



Childcare SOS

Pediatric Emergencies that Require Hospitalization (In or Around Minato City)

Hospital	Address	TEL	Hours (health examinations, etc.)
The Jikei University Hospital	3-19-18 Nishi-shimbashi, Minato-ku	3433-1111	Daytime on week-ends/holidays Evening every day (5:00 PM onwards)
Toranomon Hospital	2-2-2 Toranomon, Minato-ku	3588-1111	
Aiiku Hospital	1-16-10 Shibaura Minato-ku	6453-7300	
Tokyo Metropolitan Hiroo Hospital	2-34-10 Ebisu, Shibuya-ku	3444-1181	
Japanese Red Cross Medical Center	4-1-22 Hiroo, Shibuya-ku	3400-1311	
St Luke's International Hospital	9-1 Akashi-cho, Chuo-ku	3541-5151	
Keio University Hospital	35 Shinanomachi, Shinjuku-ku	3353-1211	

Infants Initial Emergency Medical Care (Minato Child Emergency Clinic) For patients up to junior high school (children up to 15 years old) with minor injuries

Hospital	Address	TEL	Hours (health examinations, etc.)
Imperial Gift Foundation Boshi-Aiiku-Kai Comprehensive Maternal and Child Health Center 1F Aiiku Hospital	1-16-10 Shibaura	6453-7302	Mon - Fri: 7:00 PM - 10:00 PM Sat: 5:00 PM - 10:00 PM (Last entry at 9:30 PM) (excludes national holidays, New Year's holiday)

Minato City Holiday Health Exams and Medication Consultation Services

Information on holiday health exams and medication consultations is published in the **Koho Minato** (published on the 1st, 11th, and 21st of each month) and the Minato City website.

 <https://www.city.minato.tokyo.jp/>

Tokyo Children's Medical Guide

Tokyo has an online audio guide system that provides information such as measures to take when a child falls ill and child-rearing support for parents/guardians with little child-rearing experience.

This guide aims to provide basic information concerning illnesses and childrearing in a friendly and easy-to-understand manner as well as assist users to decide whether or not immediate medical assistance is required. It provides the same sort of general knowledge as medical books, guides, etc., written for children/families. We encourage you to peruse it not during emergencies, but when something about your child's health is bothering you, or in your free time, as part of your studying efforts with regard to child illnesses/treatments and childcare. There is also a conversational version of this guide, which may be fun to enjoy with your child.



Tokyo Metropolitan Fire Department Emergency Consultation Center

Doctors, registered public nurses, and experts with experience as emergency response personnel provide 24-hour advice on the extent of an emergency depending on symptoms, and provide information on medical institutions during holidays and at night.

TEL	3212-2323 (For land-lines, cell phones, etc. that are not push-button phones)
	#7119 (For land-lines, cell phones, etc., that are push-button phones)

Children's Medical Hotline

Tokyo provides telephone counseling for health-related worries and concerns of mothers and children during hours when health centers and other health-related facilities are closed. The service provides counseling related to pediatric emergency medical care, health-related matters for children, child-rearing, health/lifestyle during pregnancy, etc.

Consultation Services Hours	Mon - Fri (excludes weekends/holidays, New Year's holiday): 6:00 PM - 8:00 AM the next morning
	Weekends, national holidays, and New Year's Holiday: 8:00 AM - 8:00 AM the next morning
TEL	5285-8898 (For land-lines, cell phones, etc., that are not push-button phones)
	#8000 (For land-lines, cell phones that are push-button phones)

Tokyo Metropolitan Medical Institution Information (Himawari)

Himawari is a service that provides residents with health-related information. For telephone inquiries, we provide 24-hour medical institution information via an automated voice response service. Also, from computers, smartphones, and cell phones, it is possible to search for your ideal medical institution in Tokyo by specifying conditions such as your location, the clinical department where you want to be examined, the desired day of week, and the desired time.

TEL	5272-0303 Dedicated Fax Hotline for People with Hearing Impairments 5285-8080
Computer Website	https://www.himawari.metro.tokyo.jp/
Cell-phone website	http://www.himawari.metro.tokyo.jp/kt/

Communicating during a Disaster

Preparing for Disasters Through Practice

According to a study by the Ministry of Internal Affairs and Communications, in the period immediately following the Great East Japan Earthquake, there was a massive influx of calls made to the affected areas, and people were unable to connect to and talk to their loved ones. People knew of the Disaster Emergency Message Dial (#171) and the Disaster Emergency Message Board before the Great East Japan Earthquake. However, when disaster actually strikes, it is very easy to panic and forget things you have known. These services are technically only available during disasters. However, they are made available on the following days so that people can try them out. Be sure to try out these services so you will know how to use them if necessary.

- 1st and 15th of every month
- New Year's holiday (January 1-3)
- Disaster Prevention Week (August 30 - September 5)
- Disaster Prevention and Volunteer Week (January 15-21)

*Contact the providers of each service for details.



When a Disaster Strikes

Teach Children What to Do If They Are on Their Way to or from School

It is also crucial to teach children that use the train or bus to commute what measures to take should they become involved in a disaster during their commute. Even adults tend to panic during disasters. So for a child on their own, the anxiety is even worse. Knowing what to do in advance will help both you and your child behave calmly and rationally. Here, we will introduce you to the points you should note when you encounter a disaster while on public transport - on the train/train platform, subway, or bus. Just informing your child of these points in advance will greatly soothe any concerns they might have.

You Can Never Be Too Prepared

Expectant and nursing mothers are able to purchase disaster prevention goods at special prices in Minato City.

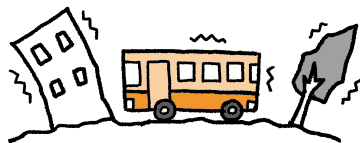
See the leaflet in the Minato City Pregnancy & Child-Rearing Information File that was given to you along with your Maternal and Child Health Handbook for details.

Eligibility: Expectant mothers who have been given a Maternal and Child Health Handbook or mothers whose child has not yet turned 1 year old (until the end of the month before the month in which the child will turn 1 year old) (Limited to once per household)

*Households exempt from resident tax and/or who are receiving public welfare assistance will be able to purchase these at even lower prices.

Q Disaster Prevention Community Support Subsection, Disaster Prevention Section

☎ 3578-2511



When an Earthquake Hits and You Are In Your House

(1) Take calm and decisive action to protect your child

If you panic and get hurt, you will be unable to protect your child.

Do not run to your child if they are far away from you, especially if it is difficult to do so. Protect yourself, and tell your child not to move.

(2) Once the shaking stops, open the door to secure an exit

Severe earthquakes can warp the house, preventing you from opening the door and trapping you in the house.

Once the shaking stops, open a door, window, etc., to secure an exit.

(3) Acquire accurate information

Get accurate information about the aftermath of the earthquake through TV, radio, the Internet, etc.

How to Protect Yourself

Crouch under a table or near sturdy furniture!

The most dangerous thing that can happen in an earthquake is the house, large items of furniture, etc., collapsing on top of you.

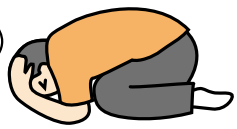
Desks, tables, etc., can serve as shields, protecting you from falling objects. If there are no tables nearby, crouch close to a low, sturdy item of furniture (sofa, etc.).

We also encourage you to take measures to secure furniture to prevent it from tipping over, falling, etc., in your everyday life, in order to keep your house safe.

Protecting yourself begins with the roly-poly pose

Adults and children alike should learn the roly-poly pose, which protects the head - the most important part of the human body.

Teach your child this pose from about elementary school onwards, and in your day-to-day lives, so that they are able to protect themselves in the event of an earthquake.



Hold your head in both hands and curl up

Protecting your baby

Position your baby so that their head is near your stomach, and curl yourself around them so that their bottom is in your arms. This pose protects both your head and your baby's head.



If You Are With an Infant

If your infant is in a different room or is otherwise not close to you, yell out detailed instructions as to what they should do ("Go under the table!" "Stay in the bathroom!" "Protect your head with the futon!").

What if I'm bathing or in the bathroom?

The bathtub area, bathroom, etc., should be relatively safe, as there is little risk of falling objects. There is the risk, however, that the door could warp, trapping you in the room. Thus, in the event of an earthquake, you should open the door, crouch low to the ground, and wait for the shaking to subside.

When an Earthquake Hits and You Are Outside

Hold your baby close and find a safe location

If your baby is in a stroller when the earthquake hits, do not pick them up immediately. Hold the stroller steady and wait until the shaking subsides. Once the shaking subsides, pick your baby up, hold them close, and evacuate to a safe location. You will not be able to take quick enough action if you are pushing a stroller. We recommend you use a baby sling or carry your child on your back.

Drop down and curl yourself up in the “roly-poly pose” (like a pill bug) to protect your head

If you are on the street, there is the risk of concrete-block walls, etc., collapsing, and if you are shopping, there is the risk of objects falling off of the shelves, or the shelves themselves collapsing. If you are with your child when the earthquake hits, immediately move away from any walls, shelves, etc., while protecting your head with your bag, etc., and drop down and curl up in the roly-poly pose to protect your child.

If your child is in a stroller, cover your child with your body to protect them while protecting your own head. Another good thing to do is to draw down the hood of the stroller to protect them from falling objects.



If You Are in an Elevator

Elevators that were built in 1981 onwards are designed to stop automatically at the nearest floor and open their doors if they sense an earthquake of seismic intensity (shindo) 4 or stronger. Older elevators, however, may not stop automatically. In these cases, you should press all of the buttons on the elevator to make it stop as soon as possible. In the event that you get trapped in an elevator, press the Emergency Call button and request a rescue.

If You Are on an Escalator

Escalators can stop suddenly due to the shaking of the earthquake, putting you at risk of falling over. Get in the habit of holding the railings of the escalator on a regular basis. And make sure to hold your infant's hand when riding with them on an escalator. Keep in mind that riding the escalator with your child on a stroller is extremely dangerous.

● Get in the habit of locking the wheels of your stroller on trains, buses, etc.

Trains are designed to stop automatically using their emergency brakes in the event of an earthquake. This can result in very abrupt stops. Keep yourself safe if you feel an earthquake by grabbing firmly onto a nearby railing, strap, etc. If you are someone who rides on trains with your baby in a stroller, get in the habit of locking the wheels on the stroller in your everyday life. Buses tend to not have very much space, which makes them dangerous. When riding on a bus with your baby in a stroller, try to use the assistive belt in the bus to secure the stroller.

Evacuating

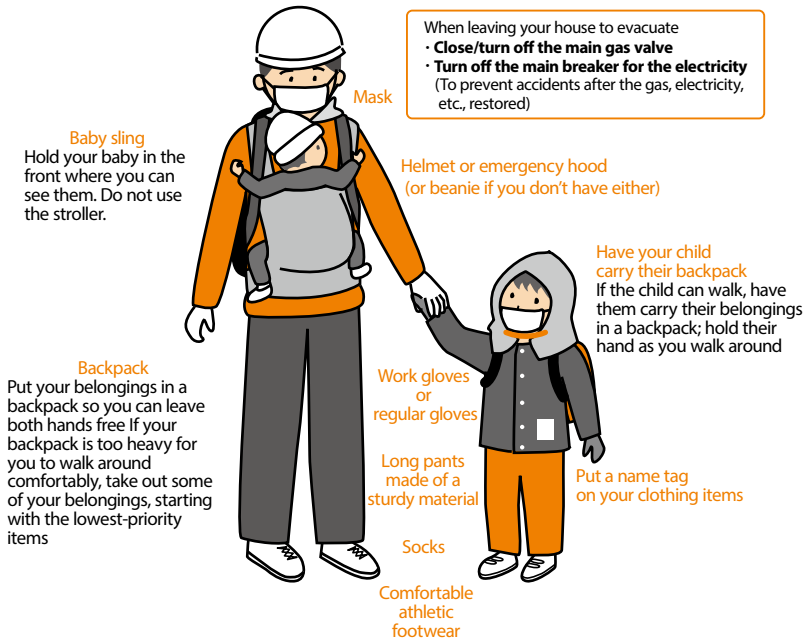
The city is full of danger after an earthquake.

Always keep an eye out for you and your child's safety if you are forced to evacuate.

What to Wear During Evacuation

Make sure to wear sturdy, resilient clothing when evacuating with your child and carry your belongings on your back, keeping both of your hands free, so you can carry your child if necessary. Bring a baby sling with you. Wear an emergency hood, helmet, etc. Shoes especially should be sturdy, to keep your feet safe.

Put name tags on your child's clothing just in case you become separated from them



Remaining at Home

Live off of your emergency stockpile and try not to go outside unless absolutely necessary, until supply lines and the like stabilize.

Points of Caution When Hunkering Down at Home

Try to limit your water usage, as it can take a very long time for the water to return.

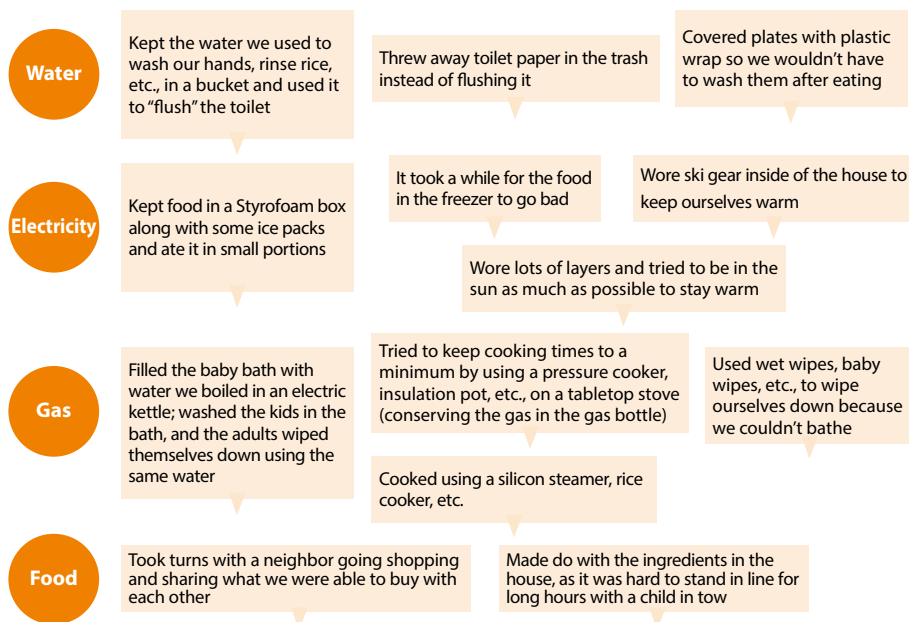
If using a flush toilet, do not flush the toilet until you are able to check if the pipe system connected to the toilet is intact. If there is damage to the pipes, there is a risk that sewage might come up through the toilet.

Maintain proper hygiene/cleanliness indoors, sorting your garbage as necessary, etc.

Maintain awareness of any information disseminated by the government and other institutions by listening to the radio, etc.

Measures to Deal with Lack of Water, Electricity, etc.

Here are some creative measures that people took to get through life after a disaster.



Municipal Efforts, Public Information, etc.

☒ Minato City Disaster Prevention App

The City offers a free app called the Minato City Disaster Prevention App. Use this app to check your disaster risk, prepare for disasters, and more. The City will notify you of emergencies through push notifications from the app.

App Content

- (1) Disaster prevention map (2) Disaster prevention information
- (3) Disaster prevention maps by district (4) Safety information
- (5) List of links (6) Tools (7) Disaster prevention guide

(Only available on smartphones)

Download the app

Android



iPhone



*In addition to Japanese, the app is offered in English, Chinese, and Korean.

☒ Minato City Disaster Prevention App

Information Provided by Minato City

- Tsunami hazard map
- Storm surge hazard map
- Liquefaction hazard map
- Seismic vulnerability map
- Flood hazard map
- Landslide hazard map

Hazard Maps - Minato City Official Website

https://www.city.minato.tokyo.jp/bousai/hazard_map/hazard_map.html

☒ Where to Evacuate in Minato City

Minato City Evacuation Shelters / Welfare Evacuation Centers - Minato City Official Website

<https://www.city.minato.tokyo.jp/bousai/saigaitaisaku/hinanjo.html>

● Detailed Disaster Prevention Maps for Each District

(Shiba, Azabu, Akasaka, Takanawa, and Shibaura Konan)

Hazard Maps by District - Minato City Official Website

<https://www.city.minato.tokyo.jp/bousai/bosai-anzen/bosai/daishinsai/b-map/index.html>

☒ Disaster Prevention Measures You Can Implement in the Home

● Measures for Securing Furniture in the Home - Tokyo Metropolitan Government Disaster Prevention official website

<https://www.bousai.metro.tokyo.lg.jp/bousai/1000027/1005737.html>

● Provision of Tools/Equipment to Secure Furniture in the Home - Minato City Official Website

<https://www.city.minato.tokyo.jp/bousai/kateibousai/kagu.html>

Discounts on Disaster Prevention Goods for Expectant and Nursing Mothers

Disaster prevention goods are available at discounted prices for expectant mothers who have a registered address in Minato City and have been given a Maternal and Child Health Handbook, and mothers whose child has not yet turned 1 year old (until the end of the month before the month in which the child will turn 1 year old).

See the Minato City official website or the pamphlet distributed at your local Regional City Office (Health and Welfare Subsection, Residents Support Section) for details.

Discounts on Disaster Prevention Goods - Minato City Official Website

<https://www.city.minato.tokyo.jp/bousai/kateibousai/assen.html>

If You Would Like to Receive Disaster Prevention Emails

If you would like to receive disaster prevention emails, send a blank email to the following email address.

You will then receive an email from the City Office asking you to register for the service.

kumin@bousai.city.minato.tokyo.jp

Information Distributed

- Information on water levels (water level of Furukawa River)
- Information on tsunami (tsunami warnings, etc.)
- Information on rainfall (amount of rainfall in the City)
- Information related to national security (missile attacks, etc.)
- Information on earthquakes (seismic intensity, epicenter, etc.)
- Weather notices/warnings
- Disaster prevention weather notices/warnings (landslide warnings, etc.)
- Other emergency information (evacuation advisories, etc.)



QR code
for email address

Emergency Area Mail Notifications

National and local public organizations utilize phone lines operated by telecommunications companies to disseminate emergency information (evacuation advisories/orders, etc.) via emails to cell phone users in Minato City. Currently, as of January 2020, four telecommunications companies offer these notifications.

NTT docomo (NTT Docomo) / au (KDDI) / SoftBank (SoftBank Mobile) / Rakuten Mobile

Note, however, that some older cell phone models may not be able to receive these messages, or may require you to change your settings in order to receive the messages.

Disaster Measures Taken by Childcare-related Facilities in Minato City

The City has created a Manual for Behavior During a Disaster that goes over what nursery schools, children's halls, and other childcare facilities should do in order to secure the children's safety, guide them to the proper evacuation routes, provide the appropriate information to parents/guardians, etc. They have also created manuals for each type of facility, and offer staff workshops. During a disaster, childcare facilities will provide you with safety information on the phone, through emergency information emails, etc.

This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines, providing a guide for letter height and placement. The lines are evenly spaced across the entire page, which is otherwise blank.

Family Disaster Prevention Card

Fill out the card, cut it out, and carry it around with you in your everyday bag, in your emergency bags, etc.

Example

Front

Disaster Prevention Card				1 7 1	
Disaster Message Hotline					
Name	Gender Male Female	Blood Type	Birth Date		
Tsuyoshi Minato					
Address 〒 105-8511	1-5-25 Shibakoen, Minato-ku				
☎ 03-0000-xxxx					
Employer / School / Nursery School, etc.	○-○-○ Shibakoen, Minato-ku				
☐☐ Nursery School ☎ 03-○×○×-○×○×					
Health Conditions / Current Medications, etc.			Allergies		
			Wheat		

Back

Family Contact Information		Contact Information	
Name		Mamoru Minato ; △△ Co., Ltd. ☎ 090-0000-0000	
Ikuko ; ○○ Minato Branch ☎ 090-△△△△-△△△△			
Hikari ; Minato Elementary School ☎ 03-0000-△△△△			
Meeting Spot Set by Family		Local Meeting Spot Set by Residents' Association	
In front of ○○ Plaza		○○ Park	
Evacuating from a fire =		There is danger in your home =	
○○ Cemetery		○○ Plaza	
Common point of contact for family (Relative that lives far away, etc.)			
Home of grandparents (Father's side)		Mobile TEL (Aunt)	
☎ 00-△△△△-0000		☎ 090-△△△△-0000	

Disaster Prevention Card Disaster Message Hotline

1 7 1

Name	Gender Male Female	Blood Type	Birth Date
Address 〒			
☎			
Employer / School / 〒 Nursery School, etc.			
☎			
Health Conditions / Current Medications, etc.		Allergies	

Disaster Prevention Card Disaster Message Hotline

1 7 1

Name	Gender Male Female	Blood Type	Birth Date
Address 〒			
☎			
Employer / School / 〒 Nursery School, etc.			
☎			
Health Conditions / Current Medications, etc.		Allergies	

Disaster Prevention Card Disaster Message Hotline

1 7 1

Name	Gender Male Female	Blood Type	Birth Date
Address 〒			
☎			
Employer / School / 〒 Nursery School, etc.			
☎			
Health Conditions / Current Medications, etc.		Allergies	

Disaster Prevention Card Disaster Message Hotline

1 7 1

Name	Gender Male Female	Blood Type	Birth Date
Address 〒			
☎			
Employer / School / 〒 Nursery School, etc.			
☎			
Health Conditions / Current Medications, etc.		Allergies	

Family Contact Information	Name	Contact Information
		☎
		☎
		☎
Meeting Spot Set by Family		Local Meeting Spot Set by Residents' Association
Evacuating from a fire =		There is danger in your home =
Common point of contact for family (Relative that lives far away, etc.)		
☎		☎

Family Contact Information	Name	Contact Information
		☎
		☎
		☎
Meeting Spot Set by Family		Local Meeting Spot Set by Residents' Association
Evacuating from a fire =		There is danger in your home =
Common point of contact for family (Relative that lives far away, etc.)		
☎		☎

Family Contact Information	Name	Contact Information
		☎
		☎
		☎
Meeting Spot Set by Family		Local Meeting Spot Set by Residents' Association
Evacuating from a fire =		There is danger in your home =
Common point of contact for family (Relative that lives far away, etc.)		
☎		☎

Family Contact Information	Name	Contact Information
		☎
		☎
		☎
Meeting Spot Set by Family		Local Meeting Spot Set by Residents' Association
Evacuating from a fire =		There is danger in your home =
Common point of contact for family (Relative that lives far away, etc.)		
☎		☎