

Large-scale disasters can rob many of life and property, and can cause significant harm to the lifestyle of residents, municipal services, and regional society.

In order to accomplish the most important tasks of protecting life and minimizing damage as much as possible, let's confirm what ought to be done to prepare for disaster.

This disaster-prevention manual gathers together easily understood information on disaster countermeasures and recommended actions for such events. We encourage you to apply this knowledge to practical use.

Meguro City

Meet with family and neighbors once per year to plan for disasters

The most critical thing is to act calmly and reasonably.

More important than anything else is to make it a habit to plan with family and neighbors.



Remember these KEYPOINTS!!!

- Take care to protect your own safety!
- Take care to protect your own neighborhood!
- Ensure at least 3 days food and water (7 days if possible) for each member of the household.

Index

1 In the Event of an Earthquake

for what to do during an earthquake. Understand what to expect during a large earthquake, and what points of action should be taken.

- How Much Damage Will Occur? 3
Expected Damage
- First of All, What to Do? 5
Step-by-Step Action Manual

2 What to Do During an Earthquake

By engaging in neighborhood disaster prevention drills, the practical experience will improve the effectiveness of disaster response. Make sure you're ready to act from experience!

- What to Understand When It Happens 7
Inside buildings / In Town
- Efficient Fire Control 9
Fire! Three principles for initial fire response / Fire-fighting during an earthquake / Using fire extinguishers / Escaping smoke
- When Evacuation or Relief is Needed 11
Using triangle bandages / Making an emergency stretcher / Stopping blood-loss / Broken bones, sprains, dislocations / Burns / CPR
- When Evacuating 17
When to evacuate / How to evacuate / Where to evacuate / What to understand during evacuation
- Life After a Disaster 21
Life at Home / Life at the Shelter / About Evacuation Zones

3 Earthquake Preparation

By checking each box off, your preparations for an actual event will become more effective. At the same time, you will generate a Disaster Prevention Plan. Let's all work to implement preparations.

- Take care to protect yourself! 25
Inspecting Home Interior/Exterior Safety ~ Protect your precious life!/Items to Bring While Evacuating/ Maintaining Health after a Disaster/ Strengthen Your Town Against Quakes

- Take care to protect your own neighborhood! 31
- Earthquake Response at the Workplace 33
- Preparation and Support for people who need special care 37
people who need special care.../Take particular care on these points./Regular Preparation
- Meguro City Earthquake Response 43

4 Preparing for Wind & Water Disasters

Information regarding recent urban disaster response to concentrated flooding is collected in this section. Familiarize yourself with this section before the typhoon and flood seasons!

- Household Preparations 47
Household preparations for wind & water disaster

5 Maps

After confirming services and practical needs in the area, make a disaster-prevention map for your own household.

- Flood Hazard Map 55
- Sediment Disaster Hazard Map 61
- Meguro City Danger Levels Map 65
- Meguro City Disaster Map (Complete) 69
- Meguro City Disaster Map (North District) 71
- Meguro City Disaster Map (East District) 73
- Meguro City Disaster Map (Central District) 75
- Meguro City Disaster Map (South District) 77
- Meguro City Disaster Map (West District) 79

6 Communicating During Disasters

- Methods for Ensuring Safety 81

1 In the Event of an Earthquake

How Much Damage will Occur?

Expected Damage

In order to prepare for earthquakes, it's important to have a concrete image of how much damage may occur.

Projected damage to Meguro City, based on findings from the May 2022 Tokyo Disaster Prevention Conference, appear in the table below. Expected damage can include:

Earthquake directly below South part of the City seismic intensity 6 (Magnitude 7.3)

Winter, evening

Wind speed - 8m/s

Clear skies

is the basis of calculation.



Structural Damage

Encompasses damage from tectonic displacement and from fire. In order to minimize damage, emergency measures such as earthquake reinforcement and rapid fire extinguishing are critical.

Total Building Count within Meguro City - 55,891 (As of May, 2022)

	Totally Destroyed Buildings 1,827 (3.2% of total structures in city)
	Mostly-destroyed Buildings 4,551 (8.1% of total structures in city)
	Buildings lost to fire 4,426 (7.9% of total structures in city)
	Elevators made inoperable 551

Harm to Humans

Injuries and death caused by fire, building collapse, etc. Injuries can be minimized through preventative measures such as reinforcing rooms against earthquakes and guarding against shifting furniture.



	Deaths 161
	Injured 2,064
	Temporarily Homeless 58,466 *3,675,733 total throughout the 23 cities
	Temporary Evacuees 71,172
	Long-term Evacuees 47,448 (17.0% of Total Residents)

Utilities Lifelines Damage

If damage is sustained to public water, electricity, gas, and telephone service lifelines, living standards may not continue as normal. Household and workplace preparations are necessary.







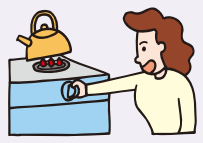




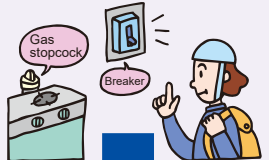




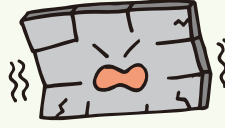



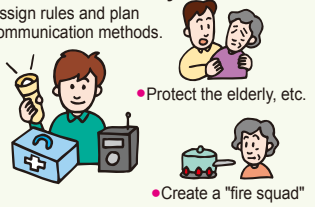



	Water Service Interruption 25.2%
	Wastewater Management Damage 6.5%
	Power Service Interruption 15.7%
	Gas Reserves Interruption 47.3%
	Telephone Service Interruption 8.1% Due to a flood of phone calls to check on loved ones' safety in the area, use of telephones may become difficult.
	Earthquake Debris 69 million tons

1 In the Event of an Earthquake

First of All, What to Do?

First, protect yourself! Then, protect your family. After that, proceed to protect the area. It is said that the time limit for successful rescue of victims buried in rubble is about 72 hours. Before flames spread, it is absolutely critical that fires be smothered and buried victims be rescued. For that reason, everyone must cooperate and devote their efforts to fire control and rescue.

Step-by-Step Action Manual

	Earthquake Occurs!: Minutes 0 to 2	Immediately after Earthquake: Minutes 2 to 5	Minutes 5 to 10	Minute 10 to Half-Day	Half-Day to Three Days
What to do	<p>First things first - protect yourself!</p> <p>Protect your body during tremors</p> <ul style="list-style-type: none"> Take cover underneath tables, etc.  <p>Stay away from block walls and vending machines!</p> <ul style="list-style-type: none"> Don't take shelter next to block walls.  <p>Falling objects - Don't panic or free outdoors</p> <ul style="list-style-type: none"> Around glass, tiles, signs, and other potential falling objects-Use Caution!  <p>Open doors and windows - Secure exits</p> <ul style="list-style-type: none"> Don't become surrounded by tall buildings! 	<p>Take care of fires! Extinguish open flames!</p> <ul style="list-style-type: none"> Even during small quakes, put out flames "Earthquake! Put out that fire!" Shout for others to put out fire! Letting area know to extinguish flames is the first step to prevent fire.  <p>Stay calm and check for fire hazards Extinguishing fire for the first step</p> <ul style="list-style-type: none"> Wait until tremors stop. <p>Do not panic. Then move to put out the fire.</p>	<p>Once fires are taken care of, ensure your family is safe!</p> <p>Watch out for injury from glass.</p>  <p>Confirm your household's safety, and neighbors' safety</p> <ul style="list-style-type: none"> Everyone, help out the sick and elderly!  <p>Make sure information is correct before you act</p> <ul style="list-style-type: none"> Don't spread or believe rumors 	<p>Area Response Assist each other</p> <p>Work together to evacuate and aid others</p> <ul style="list-style-type: none"> Cooperation is Powerful!  <p>Confirm safety during evacuation - Electricity, Gas</p> <ul style="list-style-type: none"> Before evacuation, shut off gas and breakers 	<p>For about 3 days, endure by your own strength!</p> <p>Lifelines of water, electricity, etc., and food supplies may cease. Prepare for this three day period.</p>  
	Prior Countermeasures	<p>Analyze your Household Safety</p>  <ul style="list-style-type: none"> Diagnose for Quake Prevention  <ul style="list-style-type: none"> Prevent Falling Lamps and Lighting  <ul style="list-style-type: none"> Inspect/Reinforce Block Walls  <ul style="list-style-type: none"> Prevent Falling Drawers/Cabinets 	<p>For confidence in extinguishing fires, take part in regular fire prevention drills.</p>   <ul style="list-style-type: none"> Get a fire extinguisher prepared ahead of time. Draw Water 	<p>Discuss fire prevention with your family!</p> <ul style="list-style-type: none"> Assign rules and plan communication methods. Protect the elderly, etc. Create a "fire squad"  <p>Prevent injuries from glass</p> <ul style="list-style-type: none"> Keep slippers/active footwear nearby! Reinforce debris anti-dispersal film  <p>Rescue supplies should be prepared.</p>	<p>Plan a system of cooperation with neighbors.</p>  <ul style="list-style-type: none"> Join an area Disaster Prevention Organization Participate in Disaster Prevention Drills  <ul style="list-style-type: none"> Confirm location of Evacuation Zones and open gathering areas.