

# Meguro Disaster Survival Map

Disaster Prevention Section,  
Meguro City Office

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## Disaster Prevention Card

Full name: \_\_\_\_\_

Blood Type: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_

Family doctor, chronic disease and medication history  
Information of your family doctor and medication:

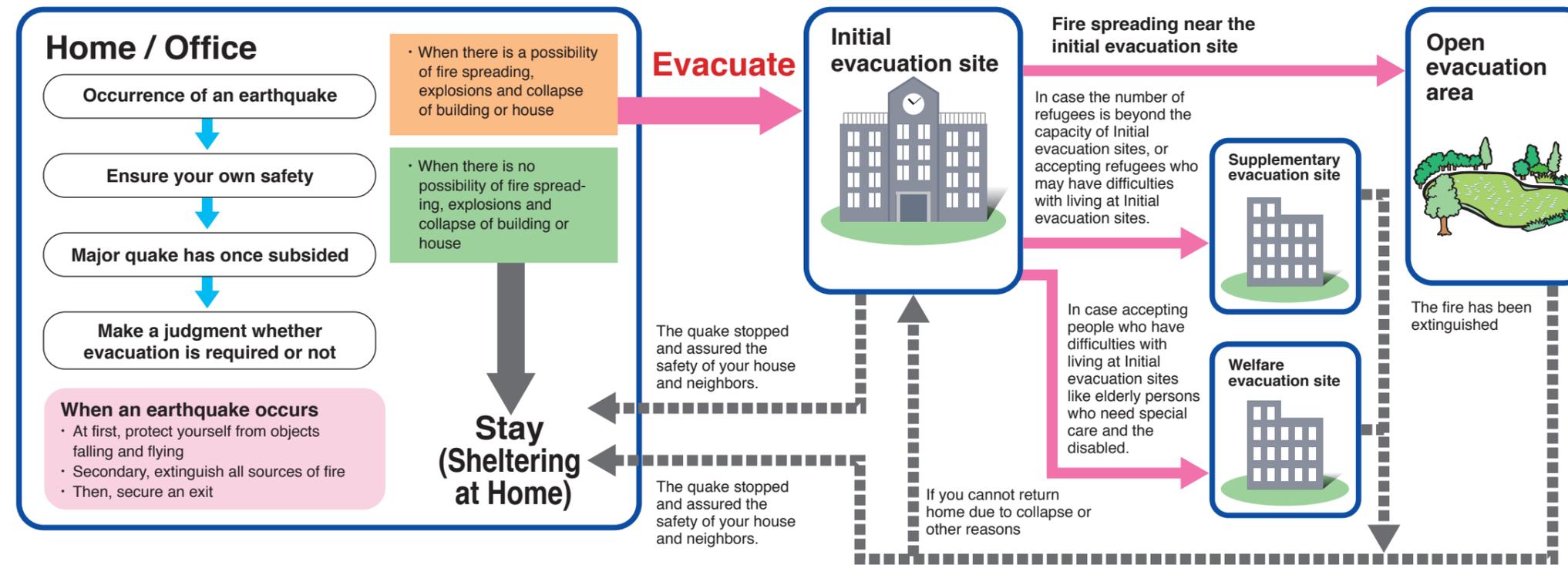
Emergency contact:

Full name: \_\_\_\_\_

Phone: \_\_\_\_\_

You prepare the list of your family doctor, chronic disease and medication history in case of the situation that you cannot reach your family member due to injury in disasters.

## How to Evacuate



### During an earthquake

#### If you are in an underground area of the building:

When a fire breaks out and smoke hangs over, cover your mouth with a handkerchief and get away along a wall with a low posture.

#### If you are in a multi-level building:

Do not use the elevator to evacuate. When in the elevator, get off at the nearest level and use the stairs.

#### If you are in the train/bus:

Follow the instructions given by the crew and evacuate. Do not disembark until advised.

### Disaster Prevention App (English version available)

Meguro City's free disaster prevention app for smartphones and tablets provides information about disaster prevention in the city. Confirm the closest evacuation site from your current location in Meguro City or what evacuation sites have opened for a disaster. You can also view disaster prevention maps and various hazard maps, as well as receive notifications from the city about disaster prevention.

Even when internet service is not available in a disaster, you can use the app map and GPS function to confirm how to get to an evacuation site. Search for "Meguroku Bosai Map" in your app store and download it as part of your disaster preparation.



### Regularly keep food and drinking water for at least three days (ideally for five days).

- Rotate non-perishable food which can be eaten without using fire. Store drinking water for 3 liters per person per day.
- Offices are required to carry out a stock of food and drinking water for three days for employees with the Tokyo victim-unable-to-return-home measure ordinance stated by Tokyo Metropolitan Government.
- Pet owners regularly keep pet food and their toilet equipment for at least three days (ideally for five days).

### Evacuation Tips / Rules when you evacuate

- Switch off circuit breakers
- Take action based on accurate information
- Evacuate in group, more than one, as much as possible
- Call out to neighbors and evacuate in groups.
- Help your neighbors to evacuate the elderly or disabled persons.
- Stay away from building collapse and concrete block walls, and be careful of falling overhead signboards and glass.
- Take a safe route even though it's a detour. Do not return to dangerous place.
- Keep your pet in a cage or take it with you on leash/harness wherever you go.
- Turn off the main gas tap
- Do not use cars

Talk with your family or colleagues in advance about the private rules to get in touch each other (such as where to meet up and contact info) in case of disaster.

## Items to Bring While Evacuating

Prepare necessities in advance just in case you need to evacuate. Make it a practice regularly to check that the food and batteries are not expired.

<b>Drinking water</b>	One or two 500ml bottled water
<b>Food</b>	One or two meals that are edible without being cooked (biscuits, dietary supplement, canned food, etc.)
<b>Flashlights</b>	Flashlights, Portable LED lights (one for each person), etc.
<b>Information collection tools such as portable radio or TV</b>	Portable radio, cell phone, charger, etc.
<b>Clothes</b>	Gloves, winter clothes, raincoats, towels, underwear, head-protecting hood, helmets, etc.
<b>Valuables</b>	Cash, bank book, certificates of ownership, driver's license, health insurance card, etc.
<b>Medicine</b>	First Aid kit, daily medicines, Personal prescription record, etc.
<b>Sanitary goods</b>	Masks, thermometers, disinfectants, disposable gloves, etc.
<b>Others</b>	Lighter, multi-tool/army knife, cup, tissues, wet wipes, grooming kit, plastic wraps, oral care tools and antibacterial items (tooth brushes and antibacterial wet wipes/sanitizer), etc.
<b>Necessities depending on family situation</b>	Emergency card (helping card), sanitary napkins, diapers, skim milk, nursing bottle, baby carrier, glasses, artificial teeth, nursing care goods, pet supplies (pet food, pet gauge, toilet goods, regular medicines), etc.

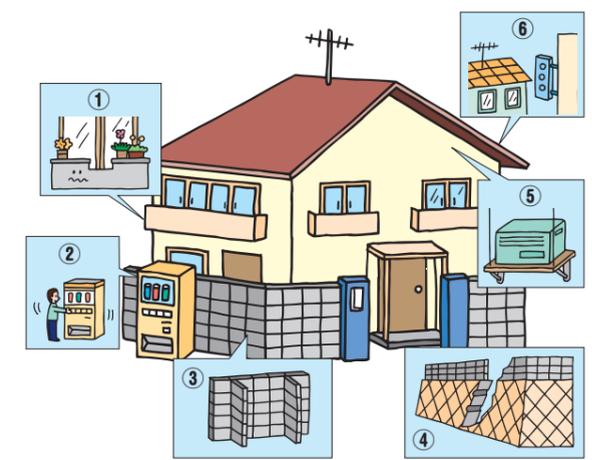
### Where to keep your emergency bag

- Find a place where you can reach easily even when furniture is falling over or in blackouts.
- You may bring necessities with you in your bag in your daily life in case the disasters happen while you are out.

# To prevent injuries and damages

When earthquake occurs, the most important thing is to ensure your own safety and survive. To minimize damages and evacuate smoothly, check outside and inside of your house and make a safe environment and ensure where to evacuate.

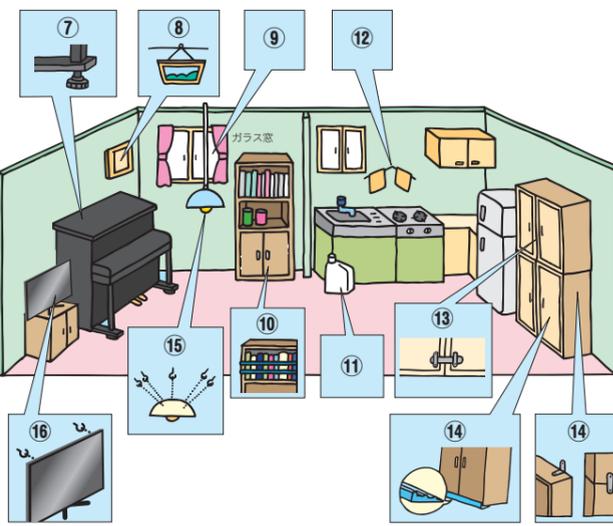
## Checking safety outside of your house



## Check points

- ① You do not place anything may drop off at porch.
- ② Keep fixed vending machines for not to fall down.
- ③ Check the stability of concrete-block walls.
  - Isn't the fence too high?
  - Does the fence have supports?
  - Are there any inclination and/or cracking?
- ④ Check the safety of cliffs and partitions.
- ⑤ Keep fixed air conditionings for not to fall off.
- ⑥ Keep fixed roof tiles, TV antennas and signs for not to fall off.
- ⑦ You need to fix heavy equipment which has wheels underneath on the floor/ground, using appropriate stoppers to prevent them from slipping. Ask the store staffs how to fix it when you buy the heavy equipment.
- ⑧ Fix picture frames firmly against the wall

## Checking safety inside of your house



- ⑨ Use shatterproof film over the window
- ⑩ Use rubber bands for keeping books in bookshelf
- ⑪ Keep flammable materials away from frames
- ⑫ Do not leave flammable objects on the heating tools
- ⑬ Use bolts or locks for wide open shelf
- ⑭ Fix cupboards against the wall with brackets. Use brackets to fix boards in shelves.
- ⑮ Hold hanging lights against the ceiling with metals
- ⑯ Television sets are easy to fall down, so fix it against the wall

# Preparing for Wind & Water Disasters

Prepare in advance for flood or storm disasters and pay attention to weather forecasts.

◆ To prevent water from coming into the semi-basement parking lot or lower level, use sandbags or wooden boards for stopping water.

→ There are 56 locations where residents can be provided with sandbags in case of emergency. If many sandbags are needed, contact Meguro Public Works & Park Office (Tel. : 3711-6825) Himonya Public Works & Park Office (Tel. : 5721-7287). \* (As of March 2021)

◆ Remove dirt and fallen leaves clogged in gutters.

◆ If you keep objects that are easy to be blown away outside of your house, it is recommended to replace it into the house. If not, fix it in the place.

◆ Check the weather forecasts sometimes for sudden strong wind or sudden increase of the water level.

→ E-mail service for weather forecasts and flood information about Meguro river is available at Meguro city (See 'How to get disaster information')

## Warning sirens at Meguro river

Water level is monitored with water level indicator and alarm which are equipped in the Meguro river. In case water reaches a warning level there will be a siren and an announcement to inform.

### 1 Warning alarm

(when water of Meguro river reaches the level of 2.5 meter)



announcement 「(chime) This is Meguro city office. Meguro river exceeded the warning water level and the alarm functioned. Please be cautious. I repeat. (repeat (chime)」

### 2 Warning alarm

(when water of Meguro river reaches the level of 1 meter)



announcement 「(chime) This is Meguro city office. Meguro river exceeded the warning water level and the alarm functioned. Please be cautious. I repeat. (repeat (chime)」

# How to get disaster information

## Disaster information from Meguro City

Note: All contents with the symbol:◆ at the end are mentioned in English, Chinese and Korean. (Available in English and Chinese only for cell-phone site) Other contents are only Japanese description.

- 1 Municipal Radio Broadcast Systems for Disaster Prevention
- 2 Website◆
- 3 E-mail Service (Mail Magazine)- Emergency Information of Disaster You will automatically receive the newsletters by prior registration when it is alerted.
- 4 Twitter
- 5 Weather Information E-mail Service for Disaster Prevention You will receive the emails by prior registration when it is alerted.
- 6 Local Emergency Information Sent by Email "Area Mail Service" by docomo, "Emergency E-mail Service" by au and Softbank and Rakuten Mobile. Anyone who has applicable cell-phones and smart phones in Meguro City will receive the warnings when it is alerted.
- 7 Posting disaster information at municipal facilities in Meguro City The official information will be posted at entrance (or on bulletin board) of municipal facilities in case the government sets up Emergency Operations Center to inform the public due to serious disasters such as large-scale earthquakes.
  - \* Registration fees on "E-mail Service" and on "Weather Information for Disaster Prevention" are free, but you will be charged for receiving data by mobile companies



QR code (Quick Response Code) for registration of "E-mail Service"



QR code for registration of "Weather Information for Disaster Prevention"

## On the way home from work places and sites

Under the Difficulties in Returning Home Regulations, it is office' s responsibility to prevent people from having difficulties in returning home due to letting go home all at once, so that as long as the workplaces are in safe status, all have to stay at their own workplaces for three days after the large-scale earthquake occurs. In addition, on your way home, pay attention to traffic information, and try not to use vehicles which will be obstacles to ambulances or fire engines in traffic jams. Furthermore, when you need to go home by walk, it is better for you to go together with several people who are also going home toward the same direction.

## Return-home Aid Stations

All facilities registered as Return-home Aid Stations (All Tokyo Metropolitan High Schools, Tokyo Budo-kan, and some post offices, convenience stores, fast food chains, family restaurants, Izakaya restaurants, Karaoke places and gas stations with the sign shown right) will supply survivors with: 1. Drinking water, 2. Using bathroom, 3. Map information, 4. Traffic information and of the availability of streets via radio news. They will cooperate with survivors as much as possible. Sign of Return-home Aid Stations

\* You can check the locations of the facilities on the Tokyo Metropolitan Disaster Prevention Map. <http://map.bousai.metro.tokyo.jp>



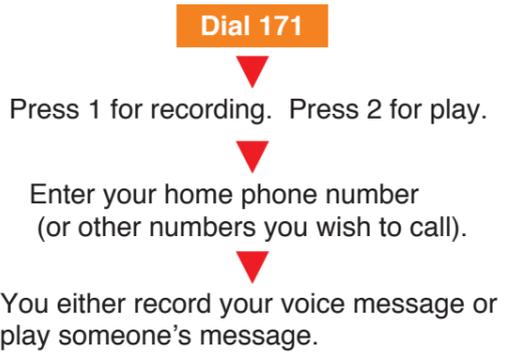
# Ways to check safety of your family members and friends (The phone service is operated in Japanese.)

## Message dial

NTT Group will set up a voice message board service: NTT Emergency Message Dial, when communication traffic to the disaster-stricken area increases and it is difficult to get through. They also provide the Disaster Message Board service which is available by cell-phone and PC.

- \* You can record your voice message for about 30 sec. per message. The recorded message will be automatically deleted 48 hours later.
- \* You can make a trial for the service on 1st and 15th of every month, the first three days of the New Year, during the Disaster Preparedness Week (from on August 30th to September 5th), and during the Disaster Preparedness and Volunteers' Week (from January 15th to 21st)

### How to access (You will hear guidance after dialing.)



## Disaster Message Board Service for cellular phone users

For docomo users, access to "i-mode". For au users, access to "ezWeb". For Softbank users, access to "Yahoo! Keitai". You will follow the instructions from main page on each mobile device.

## For smartphone users

For docomo smartphone users, start "d-menu" or download/open "docomo Disaster Kit" app. For au smartphone users, start "Disaster Message Board" from main page (au portal) or download/open "Disaster Countermeasure" app. For Softbank smartphone users, download/open "Disaster Message Board" app. You will follow the instructions on each screen.

## Disaster Message Board Service (web171)

NTT Group provides Disaster Message service for internet user. Go to: <https://www.web171.jp> and you can set up your contact info to register, update and delete on the web171. You can post 100 letters per message. The service starts as the same way as NTT Disaster Emergency Message Dial does.

\* The registered messages will be automatically deleted after 6 months has passed or when the term of service expires.

\* You can make a trial for the service on 1st and 15th of every month, the first three days of the New Year, during the Disaster Preparedness Week (from on August 30th to September 5th), and during the Disaster Preparedness and Volunteers' Week (from January 15th to 21st)