

EARTHQUAKE PRECAUTIONS

地震

What to do
in case of
an earthquake
in Tokyo

～A Guide for the Safety of You and Your Family～



Temporary gathering place (<i>Ittoki Shugo Basho</i>)	
Evacuation area (<i>Hinan Basho</i>)	
Shelter (<i>Hinanjo</i>)	
Evacuation route	
Family meeting location (in case separated)	

※ It'd be better to check in advance where the aforementioned evacuation area and other places are located.

YOUR BEST PRECAUTIONS ARE THE BEST PREVENTION

Tokyo Metropolitan Police Department

Preface

Three years have passed since the Great East Japan Earthquake occurred on March 11, 2011. It was a magnitude 9.0 with the biggest scale ever observed in Japan. The quake-hit areas are still in the process of restoration, and many local citizens have no choice but to keep on living in pop-up houses.

Upon this major earthquake, the shake registered the level 5 on the Japanese intensity scale even in Tokyo, causing deaths/injuries and damaging houses. The quake also got in the way of commutation passengers and led to the occurrence of soil liquefaction—a phenomenon observed mainly in such a big city as Tokyo. What's now concerned is that a constant awareness of such disasters might be lacking among people in the course of years.

Experts of the Government's Headquarters for Earthquake Research Promotion have estimated that the probabilities are 70 percent that a major earthquake will directly hit the metropolitan area within the next 30 years. Given this estimation, we can say that the time will come at any moment.

To protect people from danger or save as many people as possible upon the occurrence of a major earthquake, you should seek some indispensable help such as the "public-help" that administrative authorities will provide, the "self-help" that each one of the citizens will initiate to protect from danger, or the "community-help" that you will render with members of block or neighborhood associations or with volunteers from work nearby.

This guide pamphlet has been designed to help you enhance your situational awareness and take immediate action when something does occur.

We hope that this guide will serve the needs of you and your family as well as people around.

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(Illustrated by Bonten Yumeno)

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Missions of the Tokyo Metropolitan Police Department (TMPD) in the Event of Major Earthquakes

In the event of major earthquakes, the TMPD will give it all we've got to protect the safety of Tokyo citizens and those who commute to office or school in Tokyo by searching/rescuing disaster victims or guiding the community to safer locations, restricting the traffic, and searching for missing persons or cross-checking information concerned. We'd very much appreciate it if you could act as directed or guided by police officers.

Search/Rescue Disaster Victims and Guide the Community to Safer Locations



- We'll search and rescue people trapped under a destroyed house or toppled furniture or inside a vehicle.
- We'll help people evacuate or guide them to safer locations.

- We'll secure the "Routes for Authorized Emergency Vehicles" or restrict the traffic to avert any traffic congestion.
- ※ Right after a major earthquake occurs, we'll start restricting the traffic. For details, see page16.

Restrict the Traffic



- We'll search for missing persons and cross-check information concerned.

Search for Missing Persons or Cross-check Information Concerned



Basic Preparedness for an Earthquake

A DISASTER PREPAREDNESS CHECKLIST

Check for hazards in the home

During the Great Hanshin-Awaji Earthquake (in 1995), so many people were trapped under a destroyed building or toppled furniture. Experts say that high-rise buildings are susceptible to the “Long-period Earthquake Ground Motion” and that pieces of room furniture tend to become unsteady. In order for your family members to avoid being injured, you should be better prepared to take a critical look at potential hazards in the home.



Check

- Do you place no boxes on upper places, such as on top of furniture, to prevent from falling?
- Do you secure furniture with a locking device?
- Do you latch cupboard doors or bookshelves to prevent contents from falling?
- Do you have furniture in a bed room that might easily topple over?
- Do you use some safety device to prevent electric appliances, such as television sets, from tipping over?
- Do you use some safety device to prevent windows from shattering?
- Do you keep rooms neat and organized?
- Do you keep the areas of entrance doors or corridors or stairs clear from furniture or boxes to prevent blocking the way?

- Place a flashlight in the bed room in case the light goes out, and also a pair of shoes that will help you protect your feet from potential injury.

Check for hazards outdoors

In the event of an earthquake, collapsing of houses may account for so much of human damage. For this reason, you should periodically check for potential hazards on the outside of your house, its surrounding cement block walls, gateposts, and other spots.



Check

- Do you identify any cracks that have begun to appear on the outside walls?
- Do you identify any pillars that have been bent or damaged?
- Do you identify any roofing materials (such as roof tiles or corrugated iron sheets or slates) that have been damaged?
- Do you identify any handrails on a veranda or balcony that have been damaged?
- Do you identify any outdoor units of air-conditioners up above a veranda that have developed a wobble?
- Do you identify any cement block walls or gateposts that have been unstable?

- Other than those above, you can ask an expert to conduct an earthquake-resistance inspection of your house. (For more information, call advisory services at a local municipal office in your city, town, or village.)

Basic Preparedness for an Earthquake

GET EMERGENCY SUPPLIES KITS READY

- Keep at least a three-day supply of drinking water and non-perishable food.
- Keep your emergency supplies kit in a backpack, so that you can set both hands free.
- Keep your valuables and emergency supplies kit at different places, and protect them against possible stealth attempts. Share the information on those places among the family members ahead of time. Keep them accessible by any member of your family in case they need to grab them and leave immediately.

STOCK AND CHECK

- Check the expiration dates of foods, drinking water, and batteries periodically.
- It'd be also a better idea to keep them at different places such as a storeroom and other places in case the house is collapsed.



Basic necessities, and other items

Check

- Drinking water (three liters of water considered necessary for one person per day)
- Emergency foods (such as canned food, a form of processed quick-cooking rice called the "Alpha Rice", or ready-to-eat food)
- Flashlight and extra batteries
- Helmet
- Leather or cotton-made work gloves
- Extra outfits, towel
- Rain gear (ex., a raincoat, etc.)
- Shoes and thick socks
- Tissue paper (moist towelettes)
- Toilet paper
- Face masks
- Safety matches or lighter
- Candles
- Medications (incl. non-prescription drugs)
- Aluminum-made thermal sheets
- Heavy-duty plastic sheeting
- Paper cups, plates, and plastic utensils
- Kitchen food wrap
- Whistle (to call for help)
- Powdered milk and disposable diapers (if you have babies)
- Toys (if you have kids to please with)

Valuables

Check

- Cash
- Personal identification (ex., driver's license, etc.)
- Name stamp
- Bankbooks
- National Health Insurance Card
-
-

Information-gathering devices

Check

- Pocket-sized radio
- Cell phone and battery charger
- 10-yen coins (for a pay phone)
- Family photos (for identity confirmation in case separated)
- Paper, pens, and pencils
- Hazard map (prepared by local governments or block associations)
-
-

Basic Preparedness for an Earthquake

Things that you should keep

The following items will be very helpful while you are at a shelter.



Other items that you should add to your kit

The following items will assist you in searching your family members or neighbors.



Check

- | | |
|------------------------------------------------------------|--------------------------------------------------------------------------------|
| <input type="checkbox"/> Blankets | <input type="checkbox"/> Paper-made underwears |
| <input type="checkbox"/> Tent and sleeping bags | <input type="checkbox"/> Disposable body warmers |
| <input type="checkbox"/> Portable gas cooker | <input type="checkbox"/> Feminine supplies |
| <input type="checkbox"/> Portable plastic water containers | <input type="checkbox"/> Portable rice cooking gadgets (known as a Kocher set) |
| <input type="checkbox"/> Portable toilets | <input type="checkbox"/> Masking tapes |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Shampoo (waterless type) |
| <input type="checkbox"/> | |

Check

- | | |
|----------------------------------|--------------------------------------------|
| <input type="checkbox"/> Crowbar | <input type="checkbox"/> Fire extinguisher |
| <input type="checkbox"/> Saw | <input type="checkbox"/> Buckets |
| <input type="checkbox"/> Hammer | <input type="checkbox"/> Shovels |
| <input type="checkbox"/> Ladder | <input type="checkbox"/> Ropes |
| <input type="checkbox"/> | <input type="checkbox"/> |

DISCUSS WITH THE FAMILY HOW TO PREPARE FOR DISASTERS

- Learn where the shelters and other places are located.
Learn how to get to a temporary gathering place (*Ittoki Shugo Basho* in Japanese), evacuation area (*Hinan Basho*), or shelter (*Hinanjo*) near your house or office. You should agree with your family on how to get together outside in case separated.
- Learn how to evacuate.
Talk regularly and specifically on how and where to evacuate. You should be better prepared to walk and check the route in advance.
- Check with the family how to communicate with one another.
After a major earthquake, a large volume of communication to quake-hit areas will flood in. As a result, you may have trouble getting through. As a precautionary measure, create a family strategy ahead of time on how to contact one another, for example, by using the “Disaster Emergency Message Dial 171” or “Disaster Message Board” services.



Basic Preparedness for an Earthquake

DEVELOP AN EMERGENCY PLAN WITH BLOCK ASSOCIATION MEMBERS OR NEIGHBORS



- Participate in a gathering by block association members.
Have an active involvement in an event or gathering by block association members, and develop cooperative ties with them.
- Check how to evacuate.
Check if there are the physically disabled, the bedridden, sick people in the neighborhood. If positive, you should work out specific measures ahead of time on how to give assistance to those people.
- Check disaster preparedness measures in the community.
Local communities store emergency materials such as foods or medications. Check in advance where those materials are stored.

PARTICIPATE IN DISASTER PREPAREDNESS DRILLS

- Participate in disaster preparedness drills.
You could help save lives if you join hands. Remember that the “self-help” and “community-help” hold the key to surviving. Have an active involvement in disaster preparedness drills that local governments or residents associations conduct, and learn how they're going to deal with the threats of a disaster.
- Participate in disaster preparedness symposiums.
Attend such symposiums as local governments and others hold. Broaden your knowledge on or strategies against the threats of a disaster, and then share what you've learned with your family members at home or people at work.



THE “THREE HELP”



- “Self-help” ——— Efforts by you to protect yourself from danger
- “Community-help” — Efforts by local people to protect the town from danger
- “Public-help” ——— Protective measures by administrative authorities

Basic Preparedness for an Earthquake

CHECK THE SAFETY OF AN OFFICE OR BUSINESS PLACE

Records say that when the Great East Japan Earthquake hit (in 2011), high-rise buildings in Tokyo and its adjacent prefectures—though a few hundreds km away from the epicenter—became subject to the influence of the “Long-period Earthquake Ground Motion.” As a result, the elevators stopped, and some people were left trapped inside. To minimize damage by shake, you should be better prepared to ensure the safety at work.

- Formulate proactive strategies against a disaster inside and outside the office.

Check for potential hazards inside and outside of the building as carefully as your home. Secure advertising boards outside, or lockers or a copy machine inside, to prevent from falling down or toppling over.

- Share disaster preparedness education at work.

Share with fellow staff members some knowledge about how or where to evacuate in the event of a major earthquake, and prepare a manual on who'll do what or on business operations that should be prioritized.

- Think about what to do if you have no information on the safety of your co-workers or their family.

Plan a strategy on how to confirm the safety of your co-workers outside on business or their family members, for example, by using some safety confirmation measures (such as the "Disaster Emergency Message Dial 171") or other services.



Check

- Do you have lockers and others secured with a locking device?
- Do you discuss at work how to prepare for disasters?
- Do you know what to do at work in an emergency?
- Do you have any equipment that help you conduct initial fire-fighting activities or aid and take injuries to hospital?
- Do you see if there are any office furniture or office equipment that might easily topple over or move and block the evacuation routes or entrance doors?
- Do the employees know where emergency supplies kits are stored?
- Do the employees know where and how to evacuate?
- Do the employees create a family strategy on how to contact one another when separated?
- Do you have a guideline based on the business continuity plan, or BCP?
- Do you have a teamwork structure developed at work?
- Do you have a teamwork structure developed with block association members?

Upon the change of a work place environment subsequent to a personnel reshuffle and others, you should read through the manual on disaster preparedness once again.

Basic Preparedness for an Earthquake

STRATEGIES FOR STRANDED PASSENGERS

Right after the Great East Japan Earthquake struck (in 2011), almost all the transport networks in Tokyo suffered severe disruptions for many hours, and then a large number of people lost their way back home. The Tokyo Metropolitan Government (TMG) announced the results of their study in April, 2012 on the “Damage Anticipated if an Epicentral Earthquake and Others Hit Tokyo.” According to this announcement, it is estimated that nearly 5.17 million people in Tokyo will not be able to go home. For this reason, the TMG worked out a policy of asking such stranded people to refrain from immediately starting to get back home in a hurry unless necessary. Based on this policy, the “TMG Ordinance for Measures for Stranded Persons” has come into force since in April, 2013 for instructing both Tokyo citizens and business managers in how to comprehensively assist those people upon a big earthquake.

- Don't attempt to get back home at all costs.

Roads and sidewalks will easily get crowded with vehicles and pedestrians if they leave all at once and try to be heading home in a hurry, consequently hindering the search and rescue operations. It is also feared that if faced with aftershocks on their way back, these pedestrians might get through secondary damage. To avoid such confusion, we recommend that unless necessary, you should remain at work or stay at a makeshift accommodation for safety.

- Make sure your work place has emergency supplies kits ready.

Secure at least a three-day supply of foods, drinking water, and others in case employees're not able to walk home or have decided to remain at work. At the same time, we recommend that you should spare an extra ten percent of those supplies at work as a precautionary measure.

The Ten Rules for Stranded Passengers

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

EMERGENCY SUPPORT STATIONS FOR HOME-BOUND WALKERS

Nine local governments including the TMG have made an agreement with representatives of convenience stores, family restaurants, and gas stations for the supply of assistance to those who have to walk home.

Under the terms of the agreement, these places will function in the event as assistance sources and provide such walkers with tap water, the use of bathrooms, map information on traffic, radio news on passable roads, and rest areas for the public.

In addition to these sources, all metropolitan schools and the Japan Martial Arts Hall (=the *Nippon Budokan* in Japanese) in Tokyo will also get the same assistance available.

※ The aforementioned nine local governments consist of Tokyo, Kanagawa Prefecture, Chiba Prefecture, Saitama Prefecture, Yokohama City, Kawasaki City, Sagami-hara City, Chiba City, and Saitama City.



- Convenience stores
- Fast-food restaurants
- Family restaurants
- Japanese-style bars
- Karaoke bars

- Gas stations (affiliated with the Petroleum Industry Corporation Association)



※ These stickers, if showed on the front door/window, indicate that such assistance will be available at the aforementioned places. To find out more, visit the web of the TMG (at the Disaster Prevention Information).

How to Behave When an Earthquake Strikes

WHAT IS A JMA EARTHQUAKE WARNING?

It is an earthquake warning that the Japan Meteorological Agency (JMA) will provide to the public. When the agency detects a quake with a maximum seismic degree of lower 5 or higher (on the Japanese scale), the agency will disseminate the names of possible disaster areas via media, and warn people in those areas about the resultant strong tremors (of the level 4 or higher) just a few seconds before they arrive.

Earthquake Warning on the Air



(By courtesy of NHK)

Upon the announcement of an earthquake warning, you should tell yourself to remain calm, secure your personal safety, and act according to circumstances. Remember that if the epicenter is too close, there may be cases in which strong tremors come ahead.

Upon the observation of a giant earthquake with a magnitude level 8 or greater, the JMA will start warning the public of a possible emergency situation equivalent to the Great East Japan Earthquake with a couple of adjectives attached, such as “*Kyodai* (=Giant)” or “*Takai* (=Big)” in its initial tsunami warning.

When you've heard such a giant or big tsunami warning announced, you should not think that you are at a safe place. Move to higher ground in no time.

Tsunami Warning on the Air



(By courtesy of NHK)

IF INDOORS

- **Protect yourself.**
Move from where a wardrobe, bookcases or any other heavy furniture could easily fall over or from where window glass could shatter, and then take cover by getting under a desk or table.
- **Don't panic.**
No matter how big an earthquake is, violent movements last only a few minutes or so. There is no need to rush out into an open space. Instead, calm down first, and then take action.



One of the frightening secondary disasters during a big earthquake is the threat of fires. During the Great Kanto Earthquake (in 1923), most of the people died or got injured in fires.



- **To ensure a way out, you should:**
Keep the door open. The earthquake movements will distort the building frames, sometimes leaving people trapped inside.
- **To make sure that the fire is out, you should:**
Wait until the shaking has stopped.

How to Behave When an Earthquake Strikes

IF CONDOMINIUMS OR BUILDINGS



- Don't use the elevators.
If an earthquake occurs while you're using an elevator, you should press the buttons of every floor and get off the next time when it stops. If trapped inside, press an emergency-call button and wait for help.
- Follow the advice of custodians.
Don't rush to get out. Assess the situation. Follow the advice of custodians where available.

IF OUTDOORS

During the Off-Shore Miyagi Earthquake (in 1978), many people suffered from falling cement block walls, stone walls, or gateposts.

- Keep away from objects that could easily fall over.
Avoid vending machines, cement block walls, electric poles, or other hazards. These things could easily fall over.
- Protect yourself from falling objects.
Cover your head with a bag and the like. Take refuge in a solid building, or evacuate to a park or open space.
- Watch for loose power lines, gas leaks, or other hazards.
Stay away from downed electrical wires or from where you smell gas.



IF IN A MOVING TRAIN

While inside the train, you should follow the advice or guidance of a train attendant for evacuation.



- Watch for a sudden stop.
The train sometimes makes an emergency, sudden stop. Hold onto a strap or handrail. Watch for possible falling objects off the overhead racks.
- Don't panic even when the train stops.
Don't get out of the train, or you would be at risk of electrical shock. Stay put inside until further notice by a train attendant.

How to Behave When an Earthquake Strikes

IF INSIDE A CROWDED BUILDING

Don't rush out of the buildings.



- Cover your head with a bag or shopping basket.
If in a mass retail shop, you should move away from showcases or merchandise shelves that might fall over, and then protect your head with a bag or shopping basket.
- Duck quickly between the seats and other places.
If in a movie theater or hall, you should cover your head with a bag and other things, and then duck between the seat lines.
- Follow the advice of attendants.
Stay calm and follow the advice of attendants, or await the instructions given through announcements inside.

IF IN AN UNDERGROUND MALL

One of the most frightening things in an underground mall is not the danger caused by an earthquake but the panic caused by an electrical power failure.

- Don't panic even if the electricity goes out.
Move to the nearest wall or main pillar, and then assess the situation until the backup emergency lights come on.
- Don't rush to emergency exits or stairs.
There is no need to make a dash for emergency exits or stairs.
- Protect from smoke.
When the place is being filled with smoke, you should hold a handkerchief or cloth over your nose and mouth, lay low, and then move away from the place.



How to Behave When an Earthquake Strikes

IF IN A COASTAL AREA OR AT A RIVER MOUTH

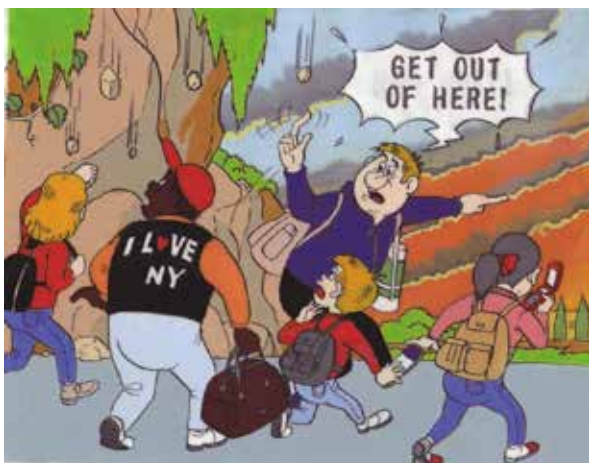
As may have been seen in the Great East Japan Earthquake (in 2011), tsunamis traveled up to six km inland from the coast and caused severe structural damage. You should brace yourself for possible tsunamis in the event of a major earthquake.

- Move to higher ground.
When there are strong tremors near coasts or the sea, you should move inland to higher ground immediately. Don't wait for a tsunami warning to be issued.
- Don't get closer to the sea or coasts.
As may have been seen in the event of the Great East Japan Earthquake, massive tsunami waves pushed the rivers backwards and caused a devastating damage to the areas by the riverside. Don't get closer to the sea or coastal areas until all the warnings and advisories are called off.
- Listen for correct information.
Tsunamis consist of a series of waves. Turn on your radio or television for correct information.



IF NEAR A MOUNTAIN OR CLIFFS

A massive earthquake has the power to destroy the hilly landscape as may have been seen in the Niigata-Chuetsu Earthquake (in 2004) and the Iwate-Miyagi Inland Earthquake (in 2008).



- When you feel the earth shake, you should evacuate right away.
Move as far away from a mountain or cliffs as possible if you are near.
- Watch for secondary disasters.
When the ground is loose, there'll be a danger of landslides during aftershocks. Stay away from such a mountain or cliffs until officials announce it is safe.

How to Behave When an Earthquake Strikes

If an earthquake occurs while you're driving, you'd feel as if your car were being pushed up from under you. Thus, it'll become difficult to drive because the steering wheel will start moving abnormally.

TIPS FOR DRIVERS TO KEEP IN MIND



Upon the tremors

- Don't panic. Just stop the vehicle.
Don't hit the brakes so quickly. Just slow down, and then pull over to the left side to avoid any collision.
- Grasp traffic information.
Turn on a car radio for information on the earthquake or traffic, and then act accordingly on such information or local circumstances.
- Don't evacuate by car.
Don't use a car to evacuate to a safe place or to pick up your family members.

On a regular road

- If you feel tremors, you should be aware of not colliding with other vehicles. Avoid stopping near intersections. Pull over to the left side of the road.
- If a parking lot or vacant yard is nearby, you should pull in there right away.
- When you are on a road designated as the Route for Authorized Emergency Vehicles or the Emergency Access Road, you should switch to other roads.
- Don't use a car any more once you've arrived at your destination.
- Do as directed by police officers on the spot.



※ See page 16 on the Routes for Authorized Emergency Vehicles or the Emergency Access Roads.

How to Behave When an Earthquake Strikes

On a highway

- Don't panic, reduce the speed, and pull to the left side of a highway.
- If you can't stop on the left side, you should pull to the right side instead so that the center of the road can be kept clear.
- Follow the instructions, advice, or guidance of police officers, highway administrators, or other public agencies.



While evacuating

When you can't help stopping a vehicle on the road due to the clear and present danger of a fire or to severely damaged roads, you should obey the following rules.



- Avoid stopping near intersections, pull to the left side of the road, and stop there.
- Cut the engine, and leave the key in the ignition switch.
- Leave the doors unlocked.
- Roll up the car windows so that flames and other hazardous things won't enter.
- Don't leave your valuables inside the vehicle.

Right after a massive earthquake strikes, we'll carry out traffic restrictions for rescue or firefighting activities (see page 16).

How to Evacuate

HOW TO EVACUATE

- Put on a helmet (or *bosai-zukin*, a disaster protective hood in Japan).
Cover your head with a helmet or *bosai-zukin*, and then evacuate to a safe place.
- Watch your valuables.
Keep your valuables always with you, and prevent them from being stolen.
- Turn off the gas at the main shutoff valve and the electricity at the main circuit breaker.
When you evacuate, you should turn off the gas at the main shutoff valve (to avoid possible explosions or fires) and cut the electricity at the breaker box (to avoid possible electricity-caused fires).

※ Watch out for electricity-caused fires.

The meaning of “electricity-caused fires” is 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.

- Evacuate on foot in a group.
Walk to a safe place in a unit of block/residents association members under the leadership of an evacuation leader.
- Help others evacuate.
Call out to your neighbors for a helping hand, see what has become of disable or sick people in the neighborhood, and help them evacuate from danger.



※ Protect your pet from danger.

Steps to protect pets vary with municipal offices. If you're going to bring your pet to a shelter, you should check with your local office in advance.

LISTEN FOR ACCURATE INFORMATION



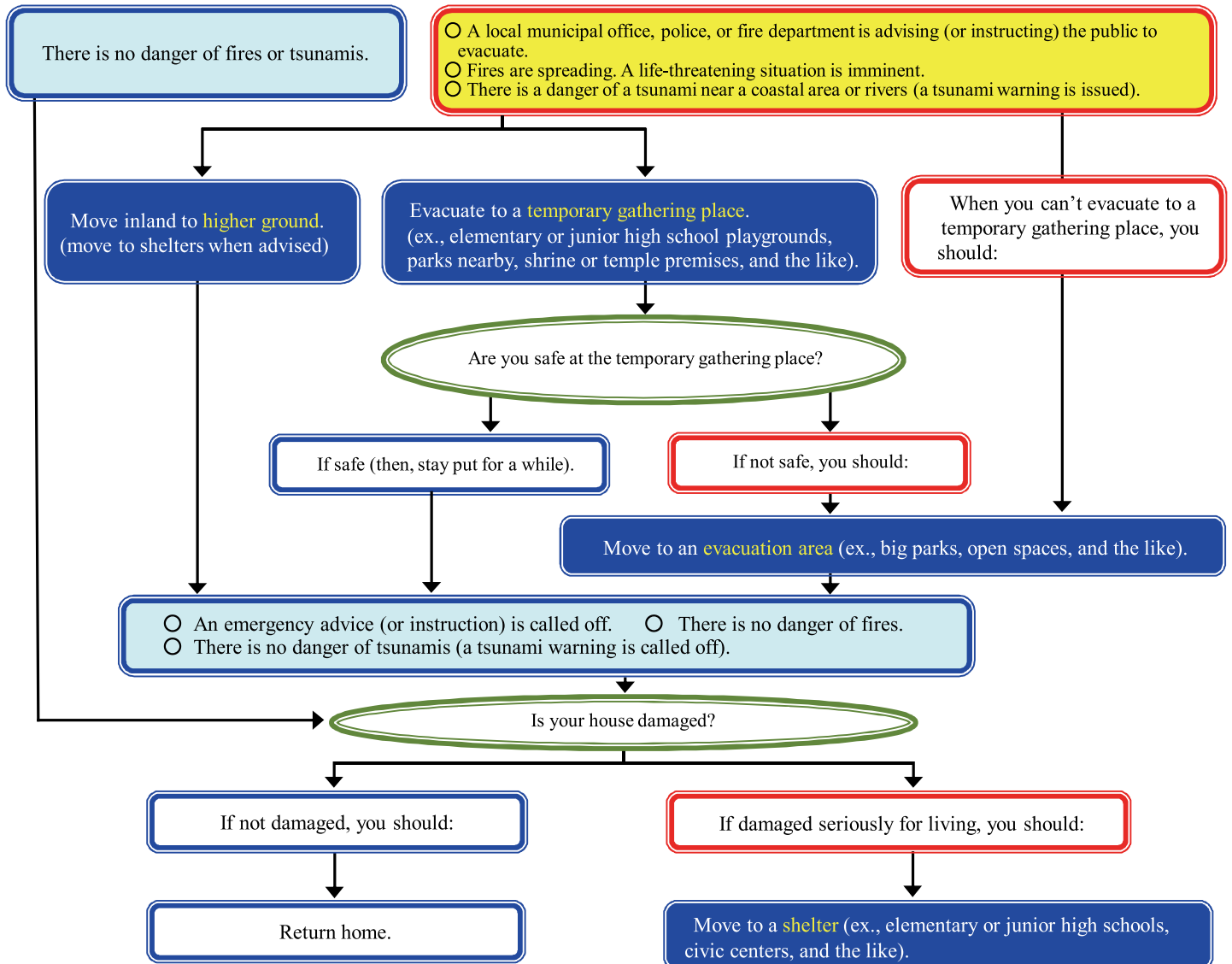
- Listen for accurate information.
While at an evacuation area, you should monitor emergency updates that a local municipal office, police, or other public sources will provide, or listen to the radio or television for news coverage. Don't get misled by groundless information.
- Don't make any irresponsible statements.
Don't say anything irresponsible, nor act selfishly.

How to Evacuate

EVACUATION SITES

- Temporary gathering place, or *Ittoki Shugo Basho*
a place for disaster victims to gather temporarily where they assess the situation before moving on to an evacuation area (ex., elementary or junior high school playgrounds, parks nearby, shrine or temple premises, and the like).
- Evacuation area, or *Hinan Basho*
a place for disaster victims to protect themselves from fires or other hazards (ex., big parks, open spaces, and the like).
- Shelter, or *Hinanjo*
a place for disaster victims to live for a certain period of time, because their houses have collapsed or burned down, and become uninhabitable (ex., schools, civic centers, and the like).

STEPS TO TAKE FOR EVACUATION



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

Vehicle Traffic Control Process in the Event of Major Earthquakes

◎ Initial Traffic Restriction (as stipulated in “the Road Traffic Law”)

- The traffic from the *Kannana dori* up to central Tokyo will be banned.
 ※ You can use, however, the *Kannana dori* to make a detour around the area.
- The traffic from the *Kampachi dori* up to central Tokyo will be controlled.
- We’ll designate the following **seven roads** as the “Routes for Authorized Emergency Vehicles” and ban the other traffic.

Route #4 (Nikko kaido, etc.)	Route #17 (Nakasendo, Hakusan dori, etc.)
Route #20 (Koshu kaido, etc.)	Route #246 (Aoyama dori, Tamagawa dori)
Mejiro dori	Sotobori dori
National Expressway, Metropolitan Expressway	

※ These routes will be restricted only for the passage of authorized emergency vehicles, such as police cars or fire engines.

- If an earthquake has caused an extremely large damage to Tokyo, then we’ll size up the damage situation and carry out additional restrictions on other roads alike.

◎ Secondary Traffic Restriction (as stipulated in “the Basic Act on Disaster Control Measures”)

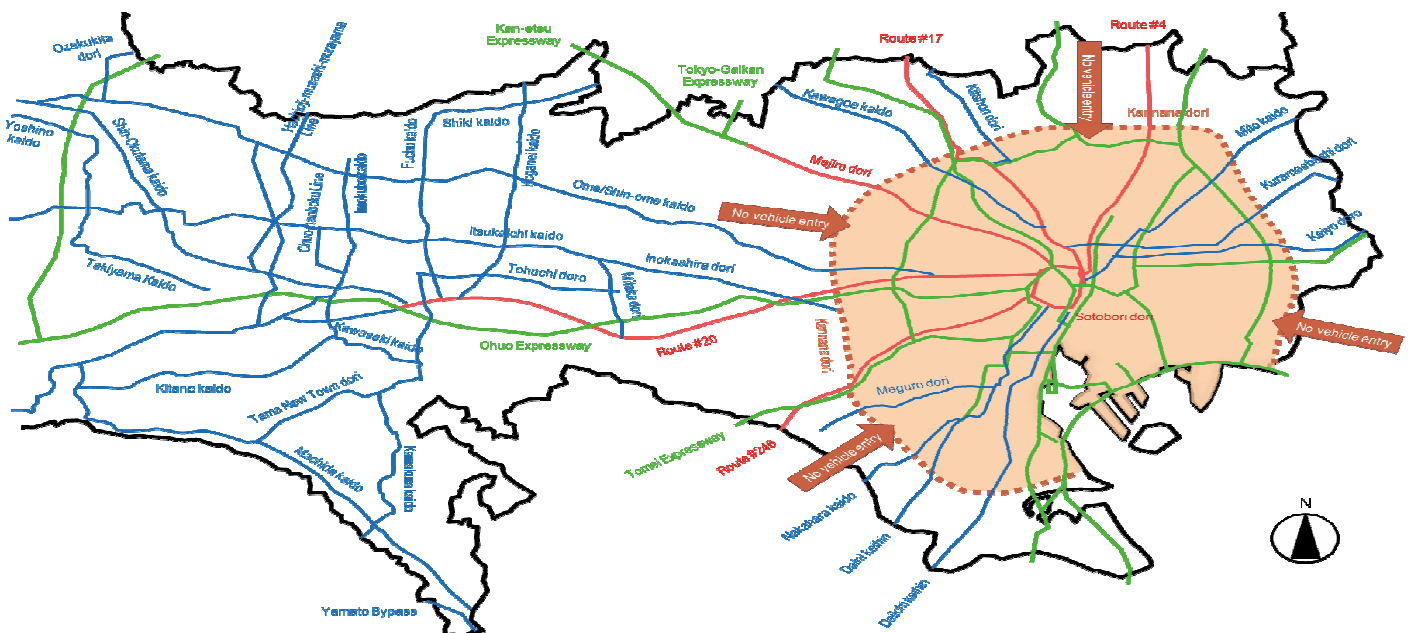
- We’ll prioritize the seven roads designated as the “Routes for Authorized Emergency Vehicles” to be able to function as the “Emergency Access Roads.”
 ※ The roads will be only for the passage of vehicles authorized for emergency disaster control activities.
- Depending on a state of disaster, we’ll designate, if necessary, the following **31 roads** as “Emergency Access Roads.”

Daiichi keihin	Daini keihin	Nakahara Kaido	Meguro dori
Ome/Shin-ome kaido	Kawagoe kaido	Kitahon dori	Mito kaido
Kuramaebashi dori	Keiyo doro	Inokashira dori	Mitaka dori
Tohachi doro	Koganei kaido	Shiki kaido	Fuchu kaido
Imokubo kaido	Itsukaichi kaido	Chuo-nanboku Line	Hachioji-musashi-murayama Line
Mitsugi-hachioji Line	Shin-Okutama kaido	Ozakukita dori	Yoshino kaido
Takiyama kaido	Kitano kaido	Kawasaki kaido	Tama New Town dori
Kamakura kaido	Machida kaido	Yamato Bypass	

Traffic Restrictions (as stipulated in “the Road Traffic Law”) upon a massive earthquake of an intensity higher 5 or greater

To avert any traffic congestion in central Tokyo, we’ll restrict the traffic, if necessary, by the following ways.

- Ban the traffic from the *Kannana dori* up to central Tokyo.
- Control the traffic from the *Kampachi dori* up to central Tokyo.



LEGEND	
	Regular roads to be designated as the Routes for Authorized Emergency Vehicles
	Expressways to be designated as the Routes for Authorized Emergency Vehicles
	Key road routes to be designated, if necessary, as Emergency Access Roads

※ Depending on the size of an affected area or its circumstances, police may need to augment the number of such Emergency Access Roads, or modify or lift controls over vehicle traffic. For this reason, you should monitor traffic reports, or follow police officer’s advice on the spot.

How to Behave When an Earthquake Warning Has Been Declared

WHAT IS AN EARTHQUAKE WARNING DECLARATION?

It is feared that Japan may experience the Tokai Earthquake with the seismic focus located somewhere in Suruga Bay (Shizuoka Prefecture).

The Japan Meteorological Agency always watches observation data on any crustal movements or shakes in the Tokai region. Once finding something anomalous on the data, the JMA is supposed to announce to the public and go on to explain whether these findings would suggest the occurrence of the Tokai Earthquake.

Ahead of the earthquake, the Prime Minister will make an announcement to the effect that:

“The Tokai Earthquake is expected to occur very soon. I now call upon each one of you to start taking protective measures at the place where you are.”

The warning will be widely disseminated on the radio or television.

※ Why is the Tokai Earthquake expected in the near future?

Records show that big earthquakes recurred off the east coast of Tokai in cycles of 100 to 150 years. Since the 1854 Ansei Earthquake, its energy has not been released. From this fact, scientists have concluded that an earthquake of this type is likely to strike again at any moment.

A POTENTIAL IMPACT ON TOKYO

If the Tokai Earthquake strikes, Tokyo is expected to suffer the tremors of lower 5 to upper 5 degrees on the Japanese seismic intensity scale. The villages in Niijima, Kozushima, and Miyake are estimated to suffer major tsunami waves, and for this reason, these areas are designated by law as the Areas for Intensified Countermeasures against Earthquake-induced Disaster.



AREAS FOR INTENSIFIED COUNTERMEASURES AGAINST EARTHQUAKE-INDUCED DISASTER

Tokyo, Kanagawa Prefecture, Yamanashi Prefecture, Nagano Prefecture, Gifu Prefecture, Shizuoka Prefecture, Aichi Prefecture, and Mie Prefecture

Of the aforementioned eight prefectures, nearly 157 cities and villages are designated as such areas (shown in yellow).

WHAT WILL HAPPEN ONCE AN EARTHQUAKE WARNING HAS BEEN DECLARED

- A municipal office, police, or other public sources will inform the public of an emergency situation by patrol cars and PR cars, through public address systems, or on signposts.
- Patrol cars and other official vehicles will blare sirens using the following special, sound patterns, and call the public attention to the fact that an earthquake warning has been declared.



Siren (45 seconds)

Interval (15 seconds)

Siren (45 seconds)

Interval (15 seconds)

Siren (45 seconds)

How to Behave When an Earthquake Warning Has Been Declared

IF AT HOME

- Listen for accurate information.
Monitor information provided by a municipal office, police, or other public sources, or listen to the radio or television for news coverage.
- Don't use fire producing items.
Use no fire producing items if possible, and turn off the gas at the main shutoff valve.
- Check for any danger of furniture.
Check furniture is secured to walls, and make sure windows are shatterproof.
- Store water ready in case.
Keep a bathtub or bucket filled with water.



IF AT WORK



- Follow the disaster response manual.
Act in accordance with the manual that your office has prepared ahead of time.
- Check for potential hazards at work.
Secure lockers or copy machines to prevent from wildly moving.
- Leave the office at right time, and avoid heavy congestion.
Listen to the radio or television for information on railway or bus services, or on the congestion situation at railway stations. If you live within a short distance from work, you should walk home.

IN A CROWDED BUILDING

- Follow the advice of attendants.
Stay calm and follow the advice of attendants, or await the instructions given through announcements inside.
- Listen for accurate information.
Listen to the radio or television for news coverage. Don't get misled by groundless information.



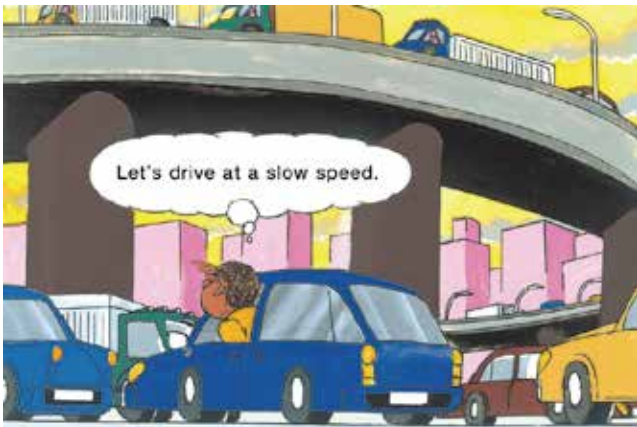
How to Behave When an Earthquake Warning Has Been Declared

DON'T DRIVE IF POSSIBLE

- Don't drive if possible.
Don't use a car for private purposes or for business ones.
- ※ The declaration won't disrupt the services of railways, buses, taxis, and others. They'll reduce the speed but provide the services as much as possible.



IF IN A MOVING VEHICLE



- Drive at an appropriate and safe speed.
Even while you're driving on roads such as the National Expressway or the Metropolitan Expressway or the National Routes, there is no need for you to panic. Just slow down.
- Do as directed by police officers.
Listen to the car radio and other sources for the earthquake or traffic information. Do as directed by police officers on the spot. Obey all traffic controls applied.
- Drive only to your destination.
After having arrived at your destination, you should not use a car any more.
- ※ When you are trucking dangerous objects, you should take prescribed safety measures immediately.

VEHICLE TRAFFIC WILL BE RESTRICTED

- Traffic to be restricted
 - Traffic heading for central Tokyo from the *Kannana dori*.
 - Traffic heading for Kanagawa or Yamanashi prefectures from Tokyo.
 - Traffic heading for Tokyo from Saitama or Chiba prefectures.
- On National or Metropolitan Expressways
We'll size up the situation and decide whether we should restrict the traffic in the same way as in the aforementioned "Traffic to be restricted."



Phone Numbers of TMPD Police Stations

Name of police station	Tel.	Name of police station	Tel.
Kojimachi P.S.	03-3234-0110	Itabashi P.S.	03-3964-0110
Marunouchi P.S.	03-3213-0110	Shimura P.S.	03-3966-0110
Kanda P.S.	03-3295-0110	Takashimadaira P.S.	03-3979-0110
Manseibashi P.S.	03-3257-0110	Nerima P.S.	03-3994-0110
Chuo P.S.	03-5651-0110	Hikarigaoka P.S.	03-5998-0110
Hisamatsu P.S.	03-3661-0110	Shakujii P.S.	03-3904-0110
Tsukiji P.S.	03-3543-0110	Ueno P.S.	03-3847-0110
Tsukishima P.S.	03-3534-0110	Shitaya P.S.	03-3872-0110
Atago P.S.	03-3437-0110	Asakusa P.S.	03-3871-0110
Mita P.S.	03-3454-0110	Kuramae P.S.	03-3864-0110
Takanawa P.S.	03-3440-0110	Ogu P.S.	03-3810-0110
Azabu P.S.	03-3479-0110	Minamisenju P.S.	03-3805-0110
Akasaka P.S.	03-3475-0110	Arakawa P.S.	03-3801-0110
Tokyo Wangan P.S.	03-3570-0110	Senju P.S.	03-3879-0110
Shinagawa P.S.	03-3450-0110	Nishiarai P.S.	03-3852-0110
Oi P.S.	03-3778-0110	Takenotsuka P.S.	03-3850-0110
Osaki P.S.	03-3494-0110	Ayase P.S.	03-3620-0110
Ebara P.S.	03-3781-0110	Fukagawa P.S.	03-3641-0110
Omori P.S.	03-3762-0110	Joto P.S.	03-3699-0110
Den-enchofu P.S.	03-3722-0110	Honjo P.S.	03-5637-0110
Kamata P.S.	03-3731-0110	Mukojima P.S.	03-3616-0110
Ikegami P.S.	03-3755-0110	Kameari P.S.	03-3607-0110
Tokyo Airport P.S.	03-5757-0110	Katsushika P.S.	03-3695-0110
Setagaya P.S.	03-3418-0110	Komatsugawa P.S.	03-3674-0110
Kitazawa P.S.	03-3324-0110	Kasai P.S.	03-3687-0110
Tamagawa P.S.	03-3705-0110	Koiwa P.S.	03-3671-0110
Seijo P.S.	03-3482-0110	Akishima P.S.	042-546-0110
Meguro P.S.	03-3710-0110	Tachikawa P.S.	042-527-0110
Himonya P.S.	03-3794-0110	Higashiyamato P.S.	042-566-0110
Shibuya P.S.	03-3498-0110	Fuchu P.S.	042-360-0110
Harajuku P.S.	03-3408-0110	Koganei P.S.	042-381-0110
Yoyogi P.S.	03-3375-0110	Tanashi P.S.	042-467-0110
Ushigome P.S.	03-3269-0110	Kodaira P.S.	042-343-0110
Shinjuku P.S.	03-3346-0110	Higashimurayama P.S.	042-393-0110
Totsuka P.S.	03-3207-0110	Musashino P.S.	0422-55-0110
Yotsuya P.S.	03-3357-0110	Mitaka P.S.	0422-49-0110
Nakano P.S.	03-3366-0110	Chofu P.S.	042-488-0110
Nogata P.S.	03-3386-0110	Ome P.S.	0428-22-0110
Suginami P.S.	03-3314-0110	Itsukaichi P.S.	042-595-0110
Takaido P.S.	03-3332-0110	Fussa P.S.	042-551-0110
Ogikubo P.S.	03-3397-0110	Hachioji P.S.	042-645-0110
Tomisaka P.S.	03-3817-0110	Takao P.S.	042-665-0110
Otsuka P.S.	03-3941-0110	Minamiosawa P.S.	042-653-0110
Motofuji P.S.	03-3818-0110	Machida P.S.	042-722-0110
Komagome P.S.	03-3944-0110	Hino P.S.	042-586-0110
Sugamo P.S.	03-3910-0110	Tamachuo P.S.	042-375-0110
Ikebukuro P.S.	03-3986-0110	Oshima P.S.	04992-2-0110
Mejiro P.S.	03-3987-0110	Niijima P.S.	04992-5-0381
Takinogawa P.S.	03-3940-0110	Miyakejima P.S.	04994-2-0511
Oji P.S.	03-3911-0110	Hachiojima P.S.	04996-2-0110
Akabane P.S.	03-3903-0110	Ogasawara P.S.	04998-2-2110

EARTHQUAKE PRECAUTIONS
~ A Guide for the Safety of You and Your Family ~

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《 Family Communications Plan 》

Name	Phone#		Evacuation location at present (in the event of a disaster)	Other information
	Home	Work		

《 Resources for Inquiries 》

	Name	Phone#	Remarks
	Municipal office		
	Fire station		
	Electrical company		
	Gas company		
	Plumbing company		
	Telephone office		

	Police station	Section
Location		
Police non-emergency phone#		



※ This pamphlet is also available on the MPD website.

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FOR MORE COMMUNICATION

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