

At-Home Evacuation Troubles

After an earthquake strikes, many things will not be "normal". Let's see what will be different from daily life and stockpile supplies at home appropriately.

Food

I was eating the same thing every day...

I couldn't cook for about a month because the gas didn't come back on.

I have young children, so I had concerns about their nutrition and having foods that were easy to eat.

Answer

To keep your eating patterns the same, practice the "rolling stock" method on a daily basis and have items such as portable gas burners on hand.

Toilet

The toilet in my house wasn't working, and the lines at the shelters were long.

I couldn't flush my toilet, causing problems such as odor.

Not eating as much as usual wasn't that hard, but I got sick from trying to cut the number of times I go to the bathroom.

Answer

You cannot flush a toilet if the water supply is cut or sewage pipes are damaged. Prepare items such as emergency toilets, toilet bags, and waste coagulant.

Communication

I was worried because there was a blackout and I couldn't charge my phone.

It took a while to get in touch with my family and confirm that they were safe.

I didn't know how to obtain information such as the level of damage.

Answer

Prepare on a regular basis, such as by always keeping mobile batteries at hand and learning how to use the disaster emergency message dial (171) and Sugi Navi.

Bath and water

The water supply station was far away, so I had difficulties carrying the water home.

The water supply was cut so I had trouble washing clothes and dishes.

It was summer but I couldn't bathe as I needed. It was very inconvenient.

Answer

There are nine water supply stations in the city and emergency water taps on municipal school grounds. Prepare water bags or other items to carry water.

Also Available!

Evacuee Registration Program

If you register as an evacuee at an earthquake relief camp (these facilities open when an earthquake of seismic intensity 5+ or higher strikes), you can receive supplies there even if you decide to do an at-home evacuation.

Is Your Stockpile Ready?

Start immediately with what you can

Evacuation Flowchart

Major Earthquake Strikes

My home is safe

No need to evacuate

At-home evacuation

My house is damaged, fire is spreading, etc.

Evacuation necessary

Evacuate to an earthquake relief camp

Check here before evacuating!

- Turn off your electrical breakers
→ Prevent electrical fires
- Lock your doors
→ Burglaries are more likely to occur during a disaster

These open when an earthquake of seismic intensity 5+ or higher strikes.

A total of 64 locations such as the municipal elementary and junior high schools.

Heavy Rain

Can you ensure your safety based on the predicted depth of flooding and the structure of your home *1 ?

*1 ... The depth of flooding expected in the city is less than two meters in most areas (lower than the height of the second floor or higher in a typical house).

YES



Move to the second floor or higher

Vertical evacuation

NO



Horizontal evacuation (evacuating your home)

- Evacuate to an evacuation shelter
- Evacuate to the house of a relative, friend, etc.

At-Home Evacuation



The city encourages at-home evacuation or "vertical evacuation" where you stay in your own home as long as your place is safe and you can continue living there if a disaster or flood occurs. Start immediately by preparing what you can for an at-home evacuation.



Inquiries regarding this pamphlet

Disaster Prevention Section, Sugunami City Office (West Wing 6F)

TEL 03-3312-2111

At-Home Evacuation Check Sheet



Tokyo Stockpiling Navi



1 Preparing Emergency Supplies

Prepare enough for about three to seven days. Keep a rolling stock of items you use on a daily basis.

[Example: A four-person household] (mother, father, infant and elderly woman; contact lenses used, infant has allergies, and the senior citizen has difficulty hearing)

- | | | |
|--|--|--|
| <p>Food</p> <ul style="list-style-type: none"> <input type="checkbox"/> Water: 3 liters per person per day <input type="checkbox"/> Pre-washed rice: 5 kg <input type="checkbox"/> Pre-packaged rice: 6 packs <input type="checkbox"/> Preserved alpha rice: 36 packs <input type="checkbox"/> Dried noodles: 1 pack <input type="checkbox"/> Instant noodles: 3 packs <input type="checkbox"/> Canned food: 6 cans each (miso-simmered mackerel, vegetables, etc.) <input type="checkbox"/> Canned fruit: 1 can <input type="checkbox"/> Pre-packaged foods: 9 packs <input type="checkbox"/> Vegetable juice: 9 bottles <input type="checkbox"/> Beverages (500ml): 6 bottles <input type="checkbox"/> Cheese, fishcake, etc.: 1 pack each <input type="checkbox"/> Snacks: 3 packs <input type="checkbox"/> Nutritional supplements: 3 boxes <input type="checkbox"/> Powdered nutritional drink: 1 bag <input type="checkbox"/> Condiments: 1 set | <p>Household goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Large plastic bags and garbage bags: 1 pack (30 bags) each <input type="checkbox"/> First-aid kit: 1 <input type="checkbox"/> Plastic wrap: 1 roll <input type="checkbox"/> Tissue: 1 pack (5 boxes) <input type="checkbox"/> Toilet paper: 1 pack (12 rolls) <input type="checkbox"/> Wet wipes (sterile): 1 pack (100 sheets) <input type="checkbox"/> Disposable contact lenses: 1 box (1 month supply) <input type="checkbox"/> Disposable body warmer: 1 pack (10 pieces) <input type="checkbox"/> Igniter stick: 1 <input type="checkbox"/> 2 to 3 kinds of regular over-the-counter medicines: 1 box each | <p>Elderly</p> <ul style="list-style-type: none"> <input type="checkbox"/> Porridge, etc.: At least 7 days' worth (soft food, food for seniors) <input type="checkbox"/> Prescription medicine: 1 sheet <input type="checkbox"/> Batteries for hearing aids: 6 <input type="checkbox"/> Denture cleaner: 1 box (30 pieces) |
| | <p>Items to prepare for disasters that need to be checked regularly</p> <ul style="list-style-type: none"> <input type="checkbox"/> Portable gas burner: 1 <input type="checkbox"/> Cassette gas cylinders: 2 sets (6 cylinders) <input type="checkbox"/> Spare batteries for cellphones: 3 (one per cellphone) <input type="checkbox"/> Emergency toilet: Enough for 5 times a day per person <input type="checkbox"/> Rechargeable radio: 1 <input type="checkbox"/> Flashlights: 2 <input type="checkbox"/> Water bags: As necessary <input type="checkbox"/> Dry-cell batteries: As necessary <input type="checkbox"/> Fire extinguisher: As necessary <input type="checkbox"/> Disposable gloves: 1 box (100 gloves) | <p>Women</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sanitary items: 2 packs (30 per pack) |
| | | <p>Infant</p> <ul style="list-style-type: none"> <input type="checkbox"/> Powdered baby formula: 2 boxes (stick type, 10 per box; allergy friendly) <input type="checkbox"/> Baby food: At least 7 days' worth (allergy friendly) <input type="checkbox"/> Baby wipes: 1 pack <input type="checkbox"/> Diapers: 1 pack (70 diapers) |

2 Measures against Fire, etc.

- Confirm that household fire alarms are functional
- Make buildings earthquake- and fire-resistant
- Install seismic breakers
- Install toppling-prevention devices on furniture
- Confirm the location of fire extinguishers on street

3 Confirming and Obtaining Information

- Find out where earthquake relief camps are located
- Secure a means of obtaining information during a disaster (information on the opening of earthquake relief camps, evacuation routes)
- Confirm location of water supply stations
- Secure a means of obtaining weather information, disaster prevention radio broadcast, etc.

4 Measures Specific to Apartments

- Check hallways, emergency staircases and emergency exits (confirm their locations and determine whether anything would hinder evacuation)
- Check disaster and fire prevention equipment (fire extinguishers, fire alarms, and water tanks in common areas)
- Check balconies (confirm how to use evacuation hatches and ladders, and whether anything would hinder evacuation)
- Check notices from the management association (disaster preparedness equipment inspections, disaster drill notices, etc.)

Start with what you can!



1 Preparing Emergency Supplies

Make preparations based on your household composition.

Stockpile at least three days' worth of food (preferably seven), three liters of drinking water per person per day, daily necessities, and common medicines.



"Rolling stock": stockpile while using

This is a method of stockpiling larger quantities of familiar foods and items typically eat/consume on a daily basis. Replenish these stocks as you use them so that you always have a constant amount on hand.

During times of great stress after a disaster, eating the same food as usual can offer some peace of mind and comfort.

Disaster Preparedness Supplies

Disaster Preparedness Supplies



The city encourages residents to prepare for disasters by providing information about special offers on related supplies such as fire extinguishers, fire alarms, preserved food, emergency toilets, toppling prevention devices for furniture, hygiene products and so on. Please visit the city website for more information (QR code above).

The information is also available at the Disaster Prevention Section (Suginami City Office), community halls, etc.

2 Measures against Fire, etc.

Have you taken measures to prevent the outbreak and spread of fire?

Make buildings earthquake- and fire-resistant

The city provides subsidies for making houses earthquake- and fire-resistant. Please contact the Urban Development and Improvement Section.



Earthquake-resistant



Fire-resistant

Seismic breaker installation support program

Installation example



With lid



Without lid

Application forms are available at the Disaster Prevention Section, libraries, community halls, etc. They are also available online (QR code at right).



Seismic breaker

Do you know about street fire extinguishers?

Approximately 5,600 street fire extinguishers are installed throughout the city so that residents can engage in initial firefighting during an earthquake—when fire is expected to occur simultaneously in multiple locations—and at other times.

You can confirm the locations of these street extinguishers via "Sugi Navi".

(See 3 Confirming and Obtaining Information)



? What is a seismic breaker?

When an earthquake with a seismic intensity 5+ or higher is detected, the device automatically drops the breaker and shuts off the electricity to prevent electrical fires.

The city provides support for the installation of seismic breakers.

Eligibility

- (1) Suginami City residents who meet the following criteria (installation is free):
 - Households having only residents who are sixty-five or older; households with people registered with "Chiiki-no-Te" (a disaster support community network for people with disabilities, senior citizens, and other people who need assistance during a disaster)
 - Households with a member having a physical disability certificate
 - Households in areas falling under fire hazard ranks 4 and 5 (Please see more details via the QR code at left.)
- (2) People who live or have a house in the city (¥2,000 installation fee required)

Application deadline Wednesday, February 28, 2024

Note: Applications will be closed when the annual budget amount is reached.

3 Confirming and Obtaining Information

Official City Electronic Map Service "Sugi Navi"



Sugi Navi

Sugi Navi provides information useful in times of disaster, such as information about the opening of earthquake relief camps and evacuation routes. You can also post and report on damage around you.

Suginami City Disaster Prevention Map

Disaster Prevention Map



The map lists the locations of earthquake relief camps, water supply stations and the like, so check their locations in advance. Distributed at the Disaster Prevention Section, community halls, and other locations. The map is also available online (QR code above).



Check flood zones and other information related to flooding.

Flood Hazard Map



Check the amount of rainfall and river level information observed by the Tokyo Metropolitan Government, as well as see warnings issued in real time.



River Disaster Information

Check weather, river and landslide disasters announced by the Japan Meteorological Agency in real time.



Tokyo Metropolitan Government Flood Control Integrated Information System

Disaster and crime prevention information email distribution service

This service provides weather information, disaster prevention radio broadcast content, and information on crime prevention in Suginami City.



Email distribution service

Registration

Mail: t.sss_en@sgnm.lisamail.jp

An email will be sent back to you with a URL. Click on the URL, select the desired information, and click on the Register button.

4 Measures Specific to Apartments

Although apartments and other housing complexes are more resistant to earthquake and fire than single-family homes, this is only in terms of building strength. There is still a risk of unexpected trouble affecting daily life after a disaster, such as the suspension of various services (electricity, gas, water, etc.) and elevator stoppages. When preparing for emergencies, it is therefore necessary to take measures specific to apartments.

The "Disaster Prevention Manual for Medium- to High-Rise Apartments" (in Japanese only) is available at the Disaster Prevention Section of the Suginami City Office.



Home Care Support for Senior Citizens Section



Disabled Persons Section

