

# Earthquake Survival Manual

To keep damages to a minimum when an earthquake strikes, it is extremely important for each individual to take appropriate action without panicking. Damages can be controlled by thoroughly conducting safety measures in advance. It is a good idea to reconfirm the preparative measures for disasters conducted in your household and neighborhood.

## My disaster prevention emergency memo

Address

### Contact information for family

Name	Contact (Office, School)	Phone number	Passport number

### Contact information for relatives and friends

Name	Contact (Office, School)	Phone number	Memo

### Evacuation Site

Evacuation Center		Evacuation Area	
Meeting place for family members			

### Medical records for family members

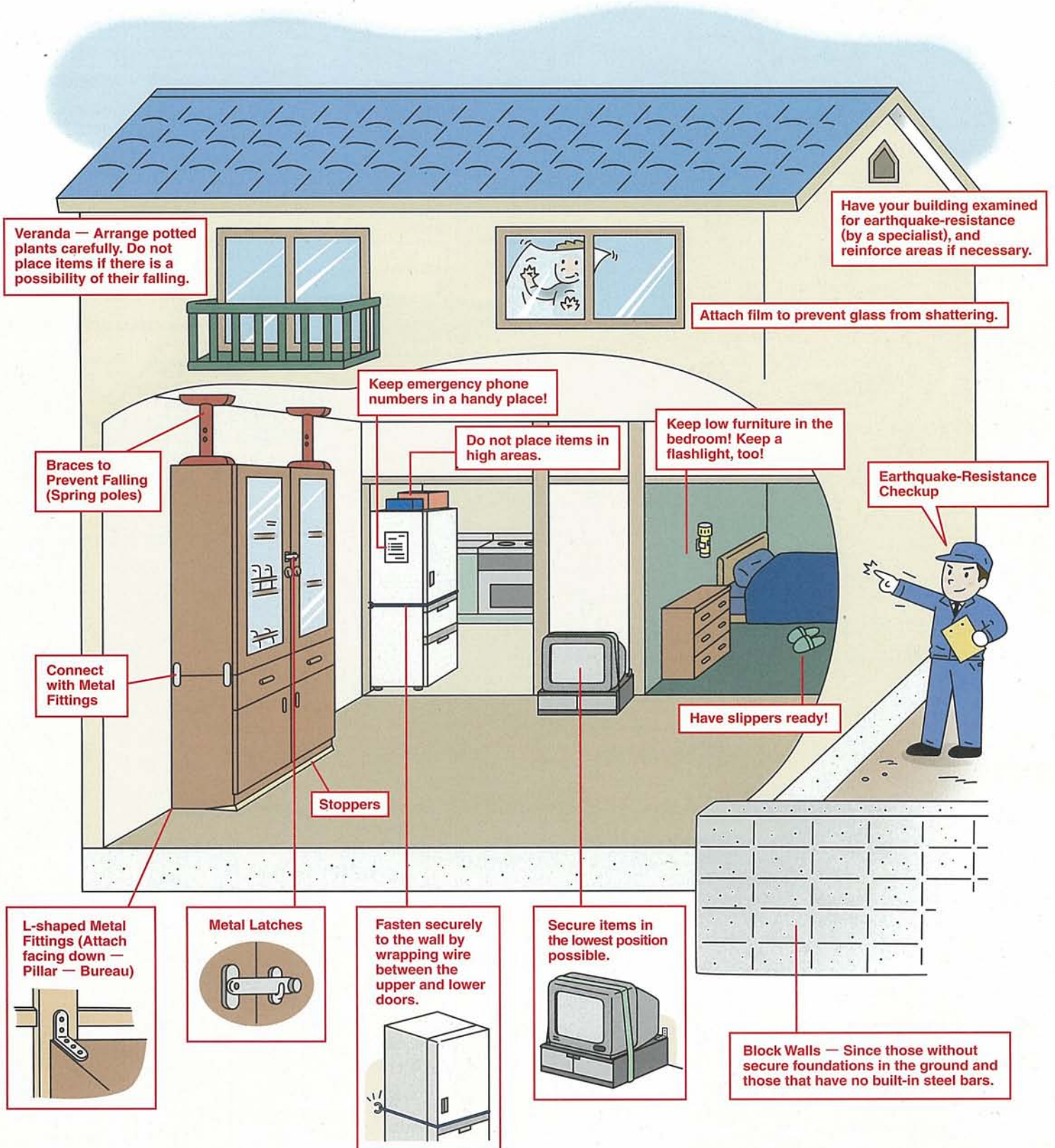
Name	Date of birth	Blood type	Medicine, allergy

Embassy


# 1 Our Household Safety Measures

Safety measures in the home are very important as precautionary measures against earthquakes. More than 80% of the lives lost in the Great Hanshin-Awaji Earthquake that struck on January 17, 1995, were due to collapsing buildings and toppling furniture. Check dangerous spots in your home and make improvements as soon as possible.

## Our Household Safety Measures



## 2 Preparing Necessities

It is estimated that it will be difficult to buy everyday necessities such as food and sundries immediately following an earthquake. It is a good idea for each and every individual to prepare for disasters by packing necessary emergency items in advance.

### Preparing Necessities

Drinking Water	3 days supply (3 L a day/a person)
Food	3 days supply (Edible without being cooked)
Valuables	cash, seals, bankbook, passport, health insurance card, alien registration certificate, etc
Clothe	underwear, raincoats, blankets, helmet, towels, etc
Medicine	first aid kit, daily medicine, etc
Others	Flashlight, transistor radio, batteries, lighter, knife, candles, can opener, glasses, etc
Prepare if necessary :	For babies : formula milk, feeding bottles, diapers, etc. For those who care for the elderly/impaired : daily medicine, diapers, caring aids, etc.

## 3 Disaster Information Sources

### <TV>

NHK-1, BS-1 and 2 (bilingual broadcasts-English)

### <Radio>

NHK-693KHz (Japanese, English)      AFN-810KHz (English)

### Advisory Facilities

Counseling Facility	Hours	Inquiries
Disaster Countermeasures Division, Setagaya City	8:30 a.m.-5:15 p.m. (in Japanese)	03-5432-2262
Police		110
Emergency / Fire Department		119
Setagaya City Counseling Service for Foreigners (English)	Monday to Friday 8:30 a.m. -12 noon, 1-5 p.m.	03-5432-2892
Setagaya City Counseling Service for Foreigners (Chinese)	Monday, Tuesday, Thursday, 8:30 a.m. -12 noon, 1-5 p.m.	03-5432-2892
Setagaya City Counseling Service for Foreigners (Korean)	Friday 8:30 a.m. -12 noon, 1-5 p.m.	03-5432-2892
Tokyo Metropolitan Foreign Residents' Advisory Center (English)	Monday to Friday 9:30-12 noon, 1 to 5 p.m.	03-5320-7744
Tokyo Metropolitan Foreign Residents' Advisory Center (Chinese)	Tuesday and Friday 9:30-12 noon, 1 to 5 p.m.	03-5320-7766
Tokyo Metropolitan Foreign Residents' Advisory Center (Korean)	Wednesday 9:30-12 noon, 1 to 5 p.m.	03-5320-7700
Tokyo Metropolitan Medical Information Service (English/Chinese/Korean/Thai/Spanish)	Daily 9 a.m.-8 p.m.	03-5285-8181
Telephone Information Service of Tokyo Fire Department (English/Chinese/Korean)	Daily 24hours	03-3212-2323 (Medical) 03-3212-2119 (Disaster,Fire)
Embassy		

# 4 What to Do Immediately After an Earthquake

## 0 - 2 Minutes Protect Yourself

- Cover your head with a cushion or pillow.
- Get away from furniture, such as cabinets or wardrobes.
- Open a door.

## 2 - 5 Minutes Handling Fires

- Stay calm.
- If you were using any sources of fire or heat, turn them off when the shaking calms down.
- If a fire starts, put it out quickly and calmly.
- Before you evacuate, turn off your gas main and electrical breakers.



## 5 - 10 Minutes Make Sure Your Family is Safe

- Make sure your family is safe.
- Put on your shoes.
- Locate items you need for emergencies.



## 10 Minutes - Half Day Check to see that your neighbors or others nearby are OK and help each other.

- Check to see that your neighbors or others nearby are OK.
- Secure the safety of the elderly and disabled.
- Work with others to extinguish fires.
- Work with others to rescue those in need.
- Beware of aftershocks.



## 1st Half Day - Third Day Take care of yourself and work with others to take care of your area.

- Use what water and food you have on hand.
- Gather correct disaster information and notifications.  
Do not be confused by misinformation.
- Do not enter collapsed houses.
- Be ready to help and cooperate with others.
- Observe the rules at Emergency Shelters.
- Help care for the elderly and disabled.

## Third Day On Help Rebuild Your Community.

- Residents, companies and the government will work together to rebuild the community.

# 5 When an Earthquake Strikes

## 1 In a residential area

- Keep clear of brick and stone walls and vending machines.
- Prevent injury from shattered glass and objects falling from rooftops by staying away from buildings. Evacuate to the nearest open area.

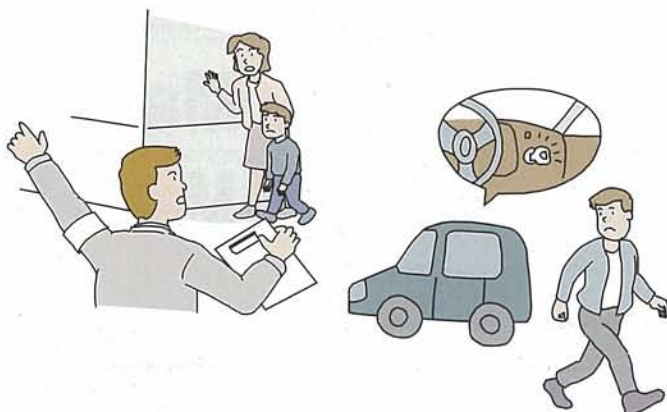


## 2 At the office

- Protect your head with a cushion.
- Beware of bookshelves and other furniture that could move or fall. The safest places are uncluttered corridors and lobby areas.
- Pay due attention to both objects underfoot and falling objects as you evacuate.
- Do not use an elevator, leave by the stairs.
- If the elevator stalls, use the emergency telephone to call for help.

## 3 At the supermarket or store

- Cover your head with a bag and get clear of aisle displays to avoid falling objects.
- Do not rush for the exit. Follow the instructions given by store personnel. Do not use an elevator, leave by the stairs.
- If the elevator stalls, use the emergency telephone to call for help.



## 4 In an underground shopping center

- Shelter near a wall or large pillar, and await instructions.
- Do not panic. If the electricity fails, emergency lighting will come on immediately.
- Do not rush to the exit. Follow the instructions. In general, the underground is safer than the ground.
- In the event of fire, cover your nose and mouth with a handkerchief or towel, crouch down or crawl, and work your way along the walls to the nearest exit (follow the direction of the smoke).

## 5 In a train

- The train may stop suddenly. Hold tightly onto a strap or handrail.
- When the train stops, do not attempt to escape through the window or operate the emergency door-release handle.
- Follow directions in a calm and orderly manner. In general, the underground is safer than the ground.

## 6 In a shopping or business district

- Protect your head with a bag or briefcase from falling glass, signs, tiles and other dangerous objects. Take refuge in a safe building or an open space nearby.
- Do not stop next to wooden structures with large frontage, vending machines or brick walls, even if there appears to be no danger of falling objects.
- Stay away from fallen power lines.

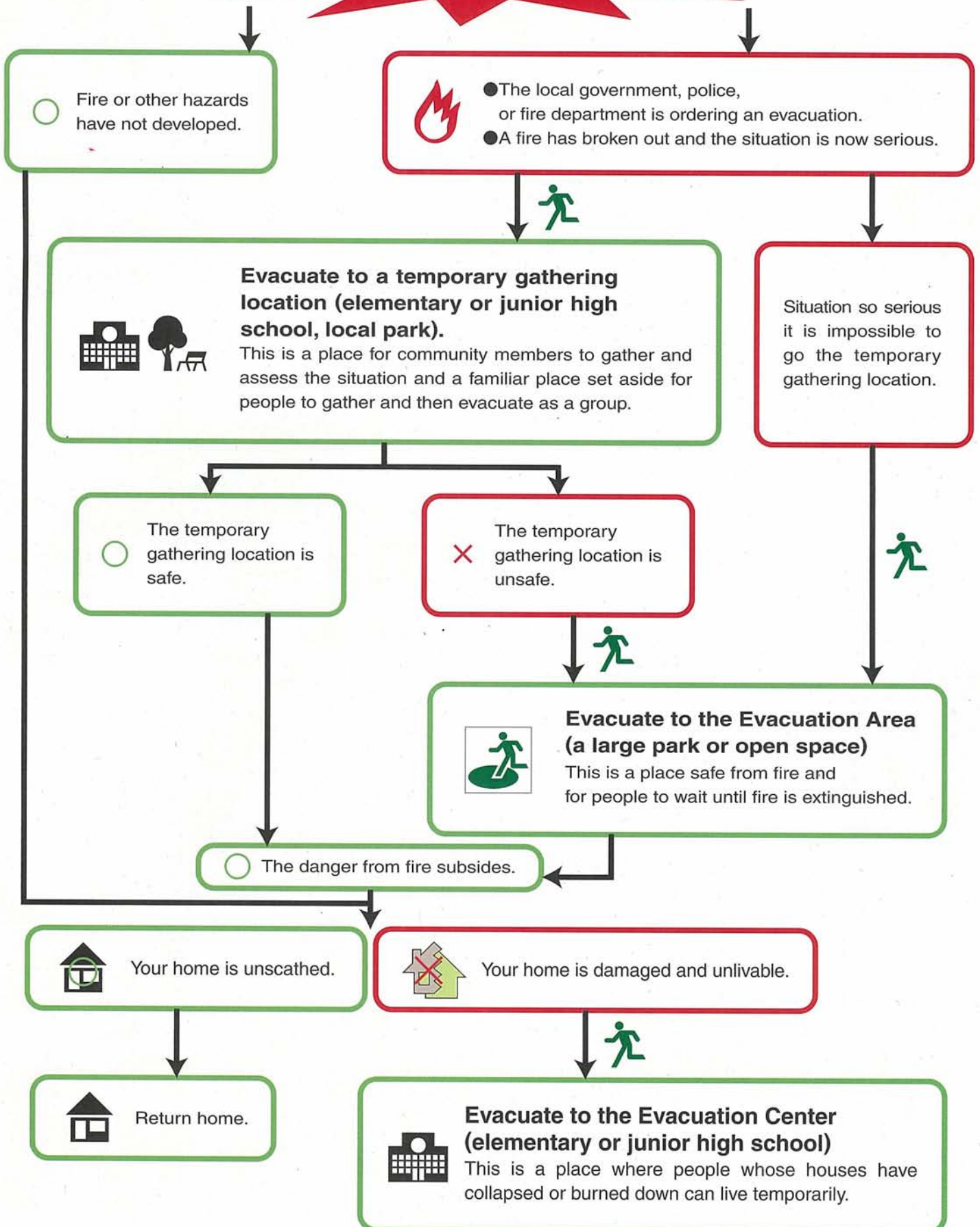
## 7 When driving

- If you feel an earthquake, slow down gently, pull over to the left-hand side of the road and stop the engine.
- Do not leave your car until the earthquake subsides. Listen to the radio for information.
- Follow police instructions.
- When you leave the car, be sure to close the windows, leave the key attached and the doors unlocked.
- Do not use a car to evacuate.

# 6 Procedures for Evacuating to an Evacuation Area or Emergency Centers

Evacuation is the final measure.

A major earthquake strikes.



## 7 Methods for Contacting Family Members

In a big earthquake, safety inquiry calls are concentrated to such an extent that it becomes extremely difficult to get calls through to the stricken area. As a result, people have trouble contacting family members by phone. The method described below increases the possibility of making contact.

Before a disaster occurs, discuss with family members how to contact each other.

### Determine a Place for Your Family to Assemble

By determining ahead of time a place for your family to assemble after a major disaster has occurred, you will make it possible to confirm their safety by meeting them at that place.

- Possible locations include the Emergency Shelter or Evacuation Site designated for your address.

### Disaster Message Board Service

You can use the Disaster Message Board operated by each cell phone company. This can be accessed from the main menu of a cell phone or PHS handset when a major disaster occurs. Members can leave and view messages regarding each other's safety. Messages can only be viewed from Internet terminals and cell phones of different companies.

#### Web sites where messages can be checked

NTTDoCoMo <http://dengon.docomo.ne.jp/Etop.cgi>  
au <http://dengon.ezweb.ne.jp/E/>  
Softbank <http://dengon.softbank.ne.jp/>  
WILLCOM <http://dengon.willcom-inc.com/>  
EMOBILE <http://dengon.emnet.ne.jp/en/>

#### Web sites concerning Message Board services

NTTDoCoMo <http://www.nttdocomo.co.jp/english/info/disaster/>  
au [http://www.au.kddi.com/english/message\\_board/](http://www.au.kddi.com/english/message_board/)  
Softbank [http://mb.softbank.jp/scripts/english/disaster\\_message/index.jsp](http://mb.softbank.jp/scripts/english/disaster_message/index.jsp)  
WILLCOM <http://www.willcom-inc.com/ja/info/dengon/> (in Japanese)  
EMOBILE <http://emobile.jp/service/option1.html#saigai> (in Japanese)

### NTT "Disaster Emergency Message Dial" (171)

After a major disaster has occurred, people living in the affected area may use NTT "Disaster Emergency Message Dial" to record a message that family members or friends in unaffected areas can play-back and then hear. People in unaffected areas can also record a message to the affected area.

#### How to enter a message

171 → 1 → (XX)XXXX-XXXX ※

#### How to Listen to a message

171 → 2 → (XX)XXXX-XXXX ※

※ Please dial using area codes e.g. Tokyo03. Advice to guide you through the procedure will be played in Japanese. Message storage period : 48 hours after recording





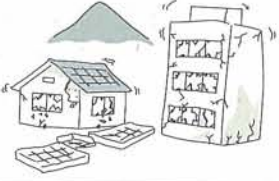


### Web sites concerning NTT "Disaster Emergency Message Dial" (171)

[http://www.ntt-east.co.jp/saigai\\_e/voice171/intro.html](http://www.ntt-east.co.jp/saigai_e/voice171/intro.html)

### Contact Your Country's Embassy, Company, Schools, etc. (Contact your home country)

If you contact your country's embassy, you can expect that information about you will be communicated to people back home.

# 8 Seismic Intensity Scale Meteorological Agency's Seismic Scale

Scale		Effect on People	Condition Indoors	Condition Outdoors
3		Most People indoors feel the tremor. Some people become afraid.	Tablewares in the cupboard may rattle.	Electric wires sway slightly.
4		People feel quite afraid. Some people try to take protective action. If asleep, most people wake up.	Hanging objects sway considerably and tablewares in the cupboard. Unstable objects may fall over.	Electric wires sway considerably. People walking outside feel the shock. Some drivers also notice the earthquake.
5 Lower		Most people take protective action. Some people have difficulty controlling their movements.	Hanging objects sway violently. Tablewares may fall off cupboard and books off shelf. Most unstable objects fall over and furniture may move.	Windowpanes may break and fall out. A few telegraph poles may fall over. Unreinforced concrete block walls may collapse. Roads may be damaged.
5 Upper		People feel very afraid. Most people have difficulty controlling their movements.	Most tablewares fall off cupboard and books off shelf. TV may fall off stand. Heavy furniture such as chests of drawers may topple over. Doors may become misshapen and not open. Some doors come off their hinges.	Most unreinforced concrete block walls collapse. Inadequately anchored automatic vending machines may falls over. Many tombstones fall over. Driving becomes difficult many cars stop.
6 Lower		It is difficult to stand.	Most heavy furniture that is not anchored moves or falls over. In may cases doors will not open.	Wall tiles of many buildings break and fall off and windowpanes crack and fall out.
6 Upper		It is impossible to stand and movement is only possible by crawling.	Almost all heavy furniture that is not anchored moves or falls over. Some doors fly off their hinges.	Wall tiles of most buildings break and fall off and windowpanes crack and fall out. Almost all unreinforced concrete block walls collapse.
7		People are tossed about by the shaking and it is impossible to move by one's own will.	Most furniture moves about considerably and may fly about.	Wall tiles of nearly all buildings break and fall off and windowpanes crack and fall out. Reinforced concrete block walls may be damaged.