



WHAT TO DO

BEFORE, DURING, AND AFTER

A MAJOR

EARTHQUAKE!



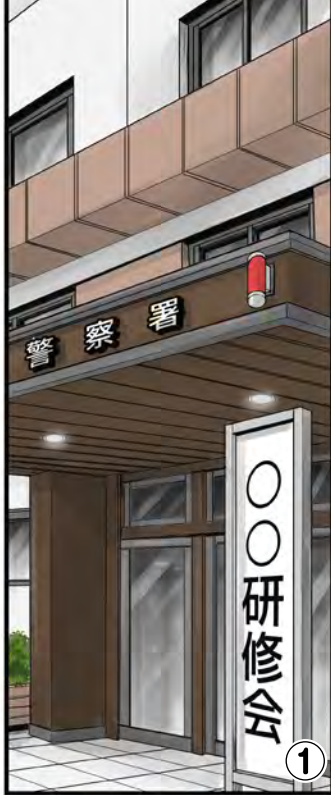
BONUS CONTENT
HOW TO
STAY SAFE DURING
HEAVY RAINS AND
TYPHOONS

**PREPARE FOR
DISASTERS WITH THIS
COMPREHENSIVE GUIDE!!**

**USEFUL TIPS IN AN EASY-TO-UNDERSTAND
MANGA FORMAT**

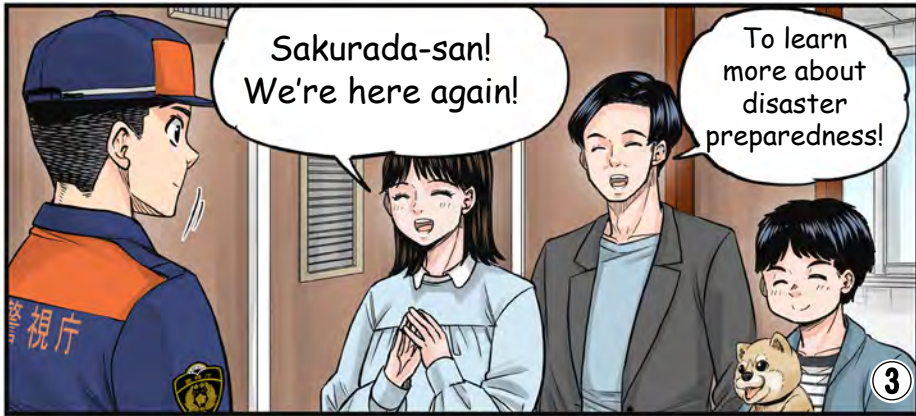
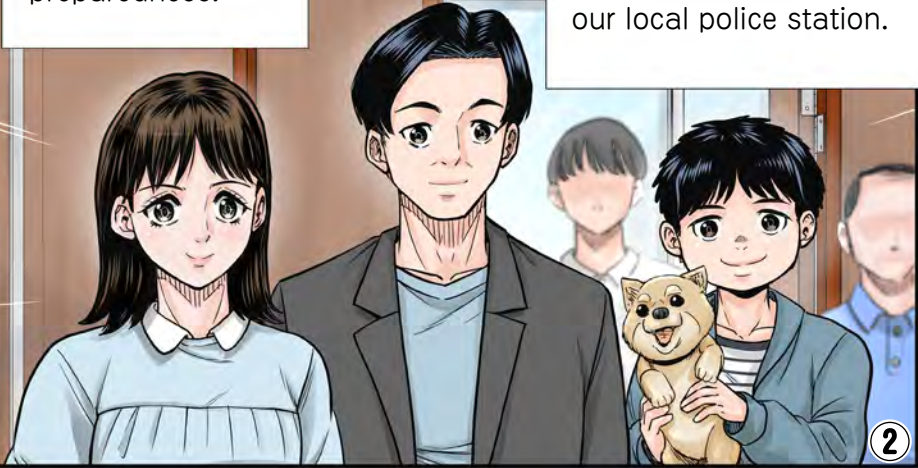
街とともに。人とともに。
FOR MORE COMMUNICATION

警視庁



My family is well aware of the need for disaster preparedness.

Today we participated in a special event at our local police station.



Sakurada-san! We're here again!

To learn more about disaster preparedness!



Oh, you're here too, Tasuke! You look good.



Yeah, he's already a member of our family!

Tasuke is a rescue dog from a recent disaster. We adopted him through Sakurada-san's introduction.



We're about to get started, so please be seated by group.

Police Officer Sakurada



Sergeant Akagi

Today we have a disaster simulation exercise

to better prepare us in the event of a major earthquake.

DIGで学ぶ 防災シミュレーション

8

Does anyone know what 'DIG' is?

アハハハ

No, I don't!

It's a map exercise

'DIG' stands for Disaster, Imagination, and Game.

DIGで 防災シ

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10

Hmm, so it involves paper and pen, huh?

ガアガア...

Sounds difficult, unlike emergency drills...

13

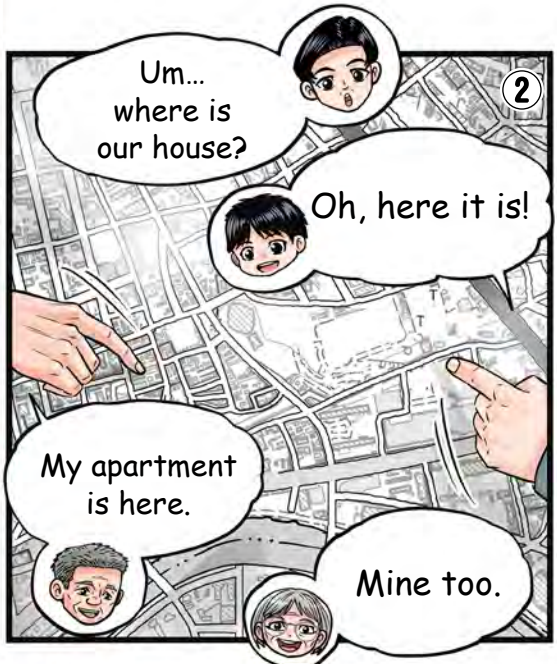
Let's break up into groups by table, and get started playing a game!

12

OK then...



First, prepare a map of your particular neighborhood.

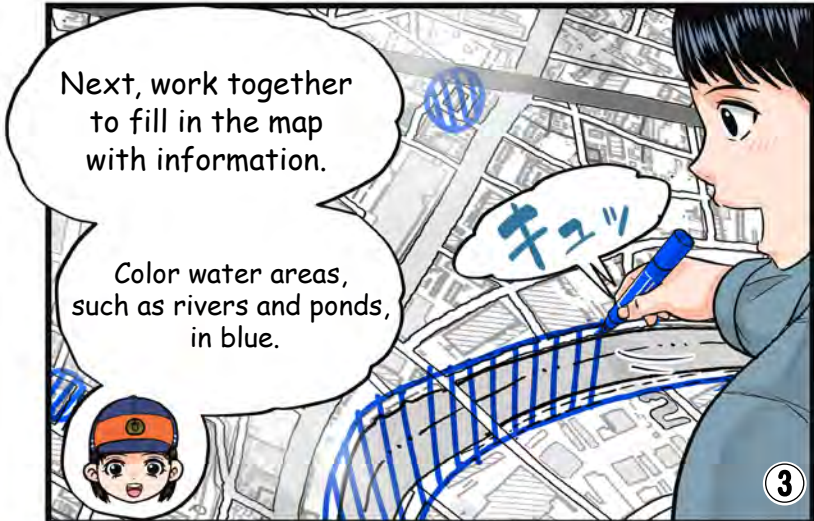


Um... where is our house?

Oh, here it is!

My apartment is here.

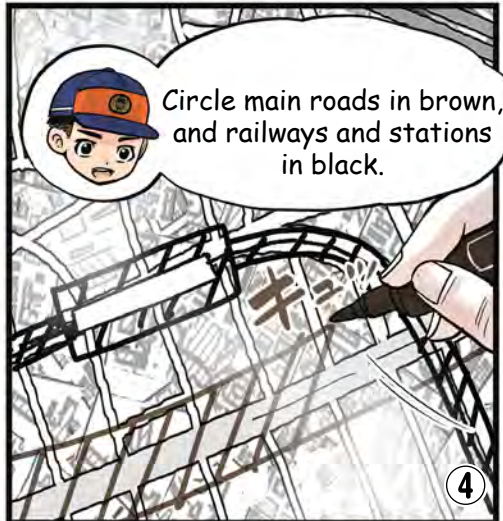
Mine too.



Next, work together to fill in the map with information.

Color water areas, such as rivers and ponds, in blue.

キョツ



Circle main roads in brown, and railways and stations in black.

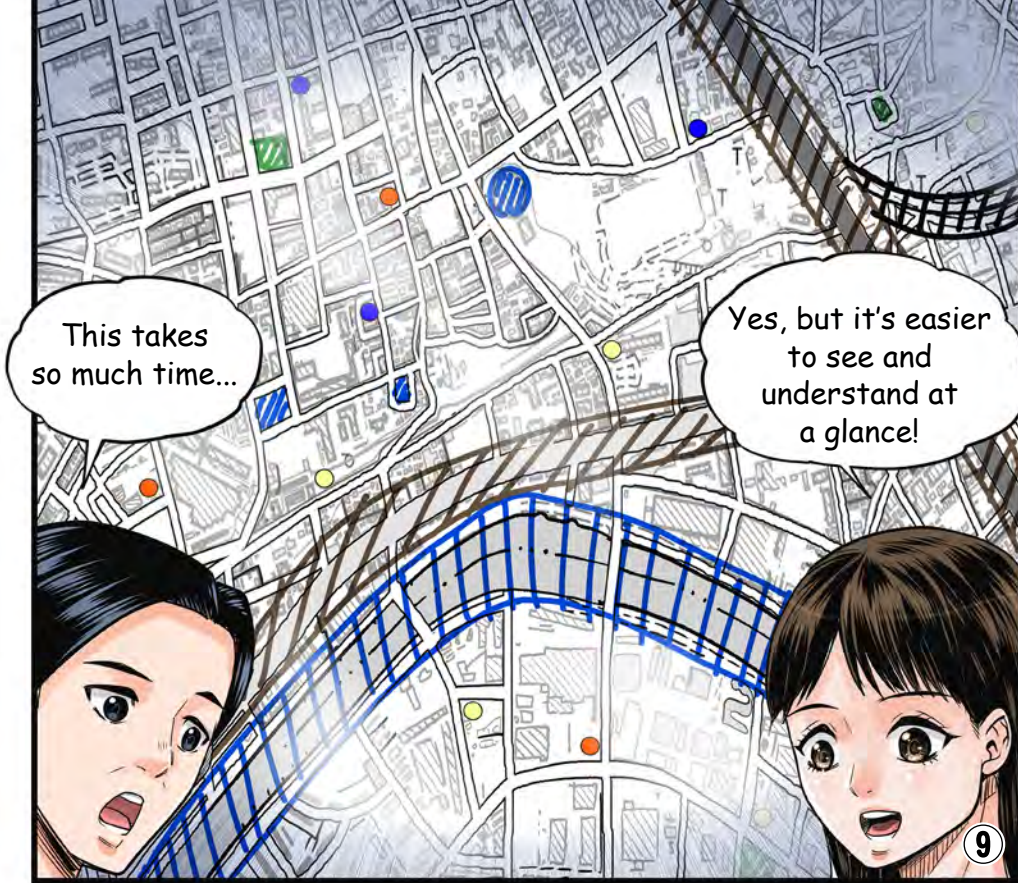


Put colored stickers on police boxes, fire stations and hospitals.



Color evacuation sites in green, and mark broad-area evacuation sites with a diagonal pattern.





This takes so much time...

Yes, but it's easier to see and understand at a glance!

9



Now then...

10



Next, let's assume a major quake with a seismic intensity of 7 just occurred in Tokyo.

Let's confirm all the dangerous areas with this here hazard map.

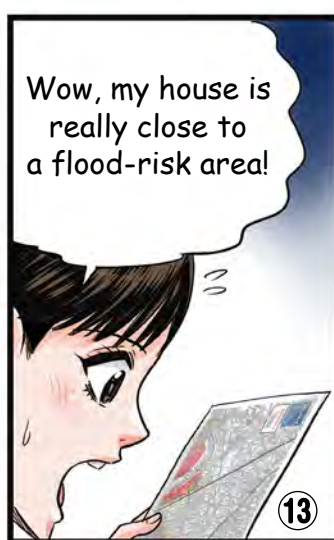
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Sediment Disaster-Prone Areas
Potential Liquefaction Zones
High-Risk Flood Areas

Mark each area with a diagonal pattern and fill in with different colors.

12



Wow, my house is really close to a flood-risk area!

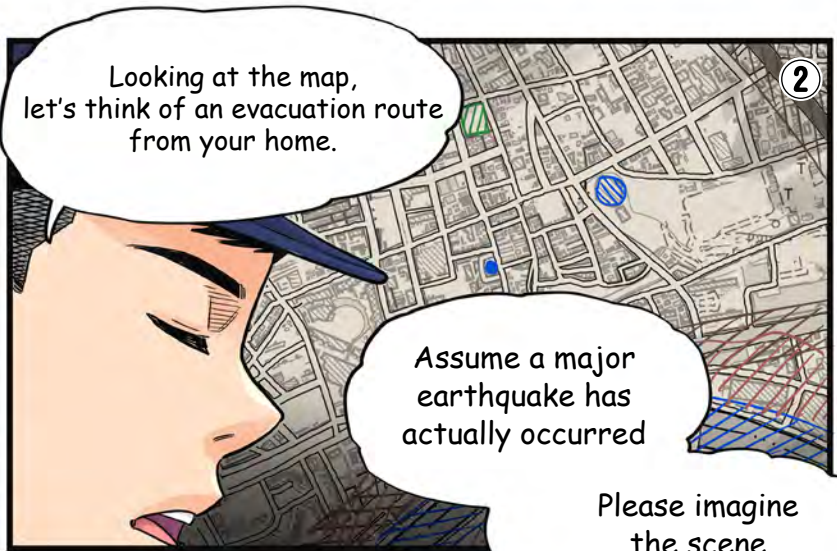
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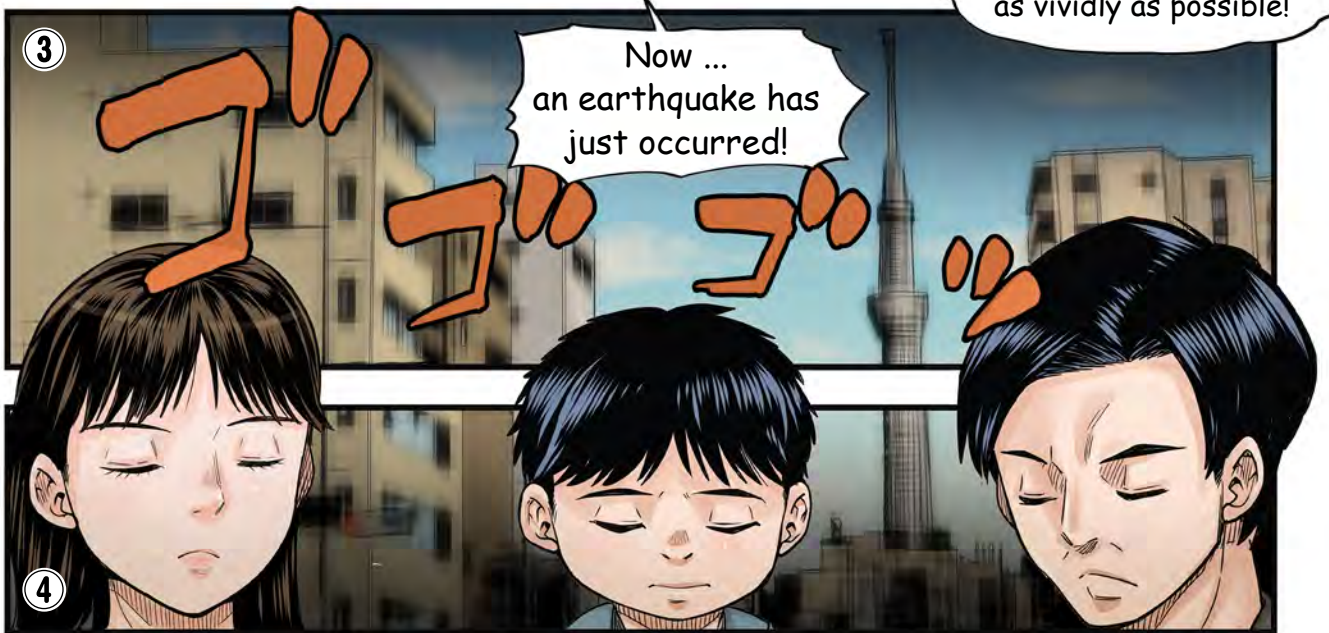
My house could be affected by liquefaction!

This area with narrow streets would be terrible if a fire breaks out.

14



Please imagine the scene as vividly as possible!



* Necessity of evacuation depends on the damage caused by the earthquake



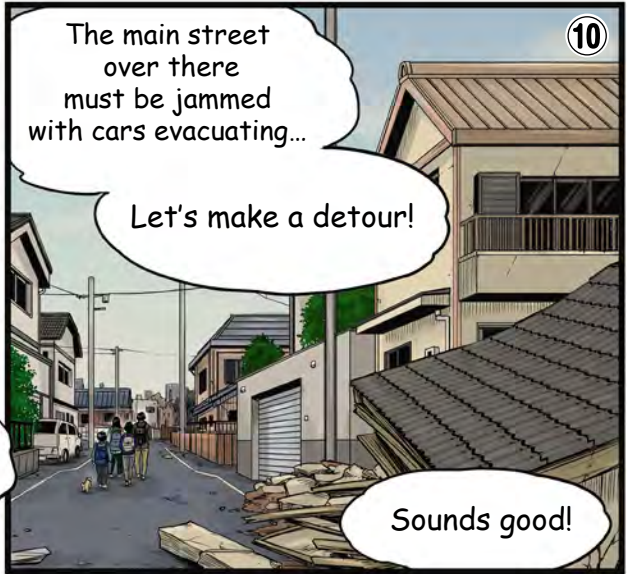
It's about 700m to the evacuation center. It's not that far, huh?

8



9

No good. If we go straight, we'll hit a sediment disaster-prone area!



10

The main street over there must be jammed with cars evacuating...

Let's make a detour!

Sounds good!



Someone, help!

11



The elevator has stopped!

13

She has a bad leg... there's no way we can evacuate...



I'll give you a ride on my back! Let's go together

14

In times like these, we really have to help each other!



Miyake-san!

12



I'll carry your bag for you!

Thank you!

15



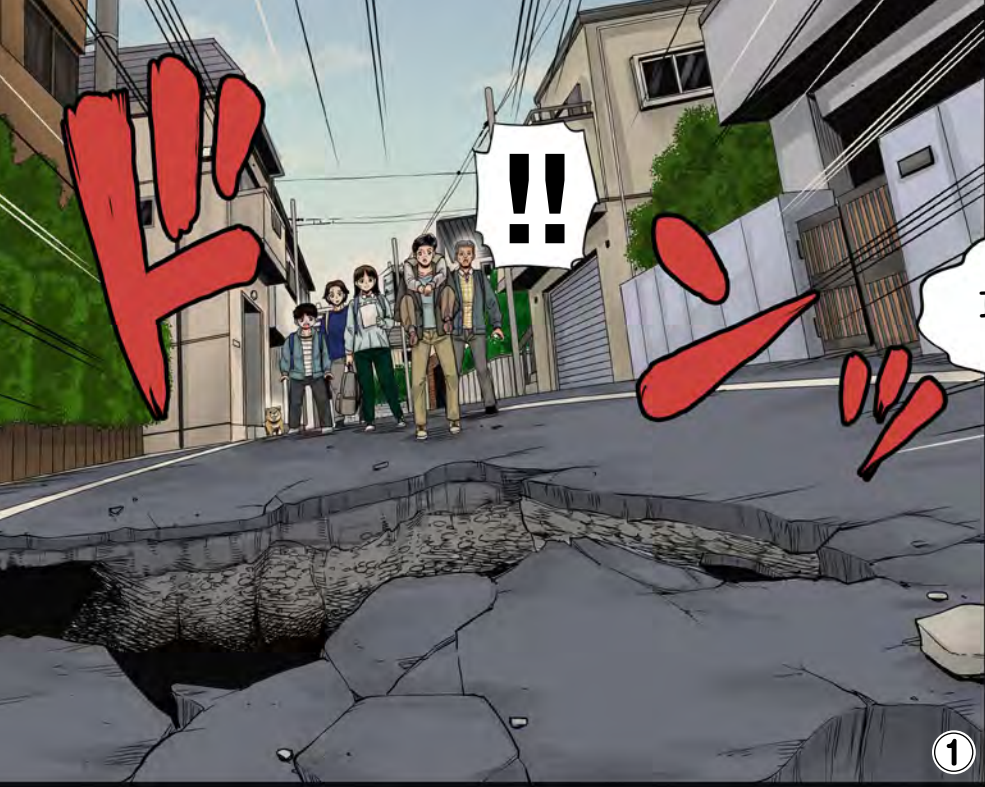
We're almost there...

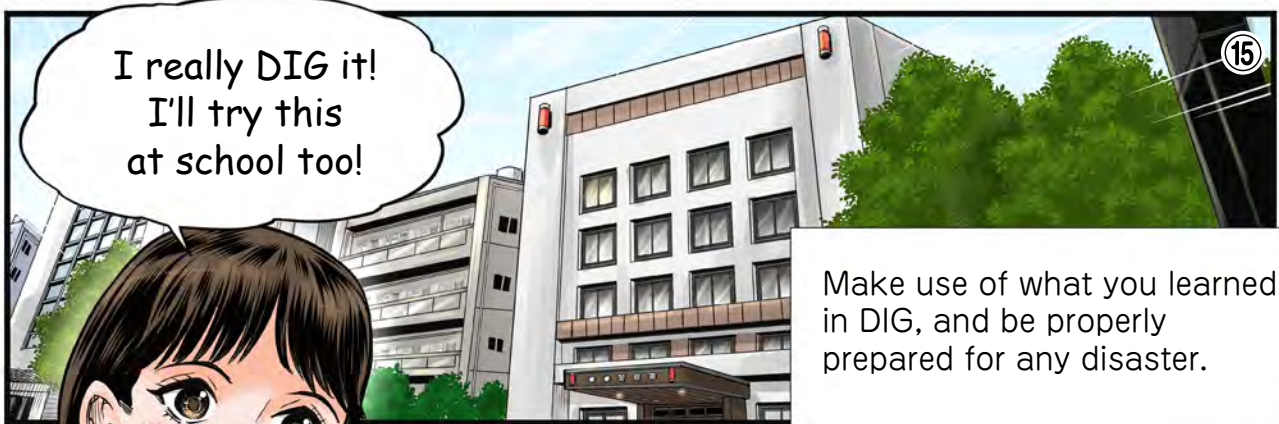
16



Wait, stop!

17





[PREPARATIONS BEFORE AN EARTHQUAKE]

It is predicted that there is a 70% chance of a major earthquake hitting the Greater Tokyo Area within the next 30 years. In preparation for such earthquakes and other major disasters, the Tokyo Metropolitan Police Department has been encouraging disaster drills designed for each geographical area and has engaged in awareness campaigns so residents can better respond to natural disasters and learn more about the importance of disaster preparedness.

When a disaster strikes, you may not be at home with your family. You may be at work, school, at a store, or on your way to the office or school. You need to consider all the possibilities and make daily preparations to survive a disaster.

In the event of a massive earthquake, **“PUBLIC-HELP”** provided by administrative agencies such as the police is not by itself enough to save the lives of all people. **“SELF-HELP”**, in which everybody takes action to protect their lives, and **“COMMUNITY-HELP”**, in which members of communities such as local associations and companies help each other, are also essential.

The purpose of this pamphlet is to help you prepare for emergencies and to equip you with tools that could save your life.

We hope you will use this knowledge to protect your family and those around you.

“SELF-HELP”



Efforts by you to protect yourself from danger

“COMMUNITY-HELP”



Efforts by local residents to protect each other from danger

THE “TRINITY OF HELP”

“PUBLIC-HELP”



Protective measures by administrative authorities



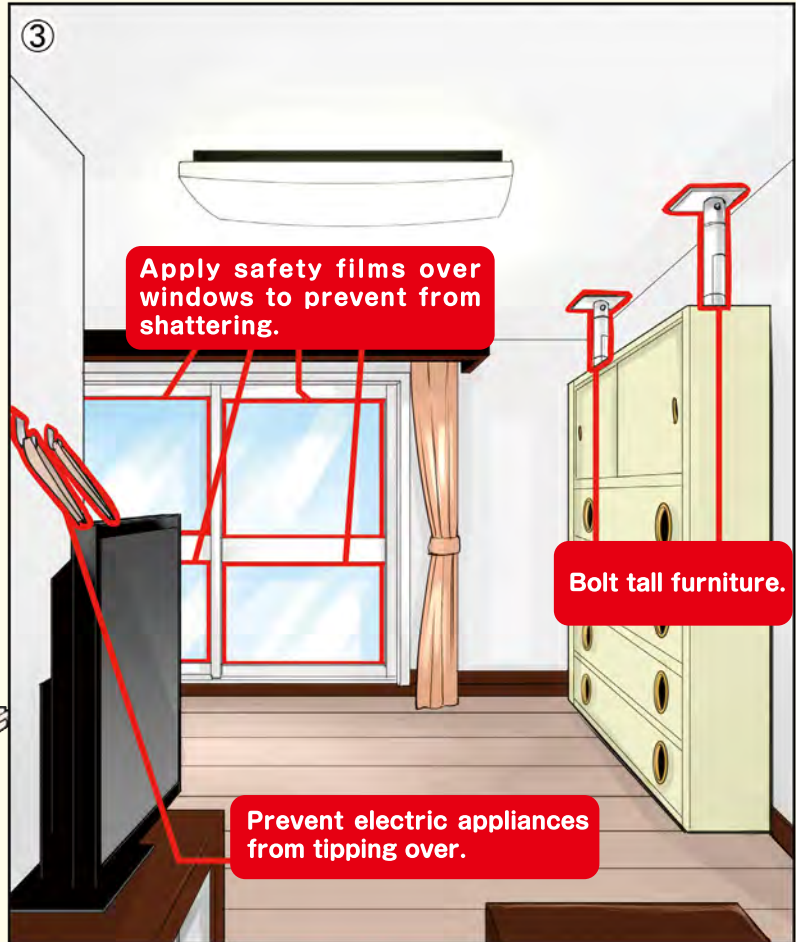
BASIC PREPAREDNESS FOR A MAJOR EARTHQUAKE AT HOME



① In the Great Hanshin-Awaji Earthquake, so many people were trapped under destroyed buildings or toppled furniture.



② Take a critical look at potential hazards in the home to protect the family from danger.



Apply safety films over windows to prevent from shattering.

Bolt tall furniture.

Prevent electric appliances from tipping over.

★ Look over the house for potential hazards such as deep cracks or damaged parts on the exterior walls of your house or on the cement block fences. Retrofit them if necessary.

[GET BASIC NECESSITIES PREPARED]

Keep at least a **three-day supply** of **drinking water** and **nonperishable food**.

Put **basic necessities** in a **backpack** to keep both hands free in an emergency.

Separate **valuables** from basic necessities, and protect them against possible **theft attempts**. Keep the backpack **accessible** by anybody in the family in case they need to grab it and leave immediately.


★ Check the expiration dates on drinking water, food, and batteries periodically.






BASIC PREPAREDNESS FOR A MAJOR EARTHQUAKE WITH THE FAMILY AND NEIGHBORS

① Preparedness starts at home.




② Check in advance whether the Evacuation Area is located nearby and how to evacuate.




③ Discuss with the family how to communicate one another. Using the "Disaster Emergency Message Dial 171" Service is one of the ideas.


171



④ Check ahead which hospitals or clinics will be open to the public in times of disasters.



⑤ Participate in local symposiums or disaster preparedness drills.



* See the back cover on how to use the "Disaster Emergency Message Dial 171" Service.

[DISCUSS WITH THE FAMILY HOW TO PREPARE FOR DISASTERS]

Check whether there is any **Evacuation Area** or **other safe places** near your house or workplace. Make sure everyone in the family knows **how to reunite** in case the members are separated from one another during an earthquake.

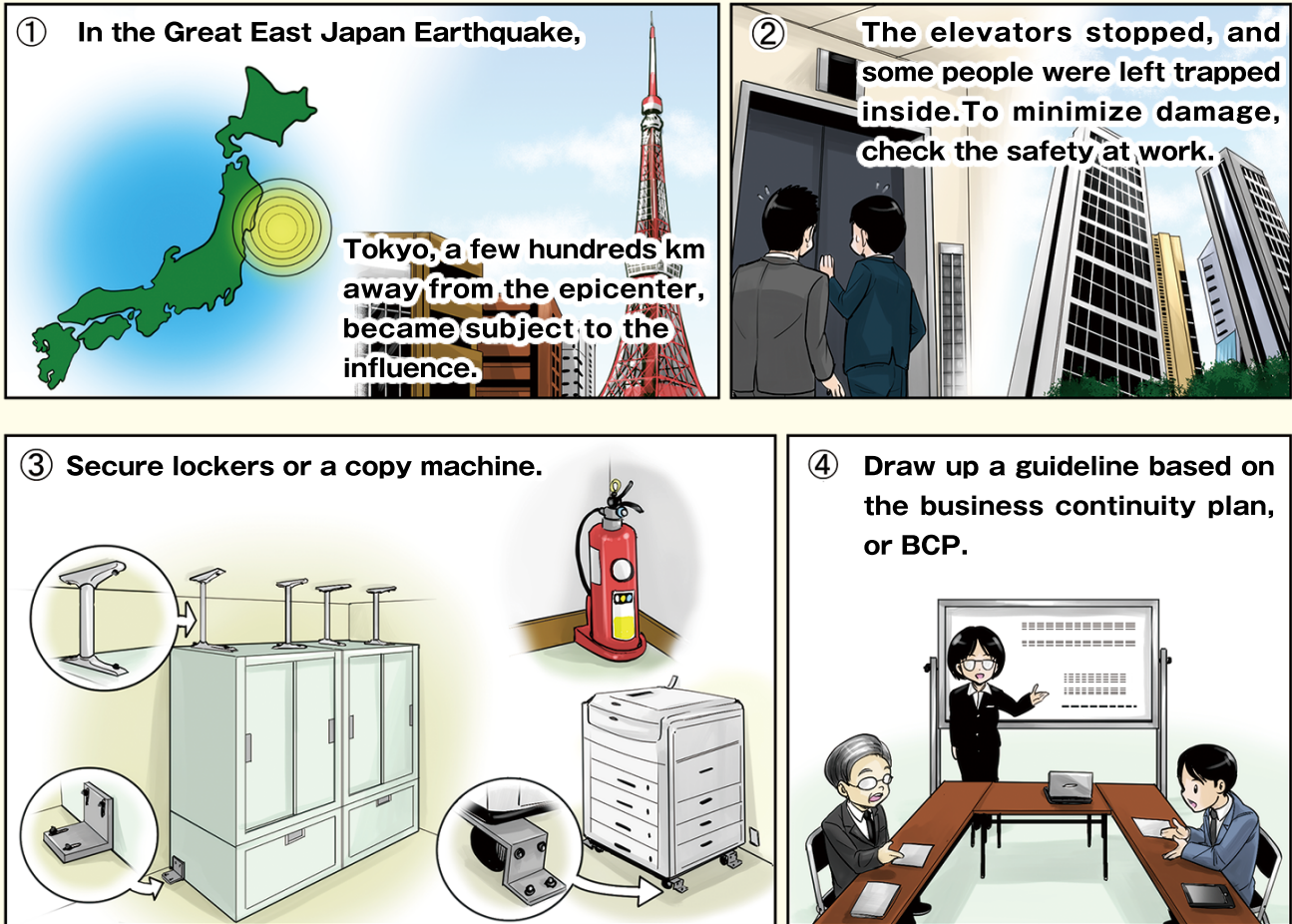
Discuss with the family specifically on **how to get to the Evacuation Area**. Walk and check the **routes** in advance.

Plan ahead on **how** and **where** to bring the **injured**.





BASIC PREPAREDNESS FOR A MAJOR EARTHQUAKE AT WORK OR BUSINESS PLACE



● Check whether your workplace is prepared for earthquakes.

You should check whether there is specialized equipment that may help you conduct initial fire-fighting activities or care for your co-worker's basic medical needs or take them to hospital. Check also whether there is any business machine that can block in-house evacuation routes. Install an emergency kit box inside the elevator in case your co-workers are left trapped there.

● Discuss with your co-workers what to do during an earthquake.

You should share with them your knowledge about how or where to evacuate in case of a major earthquake, and prepare a manual on who'll do what or on business operations that should be prioritized.

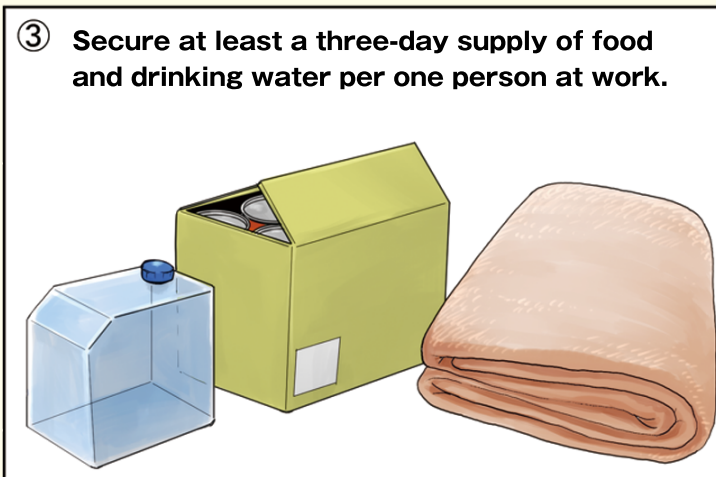
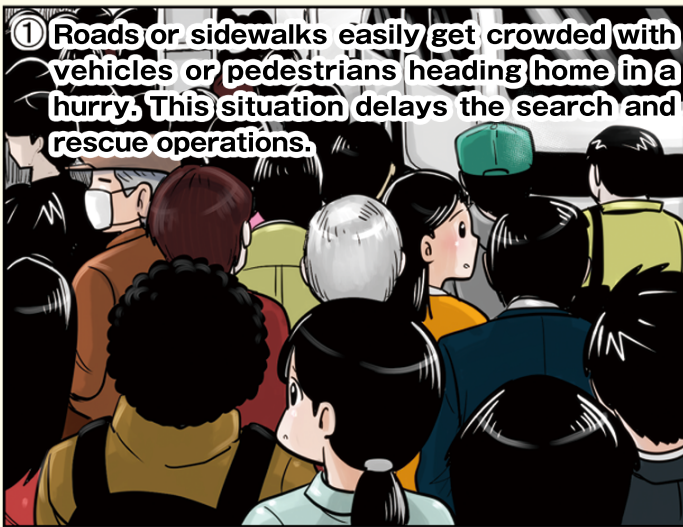
● Develop an emergency communication plan at work.

In case your co-workers are out of the office and there's no information on their safety during an earthquake, you should use a voice message service (such as the "Disaster Emergency Message Dial Service") to know if they're safe. This service is also available when you need to know if their family members are safe.



STRATEGIES FOR HARD-TO-REACH-HOME COMMUTERS

Right after the Great East Japan Earthquake struck in 2011, almost all the transport networks in Tokyo suffered severe disruptions for many hours. As a result, a large number of people lost their way back home. In May, 2022, the Tokyo Metropolitan Government (TMG) announced the results of their study on the “Damage Anticipated if an Epicentral Earthquake and Others Hit Tokyo.” According to this announcement, it’s estimated that, in the event of a major earthquake, nearly 4.53 million people in Tokyo will have difficulty going home. For this reason, the TMG started working on the “TMG Ordinance for Measures for Stranded Persons.” In April, 2013, the ordinance came into force, asking the public in Tokyo to refrain from getting back home in a hurry unless it’s absolutely necessary.



The Ten Rules for Hard-To-Reach-Home Commuters

- | | |
|---|--|
| 1 Don't rush. Don't panic. Assess your circumstances. | 6 Review periodically with your family on how and where to contact. |
| 2 Carry a cell phone or a battery-powered, pocket-sized radio. | 7 Use the "Disaster Emergency Message Dial 171" or the "Disaster Emergency Message Board" to ensure the family's safety, or ask an out-of-town relative or friend to serve as the "family contact." |
| 3 Prepare a map of your on-foot route home in advance. | 8 Familiarize yourself with how to walk home. |
| 4 Keep a pair of sneakers (as standby pair of shoes) in your locker. | 9 Protect yourself (with portable body warmers, towels, etc.) from cold or hot weather condition. |
| 5 Keep a bar of chocolate or a box of caramels (as a ready-to-eat food) in your desk drawer. | 10 Help and complement each other. |



HOW TO RESPOND WHEN A MAJOR EARTHQUAKE HITS

How does Japan Meteorological Agency's Earthquake (or Tsunami) Early Warning System work?

On detecting an earthquake, the Earthquake Early Warning System immediately predicts the timing and intensity of the seismic movement as well as the scale of long period ground motion, and alerts people in the possible affected areas.

Tell yourself, when the JMA issues the warning, to remain calm, secure your personal safety, and size up the situation.

Remember that, if the epicenter is too close, there may be cases in which strong tremors come ahead.

Upon the detection of a giant earthquake with a magnitude level 8 or higher, the JMA issues a tsunami warning on the same high level as in the Great East Japan Earthquake.

In the initial warning, the agency will use a couple of adjectives such as "Kyodai (=Giant)" or "Takai (=Big)."

When the agency issues such a tsunami warning and if you're in the warned area, you should assume that a series of dangerous waves are on the way.

Move to higher ground in no time and stay there.

Earthquake Warning on the Air



By courtesy of NHK

Tsunami Warning on the Air



By courtesy of NHK

[IF IN COASTAL AREAS OR AT A RIVER MOUTH]

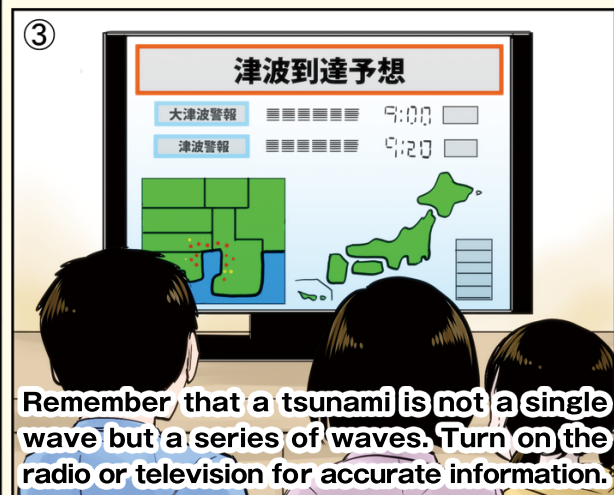
① When there're strong tremors near coasts or the sea, move inland to higher ground immediately.



②

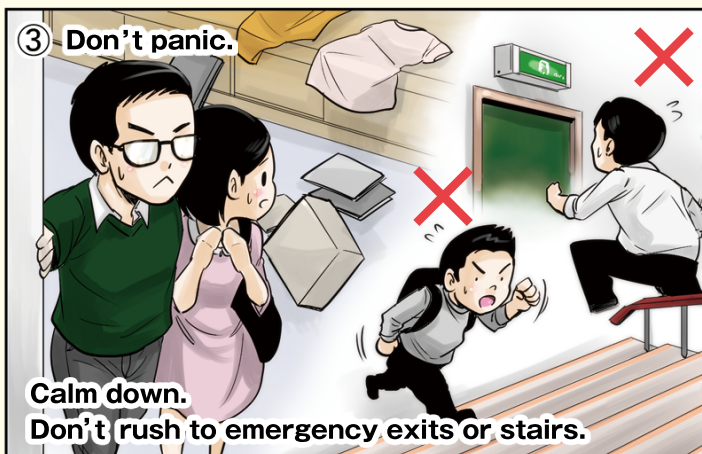


③





HOW TO RESPOND WHEN A MAJOR EARTHQUAKE HITS AT HOME OR ON THE STREETS



● Protect yourself.

If indoors such as at home, you should get under a sturdy desk or table. If outdoors such as in a movie theater or hall, you should protect your head with a bag. Duck between the seat lines.

● Turn off any stoves or heaters.

You should check them out, if you forget to, after the shaking has stopped.

● Protect from smoke.

You should cover your nose and mouth with a handkerchief or clothing when the place is being filled with smoke. Lay low and move away from the place.

● Ensure a way out.

The earthquake movements may distort the building frames, sometimes leaving people trapped inside. When you move to an exit, you should keep the doors open behind you.

● Don't use elevators.

You should press the buttons of every floor and then get off the next time when the elevator stops.

● Watch out for loose power lines, gas leaks, or other hazards.

You should stay away from downed electrical wires or from where you smell gas.



WHILE EVACUATING

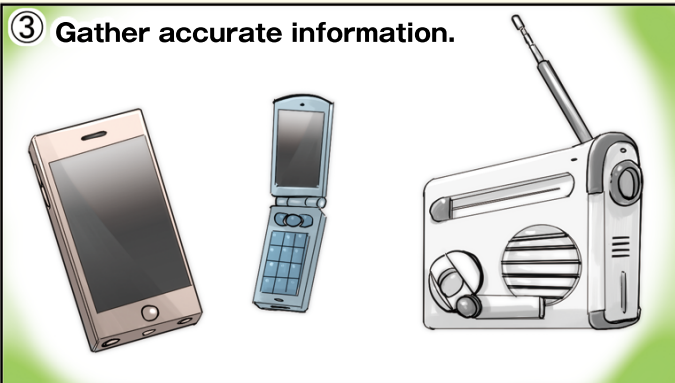
① Put on a helmet or flame-retardant head wear. Keep your valuables always with you.



② Evacuate in a group. Help and complement each other.



③ Gather accurate information.



④ Don't spread groundless rumors. Don't disseminate them on SNSs.



★ Watch out for smoke in fires. Check which way the wind is blowing. Decide, if needed, on alternate routes to the Evacuation Area.



● Avoid possible explosions or fires.

You should turn off the gas at the main shutoff valve. Cut the electricity at the breaker box to avoid possible electricity-induced fires.*

* The "electricity-induced fires" mean a fire caused by sparks inside electric appliances that may have been damaged upon a blackout by a big earthquake. Be alert for such a fire when the electricity power has come back on in a couple of hours or the next day.

● Protect your pets from danger.

Steps to protect pets vary with municipal offices. You should check with your local municipal office in advance and plan how you'll care for your pets at the Evacuation Center.

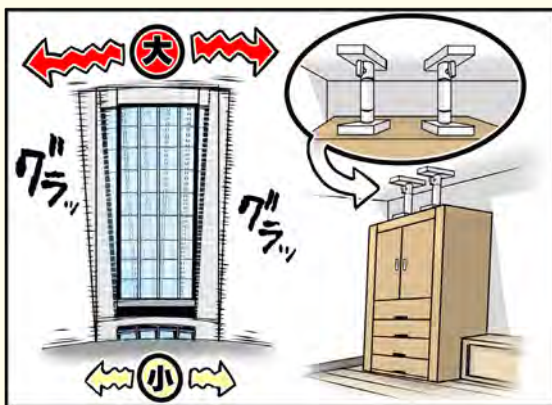


PREPAREDNESS TIPS FOR PEOPLE LIVING IN APARTMENTS

● Shelter in place while at home

If your apartment is earthquake resistant and there is no risk of collapse, it may be safer to stay at home than going to an evacuation center.

Prepare enough emergency supplies to be able to shelter in place in case of power or water outage.



● Countermeasures for long-period ground motion

Long-period ground motion refers to the seismic waves generated by big earthquakes. It tends to cause large swaying in the upper levels of high-rise buildings for extended periods.

Position and secure all furniture to prevent movement or toppling over in the event of a quake.

● Neighborhood interaction

There are various types of risk inherent in all buildings. These include large swaying in the upper floors and possible flooding in the lower floors. Build relationships with your neighbors and make an effort to check in on each other in the event of continuous earthquakes.

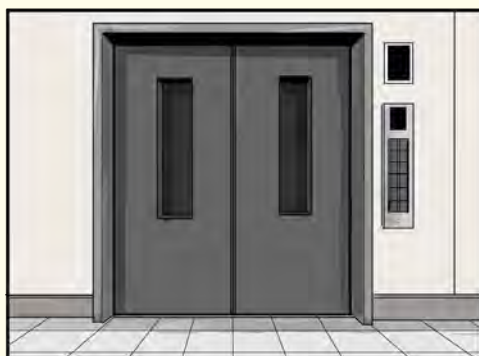
For example, it is important to participate in disaster drills and events held at apartment buildings.



Do not use elevators in times of disaster.
If you are in an elevator when an earthquake occurs, stop at the nearest floor and get off immediately.

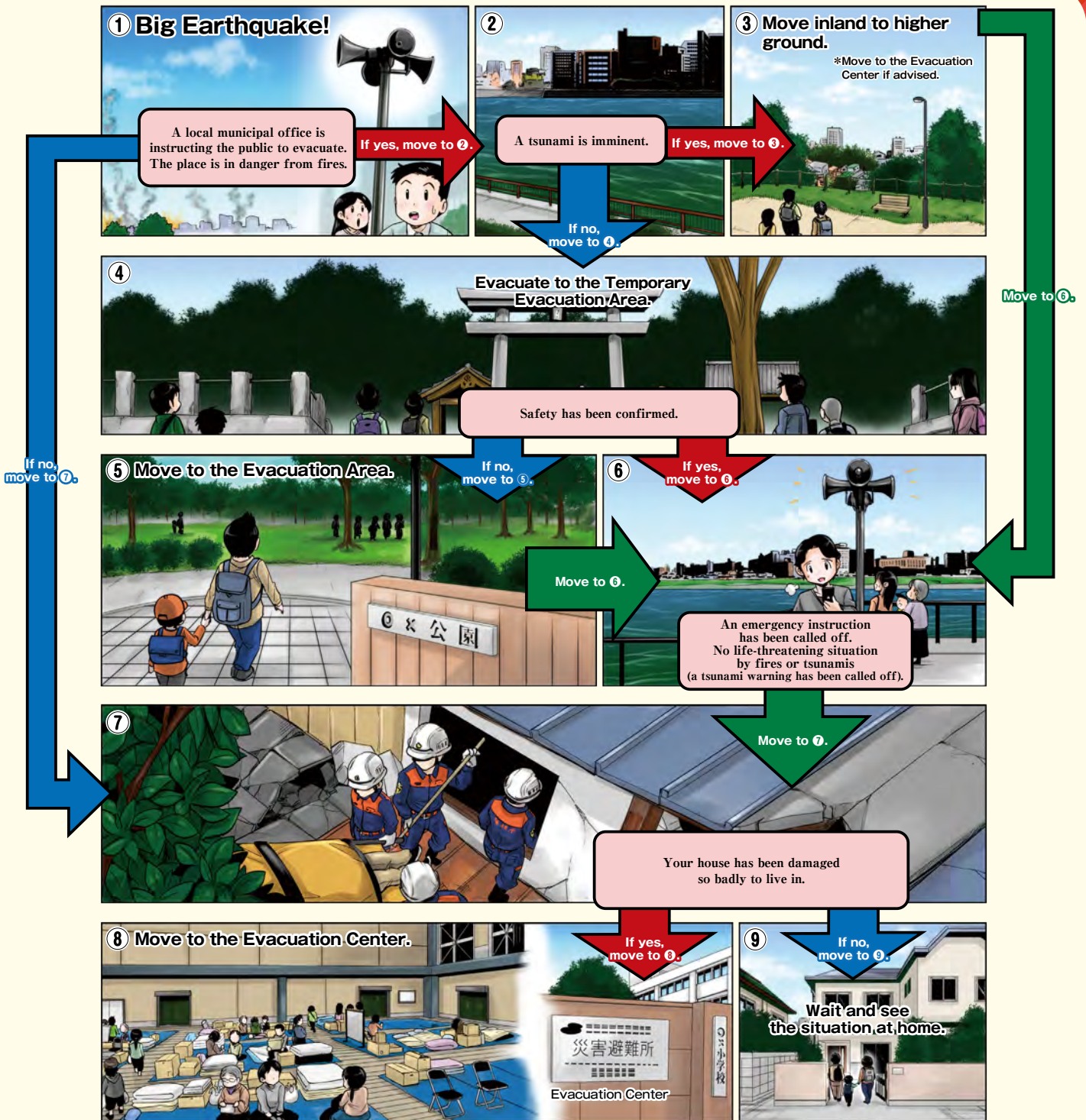
In times of disaster, do not flush the toilet until the integrity of drainpipes has been confirmed.
Also, make sure to have an emergency portable toilet on hand!

If you are trapped inside, use the emergency intercom.





STEPS TO TAKE FOR EVACUATION



Temporary Evacuation Area (or *Itoki Shugo Basho* in Japanese)

Places (ex., elementary or junior high school yards, parks nearby, shrine or temple premises, and the like) where evacuees can gather for a temporary safety. While in there, they keep a close watch on how the situation develops and see whether it's necessary to move on to the Evacuation Area.

Evacuation Area (or *Hinan Basho*)

Places (ex., big parks, open spaces, and the like) where evacuees protect themselves from danger or fires or other hazards.

Evacuation Center (or *Hinanjo*)

Places (ex., elementary or junior high schools, civic centers, and the other public places) where evacuees can live for a certain period of time because their houses have collapsed or burned down and then become uninhabitable.

*Steps to take for evacuation vary with local municipal offices. For more information, call the Disaster Management Division at the office in your city, town, or village.

★ Be aware of the risk of venous thromboembolism (commonly known as "Economy Class Syndrome") at the Evacuation Center. Immobility for long periods is responsible for reducing the speed of your blood flow and raising the risk of clot formation in your legs. The result could endanger your life at worst. One of the precautions that you should take is to drink water, or do foot stretching exercises on a regular basis.



ADDITIONAL
TIPS

HOW TO PROTECT FROM A HEAVY RAIN OR TYPHOON

BASIC PREPAREDNESS

Earthquakes are not predictable, but the weather is. Your emergency awareness and subsequent quick action will save you and your family members when something is up.

① Check the hazard map.



Take a look at the hazard map that your local government has provided. Check in advance whether your house, school, or work might be at risk of disasters (such as floods or landslides). Check also how to get to the Evacuation Area in your community.

② Get an emergency backpack ready.



Keep basic necessities in a backpack so that you can set both hands free in an emergency.

③ Check the evacuation information by your local government.



The following are the evacuation information that your local government is supposed to give out. Check how to respond and when to start evacuating.

Level 3 Warning [Elderly people should evacuate]

(Risk of danger)

- Those with mobility issues (such as the elderly, disabled people, and infants) and their carers should evacuate.
- Those without mobility issues should prepare to evacuate or evacuate proactively if they feel they are in danger.

Level 4 Warning [Evacuation order]

(High risk of danger)

- All people in danger zones should evacuate immediately.
- If you feel that moving to a shelter could be dangerous, take initiative and evacuate to a safe location closer to your house or a safe place within your home.

Level 5 Warning [Get to safety immediately]

(Current or imminent danger)

- Evacuating safely is difficult. Your life is in danger. Get to a safe place indoors and take immediate action to protect yourself.
- *Do not wait until Level 5. Everybody should evacuate before this stage!

*Your local government does not necessarily give out the evacuation information in this order. Start evacuating, even if the evacuation information is not yet given out, when faced with a life-threatening situation.



ADDITIONAL
TIPS

HOW TO PROTECT FROM A HEAVY RAIN OR TYPHOON

DURING A HEAVY RAIN OR TYPHOON

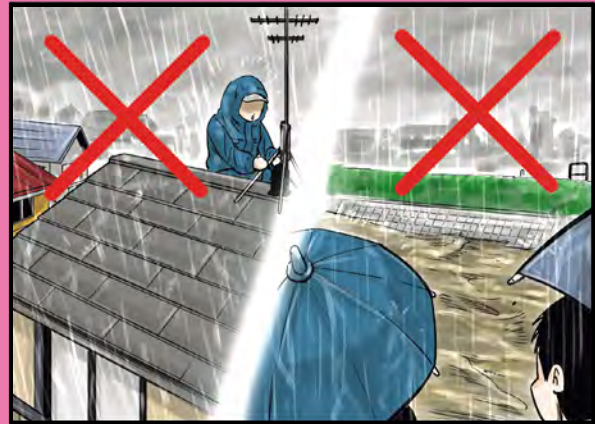
Begin evacuating immediately if the local government issues Level 3 or Level 4 warnings, or if there is any sign of danger. Do not underestimate the danger by thinking “They’re overreacting!” or “I’ll be alright!”

① Gather information!



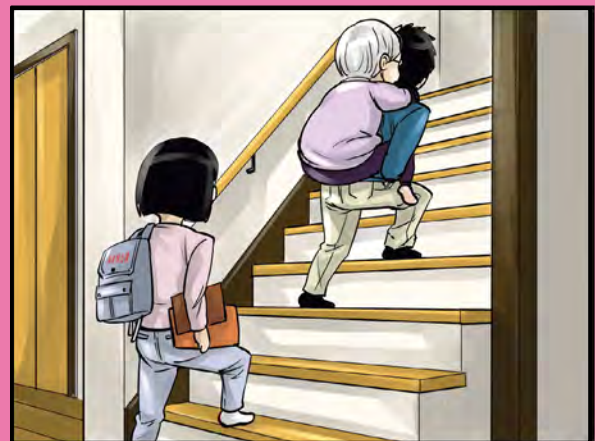
Check weather information on the radio or television or on the homepage that the Japan Meteorological Agency provides. Check also whether or not the local government has given out the evacuation information.

② Stay inside or keep away from dangerous areas!



- Don't climb up on the house roof for repair or reinforcement work.
→ You might fall down off the roof.
- Don't go and see what's happened to rice paddies or vegetable fields.
→ You might fall down to a flooded sluice or river.
- Don't go and see what's happened to the sea or river.
→ You might get swept away by high waves or river.

③ Start evacuating early just in case!



- If you feel it dangerous to head for the Evacuation Area due to a heavy rain and others, you should head instead for a safer-looking building (e.g., with its rooftop above the expected level of flood water and located distant from a river) nearby.
- In the case of a Level 5 warning, move to a safer room within the building (e.g., rooms on the second floor rather than the first, rooms facing away from mountains).

DRIVING SAFETY TIPS

in case of a major earthquake (lower 6 or higher on the JMA scale)

— Requests from the Tokyo Metropolitan Police Department (TMPD) —

Don't Drive, Unless It is Absolutely Necessary, Even If the Shaking Has Stopped

How to Respond While Driving

1. Don't turn the steering wheel or hit the brake suddenly. Drive as safely as possible. Pull to the left side of the road.
2. Listen to the car radio or other sources, after pulling over the vehicle, for updates on the earthquake or traffic information. Size up the situation and act accordingly.
3. Follow, when you're on an expressway, instructions given by a traffic information bulletin board or by police officers.
4. Beware of cracks or obstructions in the roads or of failed traffic signals when you must keep driving. Move away from the road immediately if you're driving on a road in the area surrounded by the Kannana-dori Ave.
5. Especially, right after the shaking, seven routes (e.g., expressways; Route #4; Route #17, Hakusan-dori Ave.; Route #20; Route #246; Mejiro-dori Ave, Shin-mejiro-dori Ave.; and Sotobori-dori Ave.) will be restricted for authorized emergency vehicles only, e.g., fire engines, police cars, or Self-Defense Forces vehicles. For this reason, please drive away immediately and keep the routes clear for such emergency vehicles.
6. Avoid driving from the Kannana-dori Ave. into central Tokyo.
7. Don't drive, unless it's absolutely necessary, once you've reached your destination.

In Case of a Major Earthquake, Police will Restrict the Traffic in Two Stages to Save Lives or to Firefight

FIRST STAGE RESTRICTION

1. Traffic from the Kannana-dori Ave. to central Tokyo will be banned, but you can use the Kannana-dori Ave. to make a detour.
2. The following routes will be restricted for Authorized Emergency Vehicles only, e.g., fire engines, police cars, or Self-Defense Forces vehicles.

SEVEN ROUTES FOR AUTHORIZED EMERGENCY VEHICLES

Expressways; Route #4; Route #17, Hakusan-dori Ave.; Route #20, Route #246; Mejiro-dori Ave., Shin-mejiro-dori Ave. and Sotobori-dori Ave.

SECOND STAGE RESTRICTION

1. Depending on a state of disaster, we'll designate, if necessary, the following routes as the "Emergency Access Roads" to secure the passage of vehicles for a post-disaster recovery.
2. The "Emergency Access Roads" are for Authorized Emergency Vehicles only (provided, however, with an official sticker attached as stipulated in the Emergency Vehicles and Disaster Countermeasures Basic Act) to get engaged in emergency disaster control activities.

THIRTY-FIVE ROUTES TO BE DESIGNATED AS EMERGENCY ACCESS ROADS

The aforementioned "SEVEN ROUTES FOR AUTHORIZED EMERGENCY VEHICLES", plus thirty-five other routes including: Route #1; Route #6; Route #14; Route #15; Shin-omiya Bypass; Kitahon-dori Ave.; Route #254; Route #357; Nakahara-kaido Ave.; Ome-kaido Ave, Shin-ome-kaido Ave.; Inokashira-dori Ave., Itsukaichi-kaido Ave., Mutsumibashi-dori Ave.; Meguro-dori Ave.; Kuramaebashi-dori Ave.; Route #16; Route #20; Route #139; Yamato-Atsugi Bypass; Inagi-ohashi-dori Ave.; Tohachi-doro Ave.; Koganei-kaido Ave.; Fuchu-kaido Ave., Shiki-kaido Ave.; Kamakura-kaido Ave.; Kawasaki-kaido Ave.; Shin-okutama-kaido Ave.; Imokubo-kaido Ave.; Machida-kaido Ave.; Machida-Atsugi Line; Hachioji-Musashi-Murayama Line; Mitaka-dori Ave.; Chuo-Nanboku Line; Tama New Town-dori Ave.; Shin-takiyama-kaido Ave., Takiyama-kaido Ave., Yoshino-kaido Ave.; Kitano-kaido Ave., Shin-koganei-kaido Ave., and TMG-administered #256 (Koshu-kaido Ave.)

HOW TO USE THE “DISASTER EMERGENCY MESSAGE DIAL 171” SERVICE

- You can record a message for up to 30 seconds.
- The service is accessible from landline phones, public telephones, and mobile phones.

An automated voice prompt will play upon connecting.
Enter the commands below.

1 7 1

Dial 171
to access this service.

Automated voice prompt

To record
a message,
press

1

To listen to
a message,
press

2

To record
a message with
a PIN code, press

3

To listen to
a message with
a PIN code, press

4

Automated voice prompt

Dial the phone number of the person
in the disaster zone that you want to contact.
(Dial the **area code** first for a **landline number**.)

× × × - × × × - × × × ×

**Start recording or
listening to messages.**

● Practice Days

You can practise making 171 calls on the first and 15th of every month, the first three days of a new year as well as during the Disaster Preparedness and Volunteer Week (Jan. 15 to 21) and the Disaster Preparedness Week (Aug. 30 to Sep. 5).

All members of your household should have access to multiple means of communication, including the Disaster Broadband Message Board (web171), the Disaster Message Board Service operated by telecom carriers, and social media such as X (formerly Twitter) and Facebook.

TMPD Natural Disaster
and Accident Rescue
Division

X (formerly Twitter) ▼



MPD

WHAT TO DO BEFORE, DURING, AND AFTER A MAJOR EARTHQUAKE!

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