

Disaster Prevention Guide

Explanation of terms

- **Emergency Medical Care Site**
In hyperacute period(72 hours after the disaster), Emergency medical care sites will be opened on the disaster base hospitals and disaster base cooperative hospitals to do triage and treat slightly ill patients.
- **Disaster Supply Storage**
A warehouse that mainly stores items that are not used immediately after the disaster, out of the stockpile of the earthquake relief station.
- **Water Supply Points**
A place to supply drinking water in times of disaster. It is necessary to prepare a plastic tank, water feed plastic bag, etc.
- **Large-scale Evacuation Area/ Temporary Evacuation Area**
A place to temporarily evacuate, mainly to protect yourself from fire in a large-scale during an earthquake.
- **Disaster response base (Community Hall)**
Disaster countermeasure bases in each region. We collect information received from various locations and provide them to the disaster response headquarters and each earthquake relief center. It also serves as a base for issuing disaster certificates.
- **Temporary accommodation facility for people who have difficulty returning home (Community Hall, Community Flat Eifuku)**
A facility that temporarily accepts people who have stayed around the station or who have difficulty returning home due to the disaster outdoors and who do not have a place to wait until they can return home.
- **Secondary relief station (Community Hall)**
A facility that the ward will open to provide relief and relief for those who need consideration during a disaster and who have difficulty living in an earthquake relief center, taking into consideration the evacuation situation.

Daily Preparations

- Thoroughly check the means of communication with your family and the earthquake relief camps, as well as the evacuation areas on the map on the front.
- Make a portable card for evacuation on which your address, name, date of birth, blood type, past illnesses, contact information of your evacuation site, Message Dial, etc., are written and make it available for use in times of disaster.
- Take measures to prevent furniture, etc., from tipping, falling over or shifting (including TVs and refrigerators).
- Equip a fire extinguisher and fire alarm in preparation for fire.
- Take glass scattering prevention measures.
- Make sure that items with a risk of falling are not placed in high places.
- Store three days' worth of water and food for your family. (For water, the rough indication is 3 liters per person/day)
- Prepare an emergency bag.

Emergency Materials



- The City Office arranges emergency supplies. Inquiries ▶ Disaster Prevention Section
- Making your house earthquake resistant:
It is important to make a seismic diagnosis and make your home resistant to earthquakes. The City Office has subsidy programs for a seismic diagnosis and renovation costs. Inquiries ▶ Seismic Retrofitting Desk, Building Control Section

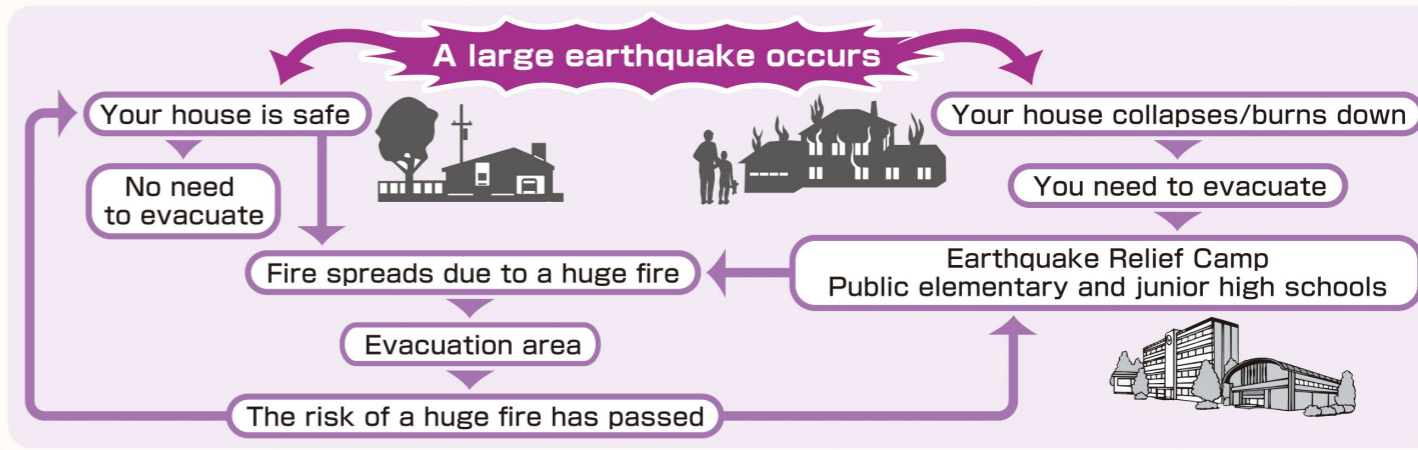
Evacuation Procedure

- If a large earthquake occurs and you need to evacuate

Evacuation is the last measure

The following two cases are examples of when you need to evacuate. In either case, life-saving and fire extinguishing should be given the first priority and evacuation will be made as the last measure.

- If you cannot stay in your house due to its collapse, having burned down, etc., evacuate to **an earthquake relief camp**. All municipal elementary schools, junior high schools, etc., in the city are earthquake relief camps and provide necessary relief/rescue supplies, disaster information, etc.
- If there is a risk that not only your house and the earthquake relief camp, but also the entire district or city, will catch fire due to a huge fire, etc., evacuate to **the evacuation area**. Places with space such as large parks, universities, housing complexes, etc., have been designated as evacuation areas.



Cautions when you evacuate



- Prepare rugged footwear and change into comfortable clothing.
- When you leave your house, turn off the circuit breaker and gas at the main valve.
- If possible, evacuate in a group led by the leader of the disaster prevention association, etc.
- Put your pet into a cage and evacuate together. At the evacuation destination, the owner should take care of the pet, so take pet food and necessary supplies with you.
- Refrain from using a car.

Information Collection

- Disaster information, weather information, etc., will be provided on the city's website.
<http://www.city.suginami.tokyo.jp/>
- We provide information by e-mail. Emergency notices at the time of a disaster, information on earthquakes, weather, etc., will be distributed. The following eight types of information will be distributed:
Earthquake and tsunami | Weather warning/advisory
Quantity of precipitation | Weekend weather forecast
Emergency notices at the time of a disaster
River level | Tornado Warning Information
Sediment disaster warning information
Pre-registration is required to use this service. Please send a blank message to entry-esuginami@bousai-mail.net. You may read the QR code on the top right to send a blank message.
entry-esuginami@bousai-mail.net
- The emergency broadcast system telephone response service has been implemented. This is a service that allows you to confirm the content broadcast by the emergency broadcast system.
- When calling from a landline/IP phone with a phone number starting with "03" or using a mobile phone or PHS ▶ **0120-170-100** (Toll free)
- When calling from a phone other than those above (calling from outside the city)
▶ **03-5378-8221** (Charged call)

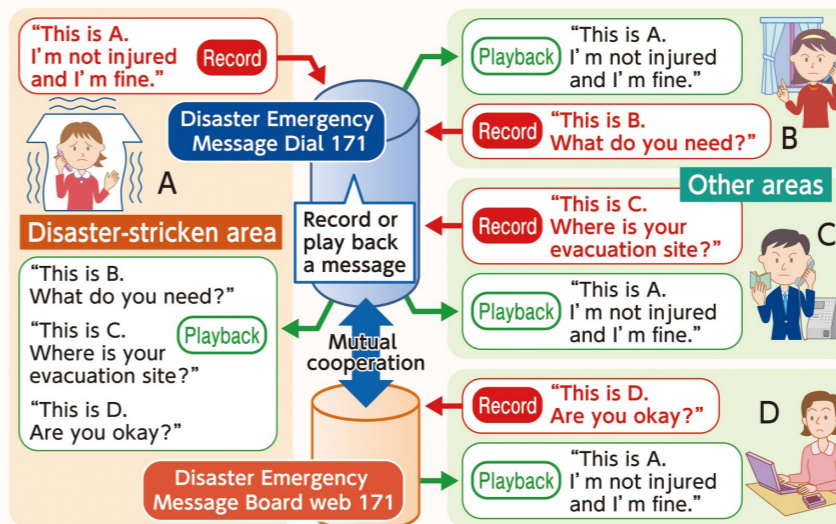
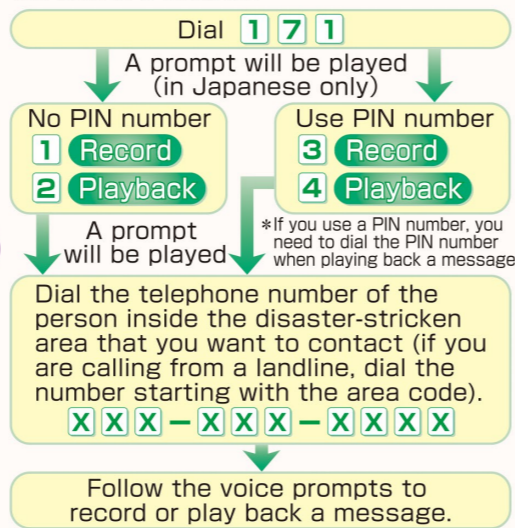


Registration QR Code

How to Use Disaster Emergency Message Dial (171)

Method of Use

Dial 171 and follow the voice prompts to record or play back a message. Recording or playing back messages will be conducted using the phone number of the person inside the disaster-stricken area. This service cannot be used during normal periods. It will be reported on the TV, radio, etc., when this service becomes available at the time of a disaster.



You can try this system on the 1st and 15th day of the month!

- Trial use is available for you to be able to smoothly use it at the time of a disaster. Try it at least once.
- First three days of the New Year (January 1-3)
- Disaster Preparedness and Volunteer Week (January 15-21)
- Disaster Preparedness Week (August 30 to September 5)

*When a natural disaster occurs, trial use may not be available.

- The call charge for calls from NTT East and West is free (*1)
- The message recording time is 30 seconds per message
- From 1-20 messages per phone number can be accumulated (Notified at the time of provision.)
- The message storage period is until the end of the provision period
- * Messages will be automatically deleted after the end of the storage period.
- Phone numbers that can be registered: landlines, IP phones (including 050), mobile phones, and PHS
- This will be linked with the Disaster Emergency Message Board (*2)
- Messages registered through 171 can be played back on web171 as audio files
- Messages registered on web171 can be played back through 171 after voice conversion
- *1 The call charge when recording/playing back a message with NTT EAST/NTT WEST is free. Please contact each business operator for questions regarding call charges when calling from another business operator's phone, mobile phone, or PHS. The same applies to trial use.
- *2 Internet connection and communication costs will be charged.

For more information, see NTT EAST's website:

<https://www.ntt-east.co.jp/saigai/index.html>

Information on Disaster Emergency Message Dial(171) Disaster Emergency Message Board (web171)