are in cardiac arrest) and immediately begin chest compressions. If you are uncertain or cannot tell if they are breathing, begin chest compressions.



If they are breathing, lay them on their side. Bend their top knee and their elbows and pull them forward. Support their chin with their top hand and stick out their jaw to protect their airway (recovery position).



4 Begin chest compressions

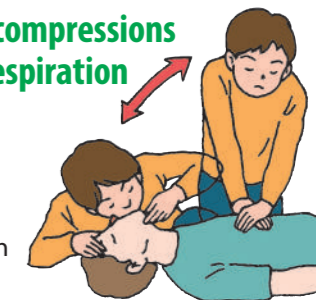
- ① Lay them on their back on a flat surface and kneel by their side.
- ② The place to apply pressure is the center of the person's chest. Place the base of the palm of one hand on the person's chest and lay the base of the other palm on top of it. Then firmly apply your weight.
- ③ Straighten your arms and press the chest so that it goes down about 5 cm.
- ④ Repeatedly apply compression at a rate of between 100 and 120 compressions per minute.



Use one or two hands for small children and two fingers for infants. Compress the person's chest by one third.

5 Combine chest compressions with artificial respiration

When giving artificial respiration, give 30 chest compressions and two breaths, and then repeat. Continue doing this until the paramedics or an AED arrives.



*Keep interruptions in chest compressions for artificial respiration to under ten seconds.

How to perform artificial respiration

- ① Lay them on their back.
- ② Place one hand on their forehead and your first two fingers below their chin and tilt their head back.
- ③ Making sure that the person's airway is open, pinch their nose shut and then open your mouth wide and cover their mouth with it. Blow air into their mouth for one second. Confirm that the person's chest rises. Repeat this a second time.



*If you have not received training in artificial respiration in a lifesaving course, or if you do not have a mouthpiece for artificial respiration, repeat chest compressions only.

6 Use an AED if one is available

An AED automatically performs an electrocardiogram and determines when defibrillation (an electric shock) is needed. The AED will give you spoken instructions when you turn it on. When an electric shock is required, break contact with the person to avoid being electrocuted and press the shock button.

What is an AED?





Start preparing for disasters today!

Keep your emergency stores stocked up

Staple foods

- Always keep a stock of retort pouches of rice gruel (okayu), ready-to-eat rice, pasta, dried noodles, and other such foods.
- Cereals, flour, pancake mix, and the like can be used as substitutes.



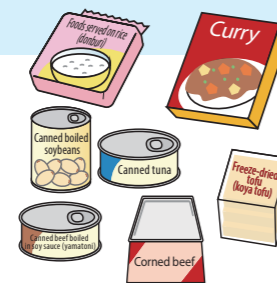
Side dishes

- People tend not to eat enough vegetables in the days following a disaster. Make it a habit to buy many vegetables that have a comparatively long shelf life, such as potatoes, carrots, onions, and pumpkins.
- Seaweed such as hijiki and wakame as well as sliced and dried daikon radish (kiriboshi daikon) and dehydrated vegetables are also good to keep on hand.
- If no vegetables are available, canned goods that include vegetables can be used as a substitute.



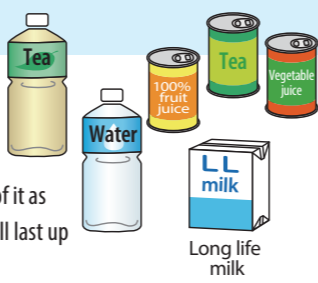
Main dishes

- Meat, fish, and other such foods are necessary to maintain physical strength.
- Remember to consume canned and pouched foods quickly after opening them.



Drinks

- In addition to water, have a variety of drinks available, such as tea and juices.
- Water will also be needed for cooking and preparing hot water. Store as much of it as you can. (Some kinds of bottled water will last up to five years in storage.)



Seasonings, etc.



Always buy an extra bottle or bag for storage.

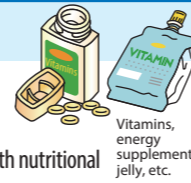
Favorite foods

- When disaster strikes, foods that ease fatigue and provide comfort are necessary.
- Keep foods that you and your family members enjoy on hand.



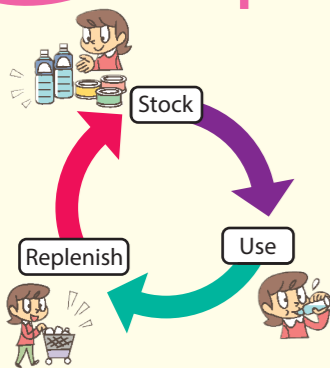
Other items

Getting necessary vitamins and minerals can be hard after a disaster. Keep food with nutritional function and other such products on hand.



* Food with nutritional function is food that contains 13 vitamins and minerals needed to maintain health, in accordance with national criteria.

Restock while consuming Keep items on hand using the "rolling stock" method



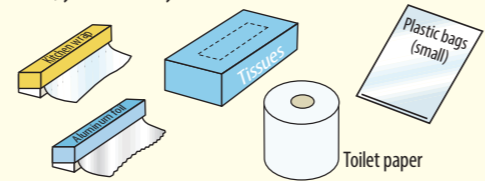
1 First, purchase a larger-than-normal quantity. Use the amount you can use before the expiry date as a guide.

2 Use items in order, beginning with those having less time until their expiry date.

Repeat Steps 2 and 3.

3 Restock items as they are consumed, keeping a constant quantity on hand.

The rolling stock method can be used for daily necessities besides food, too. By keeping a stock of items that you use every day (such as kitchen wrap, aluminum foil, plastic bags, etc.), buying only the portion needed to replace what you used, you can save yourself headache when disaster strikes.



Check expiry dates from time to time!

The items you bought for emergencies will gradually expire. Make it a point to periodically check their labels, and eat those that are about to expire.

Example: When stocking an item for 5 years

Purchase : 2023
Expiration : 2028

Make preparations according to your family composition

Member with a chronic condition (food allergy, kidney disease, diabetes, etc.)

Often, it is difficult to obtain the right foods for a particular physical condition immediately after a disaster. This makes it important to routinely purchase an extra amount of the foods you eat just in case.



*Be sure to check the allergens and nutritional information printed on the label.

For elderly members

If a family member has difficulty eating solid foods or has difficulty swallowing or chewing, keep a supply of the foods he or she is accustomed to or soft foods. Elderly people have difficulty sensing when they are thirsty and tend to get dehydrated as a result, so be sure to give them plenty of water!

*Inquire with Health and Welfare Subsection of the Residents Support Section of your Regional City Office for information on the emergency medical care information kit.



*Emergency medical care information kit ↑

For expecting/nursing mothers and babies

Don't forget breastfeeding mothers! Sometimes mothers have difficulty producing breast milk, so keep a set of powdered milk, baby bottles, and water on hand. Having baby food available will also provide peace of mind. Babies can get dehydrated, so be sure to give them plenty of water!



Emergency kit and emergency stores checklist

Emergency kit

Items	Inspection date
<input type="checkbox"/> Drinking water (plastic bottles)	
<input type="checkbox"/> Emergency rations (e.g. canned foods and nutritional supplements)	
<input type="checkbox"/> Cell phone charger	
<input type="checkbox"/> Flashlights (extra batteries and bulbs)	
<input type="checkbox"/> Portable radio (extra batteries)	
<input type="checkbox"/> Helmets and safety hoods	
<input type="checkbox"/> First-aid kits (e.g. basic medicines and a medical handbook)	
<input type="checkbox"/> Valuables (e.g. bankbook, house title, and a copy of insurance cards)	
<input type="checkbox"/> Cash	
<input type="checkbox"/> Towels	
<input type="checkbox"/> Changes of clothes	
<input type="checkbox"/> Masks	
<input type="checkbox"/> Work gloves	
<input type="checkbox"/> Rainwear	
<input type="checkbox"/> Tissues (wipes)	
<input type="checkbox"/> Knives, can openers, and bottle openers	
<input type="checkbox"/> Lighters, matches, and candles	
<input type="checkbox"/> Plastic bags or shopping bags	
<input type="checkbox"/> Oral care products	
<input type="checkbox"/> Toothbrush (Children's toothbrushes are particularly important, as they can be hard to get immediately after a disaster.)	
<input type="checkbox"/> Dental floss, interdental brush	
<input type="checkbox"/> Dental rinse	
<input type="checkbox"/> Wet tissues for oral care	
<input type="checkbox"/> Denture cleaner, denture case	

Emergency stores

Items	Inspection date
<input type="checkbox"/> Drinking water (3 liters per person per day)	
<input type="checkbox"/> Staple foods (rice, instant noodles, canned food, and ready-made meals)	
<input type="checkbox"/> Other foods (e.g. seasoning, soup, and miso soup)	
<input type="checkbox"/> Snacks (e.g. chocolate and candy)	
<input type="checkbox"/> Fuel (e.g. gas stoves, extra gas canisters, and lanterns)	
<input type="checkbox"/> Blankets, towels, and sleeping bags	
<input type="checkbox"/> Toiletries	
<input type="checkbox"/> Pots and kettles	
<input type="checkbox"/> Disposable tableware (e.g. disposable chopsticks, paper plates, and paper cups)	
<input type="checkbox"/> Plastic wrap and aluminum foil	
<input type="checkbox"/> Wipes and toilet paper	
<input type="checkbox"/> Hygiene products (masks, sanitizers, disinfecting wipes, mouthwash, etc.)	
<input type="checkbox"/> Thermometer	
<input type="checkbox"/> Feminine hygiene products	
<input type="checkbox"/> Safety shoes	
<input type="checkbox"/> Tarps	
<input type="checkbox"/> Newspapers	
<input type="checkbox"/> Disposable hand warmers	
<input type="checkbox"/> Portable toilets	
<input type="checkbox"/> Tableware	
<input type="checkbox"/> Spare eyeglasses and hearing aids	
<input type="checkbox"/> Tools (e.g. rope, crowbars, and shovels)	



Start preparing for disasters today!

Eating in the wake of a disaster

Disasters are times of mental and physical stress. Consequently, some people experience a loss of appetite and others have difficulty eating to foods to which they are unaccustomed.

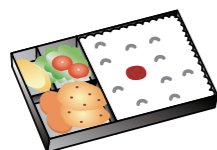
When in an evacuation center

Eat the amount that is best for you.

Most of the food provided at evacuation centers is heavy in carbohydrates, such as bread and rice balls, and the amount served may not be the amount that is best for you. Additionally, eating everything that is served may result in excessive calorie or salt intake. It is important to eat an amount that is roughly the same as your normal amount.

Watch for excessive salt intake.

Canned foods, retort pouch foods, and prepared boxed meals often use more salt than ordinary foods, and eating them can result in excessive salt intake. If your stay at the evacuation center becomes extended, you will need to watch the amount of pickled foods and heavily seasoned foods you eat.



When at home

Use your stockpile of foods.

As much as you can, eat foods in your home that can be prepared easily. Eating foods that you are accustomed to will help calm you.

Consider the elderly or those with chronic conditions.

In recent years, many products for the elderly and people with chronic conditions, and which can be stored for long periods of time, have become available in stores. Find out the flavors and types of food such people are accustomed to, and help them enjoy their meals by keeping those products handy.

Stay hydrated with frequent drinks of water

Some people have difficulty sensing when they are thirsty or suppress their intake of fluids during disasters.

The body loses moisture through perspiration, urinating, and exhalation. Replenishing the body's fluids is important for avoiding dehydration and "economy class syndrome."

Sweet drinks, tea, mineral water, and various other drinks are provided at evacuation centers. The important thing is to be aware of the need to stay hydrated and to drink small amounts frequently, even when you are not thirsty.

If a variety of drinks is available, remember that sweet beverages contain a lot of sugar, so it is best to avoid excessive consumption of them.

*Consult with a nutritionist at a public health center for details on food and nutrition.

Oral care during a disaster

People tend to put off oral care during disasters. However, poor oral hygiene can lead to aspiration pneumonia, influenza, or other diseases. This makes it important to maintain oral hygiene even after a disaster. Additionally, sustained fatigue and stress can reduce the secretion of saliva and worsen conditions within the mouth. Take the following precautions when at an evacuation center.

Babies and children

- Avoid giving them an endless supply of sugary snacks and juices.
- Chewing gum containing xylitol after meals can help prevent cavities.



People with chronic conditions (Diabetes, hypertension, etc.)

- Allowing periodontal diseases to worsen increases the risk of arteriosclerosis, stroke, and pneumonia. Maintain oral hygiene and raise your immunity.



Senior citizens

- If you are a senior citizen, pay attention to your health by watching whether you are eating properly. Deteriorating nutrition caused by difficulty eating and dehydration caused by trouble swallowing can lead to an overall decline in your state of health.



- If you sleep with your dentures in your mouth, ensure that you remove them at other times to give your gums a short rest. Be sure to clean your dentures daily. Also remember that many people lose their dentures at evacuation centers. Decide on a way of storing your dentures and stick to it.

* Simple recipes for use in disasters *

Hijiki with Japanese plum



- Ingredients (serves two)**
- Hijiki seaweed (boiled and canned) 1 can (110 g)
 - Pickled Japanese plum (umeboshi) Two medium-sized plums (Remove seeds and crush.)
 - Dried bonito (katsuo-bushi) 1 small pack (1.5 g)
 - Sesame-seed oil 1 teaspoon
 - Ground sesame seeds 1 teaspoon
 - One plastic bag

- Preparation**
- 1 Place all of the ingredients into the plastic bag and mix them together.
- *Can be prepared in one plastic bag without heat or water.
*Adds flavor to a bowl of cold rice.

Availability under disaster circumstances

Water		×
Heat source	Gas	×
	Electricity	×
Canned food		○
Dried food		○
Precooked food		×

Easy Ishikari milk soup



- Ingredients (serves two)**
- Canned salmon 1 can (150 g)
 - Chinese cabbage (or cabbage) 4 leaves (Tear into smaller pieces.)
 - Shimeji mushrooms 1/2 cluster (1/2 bag) (Break up into smaller clusters.)
 - Mixed vegetables 50 g
 - Milk 300 ml (The amount can be adjusted; soy milk may be used as a substitute.)
 - Miso 1 tablespoon

- Preparation**
- 1 Place the milk, Chinese cabbage, shimeji mushrooms, and mixed vegetables into a pan and bring them to a boil.
 - 2 When the Chinese cabbage softens, add the salmon and miso and simmer.

Availability under disaster circumstances

Water		×
Heat source	Gas	○
	Electricity	×
Canned food		○
Dried food		×
Precooked food		×

Fried rice made with convenience store rice balls



- Ingredients (serves two)**
- Convenience store-bought rice ball 2 (Remove the nori laver seaweed and the filling)
 - Egg 1 (Beat prior to preparation.)
 - Dried young sardines (chirimenjako) 20 g (Furikake seasoning may be used as a substitute.)
 - Oil 1 tablespoon
 - Pepper and green onion To taste
 - One plastic bag

- Preparation**
- 1 Place the rice balls into the plastic bag and break up the rice. Add the beaten egg.
 - 2 Stir-fry the chirimenjako in a frying pan. Add the rice from the plastic bag and stir-fry. Add pepper to taste and green onions cut up with scissors, and then quickly mix everything together.

*The dish is already salty from the rice-ball rice and chirimenjako, so simply adding pepper makes a delicious meal.
*Prepared with just a plastic bag, this arrangement makes a welcome change after days of rice balls.

Availability under disaster circumstances

Water		×
Heat source	Gas	○
	Electricity	×
Canned food		×
Dried food		○
Precooked food		○

Tips for situations when water services are unavailable

Plastic bag

→ Mix ingredients in a plastic bag instead of a bowl.

Kitchen wrap

→ Spread out the wrap on a plate, then arrange the dish on top. (The same dish can be used many times just by replacing the wrap.)

Aluminum foil

→ Use foil instead of dishes.

Cooking sheet

→ Place cooking sheet in a frying pan before cooking. (This eliminates the need to wash the pan.)

Health Promotion Section, Minato Public Health Center Tel.: 03-6400-0083

*Sources: Shinagawa Health Service Center, "Preparing Food Reserves for a Disaster"; Tokyo Metropolitan Government, "Ninsanpu Nyuyoji wo Mamoru Saigai Taisaku Gaidorainu" (Disaster Response Guidelines for Protecting Expectant/Nursing Mothers and Infants)
Cooperation: Dr. Shigeru Beppu, Visiting Professor, Graduate School of Science and Technology of Niigata University; Minato Dietetic Association.



Start preparing for disasters today!

In an earthquake, one in two people are injured by toppling or falling furniture. Taking appropriate measures to prevent furniture from toppling can greatly reduce the chance of injury.

Reexamine your living space!

Have you taken steps to prevent furniture from toppling?

Preventing injury in your home when disaster strikes



1 Reduce

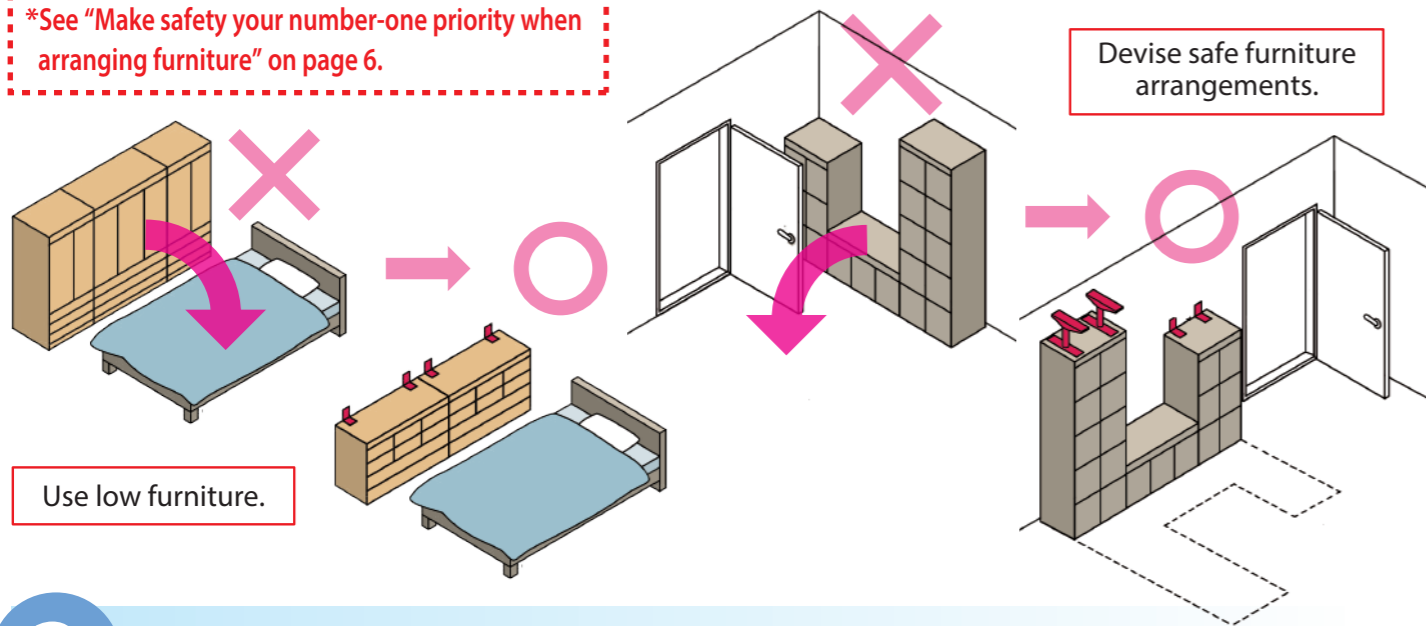
Reduce the number of unnecessary furniture items in your home, and avoid placing tall furniture whenever possible. Also, place items in closets and other fixed storage spaces, and keep those spaces neat and orderly.



2 Devise safe arrangements

Is there any furniture that could topple onto where you sleep?
Is any of your furniture placed so that it could block doors or escape routes if it toppled over?
Simply being inventive with your furniture arrangement could improve the safety of your residence.

*See "Make safety your number-one priority when arranging furniture" on page 6.



Use low furniture.

Devise safe furniture arrangements.

3 Fix in place

After you have reexamined your furniture's arrangement, fix it in place with devices and fixtures. Begin by putting priority on spaces that are often used, such as your bedroom, living room, or child's room.

Minato City provides free subsidies for anti-tipping devices for furniture and other earthquake safety equipment.

Minato City provides free subsidies for anti-tipping devices for furniture and other earthquake safety equipment with the aim of minimizing injuries caused by falling furniture in an earthquake.

<p>● Eligibility</p>	<p>Households residing in Minato City and registered as Minato City residents. *Only one application will be accepted per household.</p>	
<p>● Description</p>	<p>Minato City will pay for "bar stoppers" that keep furniture from toppling over, film that prevents shattered glass panes from scattering everywhere, and other devices. Please note that there is a cap on the maximum subsidies provided.</p>	

Minato City assists in the installation of devices purchased with the subsidy for households with elderly members, disabled members, or expectant/nursing members as well as single-parent households.

<p>● Eligibility</p>	<p>Households residing in Minato City and registered as Minato City residents that satisfy one of the following conditions: (1) The household is comprised of a single person aged 65 years or older or of elderly members only. (2) The household includes a person with a long-term care level of 3 or higher. (3) The household includes a person who has been issued a Shintai Shogaisha Techo (Certificate of the Physically Disabled), Ai-no-Techo (Certificate of the Intellectually Disabled), or Seishin Shogaisha Hoken Fukushi Techo (Certificate of the Mentally Disabled). (4) The household includes a person who receives a subsidy covering medical expenses for an intractable disease by the Tokyo Metropolitan Government. (5) The household includes an expectant mother who has been granted a maternity and child health handbook or a nursing mother up till the last day of the month prior to the month of the baby's one-year birthday. (6) The household is a single-parent household headed by a mother or a father.</p>
<p>● Description</p>	<p>Minato City will install anti-tipping devices for furniture and other earthquake safety equipment that was purchased with the subsidy from Minato City on furniture, etc., within the eligible household's home.</p>

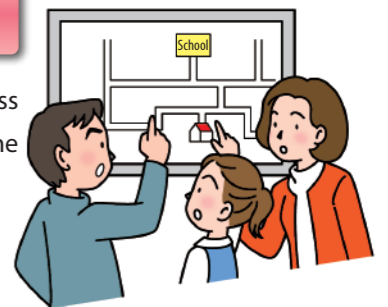
For details, see the pamphlet on the subsidy program, which is distributed by the Collaboration Project Section or Disaster Prevention Section of your Regional City Office.
The pamphlet and application form can be downloaded from the Minato City website.
Minato City has also prepared a pamphlet on equipment installation. Please make use of it when taking steps to improve your earthquake readiness.

Confirm evacuation sites and routes

Consult the Aid Map for Disaster to confirm the evacuation site for your community. Discuss possible hazards along the evacuation route with your neighbors. If possible, gather everyone during a weekend or holiday to walk the route and familiarize yourselves with it.

■ Access Minato City's Aid Map for Disaster web page here.

Minato City Aid Map for Disaster



Participate in disaster prevention drills

Actively participate in local disaster prevention drills.



Start preparing for disasters today!

Establish a method for contacting your family during a disaster

Plan in advance how you will contact family members who are away from home during a disaster.

Checking your family's safety

Note: You can try out the service in advance.

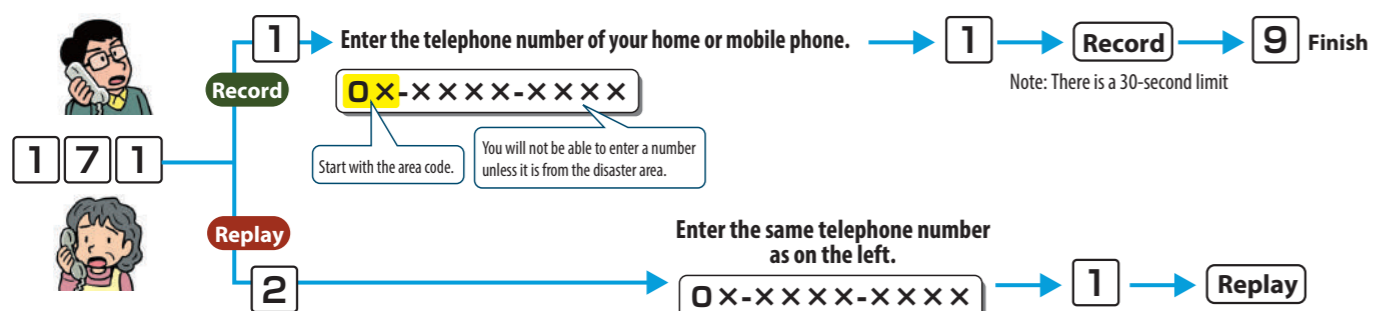
- The first and fifteenth of every month
- Disaster Prevention and Volunteer Week (January 15 to January 21)
- Disaster Prevention Week (August 30 to September 5)
- The first three days of the new year (January 1 to January 3)

Voice recording

Use NTT Disaster Emergency Message Dial **1711** to record a voice message in an emergency



This service is provided when, in the event of an earthquake or other large-scale disaster, there is an increase in calls to check on the safety of people in the disaster area and connecting calls to the area becomes difficult. Remain calm and follow the guidance for record and playback.

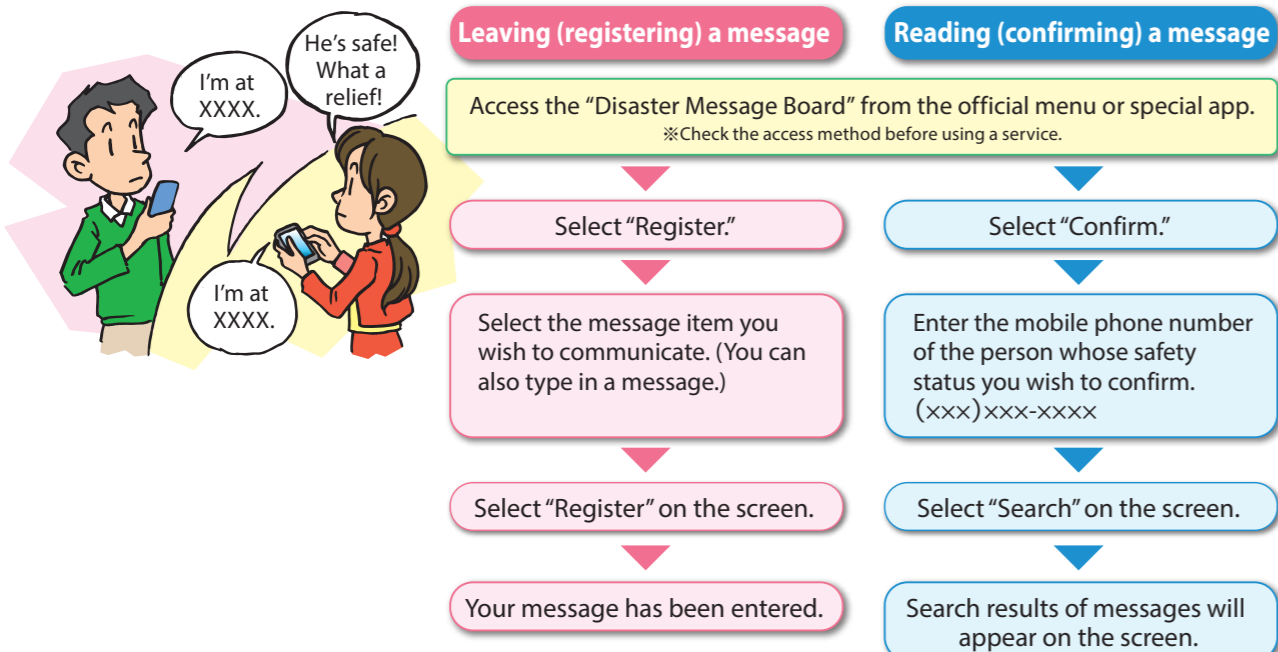


How to Confirm Using Text

Smartphone and mobile phone service Using cell phone providers' Disaster Message Boards



If a large-scale disaster occurs — such as an earthquake with a seismic intensity (shindo) of 6-lower or higher or a torrential rainstorm — mobile phone companies will provide "Disaster Message Board" services to allow their customers to leave and check safety messages via their smartphones and mobile phones.



Use all possible means to gather information!

Disaster prevention wireless system

Minato City broadcasts disaster preparedness information to residents through outdoor speakers. If you could not hear a broadcast, you can call the following telephone number to listen to it again.

Call this number to check broadcasts!

03-5401-0742

*Messages will be deleted eight hours after their original broadcast.

Disaster prevention app

This disaster prevention app is designed for tablets and smart-phones. It is useful for getting disaster-related information issued by Minato City and viewing hazard maps and disaster preparedness maps. Download it for free by scanning the appropriate 2D code provided.



iPhone



Android

Message board services for use in times of disaster

(Links for confirming messages from phones under different service providers)

NTT docomo
http://dengon.docomo.ne.jp/top.cgi



●Softbank
●Y!mobile
http://dengon.softbank.ne.jp/



au by KDDI
http://dengon.ezweb.ne.jp



Rakuten Mobile

As Rakuten Mobile does not have its own disaster message board, Rakuten Mobile customers are urged to use the Disaster Message Board (web171) service provided by NTT East/West.



https://www.web171.jp/

Registering for Minato City's disaster information e-mail service

Minato City sends out disaster-related information (including that recorded by its seismic, water level, and rainfall meters) by email. Please take advantage of the service to receive accurate disaster-related information that could save your life and property.

Information sent out

- Water level (water level of Furukawa River)
- Rainfall (rainfall amounts in Minato City)
- Earthquakes (seismic intensity, hypocenter, etc.)
- Weather information and warnings
- Tsunami (tsunami warnings, etc.)
- Civil protection (missile attacks, etc.)
- Disaster-prevention weather information (landslide warnings, etc.)
- Other emergency information

Using the service

Send a blank email to this address. The Minato City Office will reply by sending you a registration email.
Registration address → **kumin@bousai.city.minato.tokyo.jp**



▲You can register here, too.

Receiving Minato Emergency E-mail Service

Minato City uses the cell phone companies' lines to send evacuation instructions from the national government or other public agencies to cell phone users within Minato City. As of August 2016, four cell phone providers support the service.

- NTT docomo
- au (KDDI)
- SoftBank
- Rakuten Mobile

Some older phone models may not be able to receive Minato Emergency E-mail Service. Some models require you to change your settings to receive Minato Emergency E-mail Service.

Emergency contact information

Contact	Telephone	Contact	Telephone

Emergency family contact information

Contact	Telephone	Address	Notes

Declaration as a City of Peace

All people are one in wishing to preserve the beauty of the earth and the permanence of world peace. These sentiments will never change.

We are working to build a community dedicated to the welfare of its citizens, while striving for true peace and the preservation of our cultural traditions.

Our duty to the generations that will follow is to hand over into their keeping a society built on the brotherhood of all people and a natural environment that is flourishing and beautiful.

We request our government to abide firmly by the “three nonnuclear principles” (renouncing possession, production, and introduction of nuclear weapons) and appealing to all citizens everywhere to seek the abolition of nuclear weapons.

As it is our earnest wish for world peace, we hereby declare Minato City to be a City of Peace.

August 15, 1985

Minato City

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