



わが家の防災



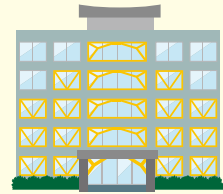
住まいの安全対策

阪神・淡路大震災では、死因の約8割が建物倒壊や家具の転倒による圧死でした。各家庭で安全対策を行いましょう。

耐震化

江戸川区では無料の耐震診断や耐震改修工事への助成を行っています。

問合せ 住宅課耐震化促進係
TEL. 03-5662-6389



家具の転倒防止

家具の配置を工夫し、転倒防止器具やガラス飛散防止フィルムなどで対策を行いましょう。



住まいの耐震化や家具の転倒防止について、より詳しい情報をこちらからご覧になれます。



非常持ち出し品の準備

準備の方法

- 持ち運べる範囲で必要最小限の物を選ぶ。
- 自分と家族の状況に合わせた物を準備する。
- 玄関の近くや車の中に配置する。

持ち出し品の例

- | | |
|--------------------------------|----------------------------------|
| <input type="checkbox"/> 携帯ラジオ | <input type="checkbox"/> 非常食 |
| <input type="checkbox"/> 懐中電灯 | <input type="checkbox"/> 救急セット |
| <input type="checkbox"/> 軍手 | <input type="checkbox"/> 携帯トイレ |
| <input type="checkbox"/> 衣類 | <input type="checkbox"/> お薬手帳 |
| <input type="checkbox"/> 電池 | <input type="checkbox"/> 服用している薬 |
| <input type="checkbox"/> 水 | <input type="checkbox"/> 現金 |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |



生き残るための備蓄

災害時に発生するライフラインや物流の停止に備えましょう。

- まずは3日分、可能なら1週間以上生活できるだけの物資を準備する。
- 自分と家族の状況に合わせたものを準備する。
- 避難所で生活するときも可能な限り持参する。

- | | |
|----------------------------------|---|
| <input type="checkbox"/> 飲料水 | 1人3リットル/日を目安に用意、給水袋 |
| <input type="checkbox"/> 食料 | 普段から食べているもの、レトルト食品、インスタント食品、缶詰 |
| <input type="checkbox"/> 燃料 | カセットコンロ・ボンベ、車両の燃料を普段から半分より多い状態に保つ |
| <input type="checkbox"/> その他生活用品 | 簡易トイレ、トイレットペーパー、洗面用具、服用している薬、女性のためのもの(生理用品、化粧品)、乳幼児・高齢の方・体の不自由な方のためのもの(柔らかい食品、粉ミルク、おむつ) |

ローリングストック法で備蓄する

- 食べ物や日用品を多めに購入する。
- 古いものから日常の中で消費する。
- 減った分を補充し、常に少し多めの状態をキープする。



簡易トイレを備える

断水や、下水の配管の破損に備えて簡易トイレを準備しましょう。家庭の便器に設置可能な製品もあります。



避難訓練・防火防災訓練

避難訓練

避難する場所を決めて、実際にそこまで歩く訓練をしてみましょう。

防火防災訓練

地域の防火防災訓練に参加して、初期消火や応急救護の方法を学びましょう。



地震発生後の行動

身の安全

落下物から頭を保護する、安全な場所に移動するなどの行動を優先し、揺れがおさまってから避難する。

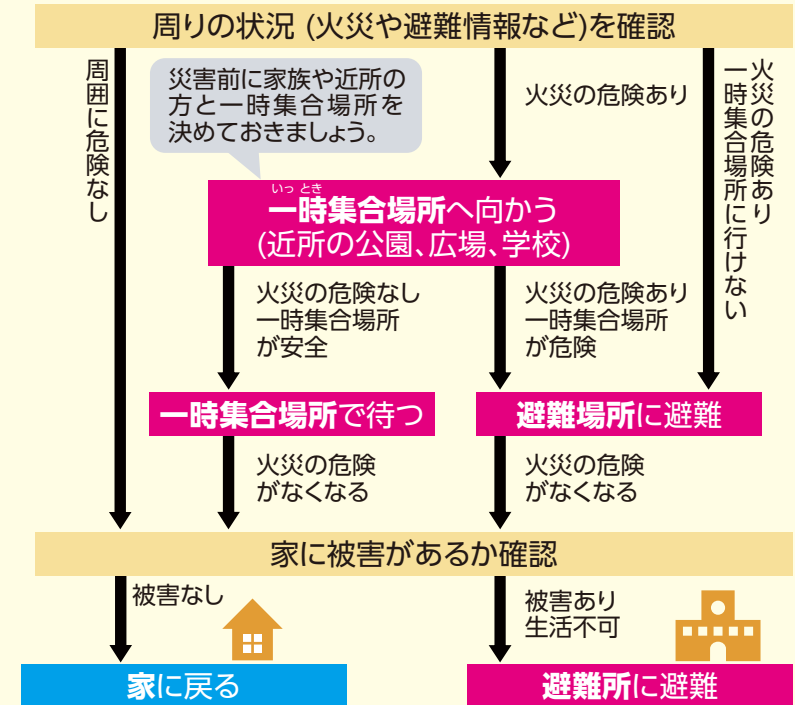
助け合う

協力してけが人の救護や閉じ込められた人の救出活動を行う。

避難時の注意点

ガスの元栓を閉め、ブレーカーを落とし、出火の原因を作らない。

避難の流れ



水害から命を守る

危険を予測して命を守る

気象情報と江戸川区をはじめとする行政機関からの情報に注意を払い、危険が迫っている場合は速やかに避難する。

水害ハザードマップをこちらからご覧になれます。



避難所

避難所とは

避難所は家屋の倒壊や焼失などで被害を受けた方を、一時的に受け入れて保護する施設です。また、地域全体の支援拠点として、物資の配給場所などの役割も果たします。

区立小中学校(閉校した3校を含む)106か所

江戸川区は、区立の全小中学校を避難所として指定しています。災害時はどの避難所に行っても構いません。

近隣の避難所

避難所運営協議会

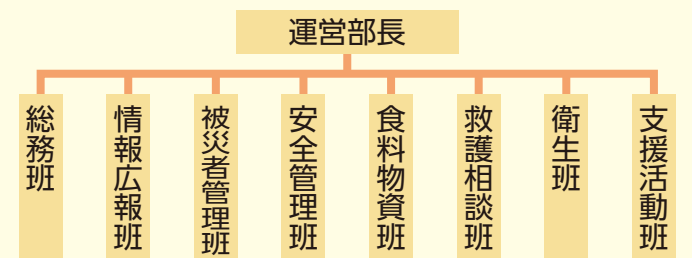
避難所は避難者による自主運営が基本となります。避難所で秩序立った生活を送るため、災害前に学校単位で避難所運営協議会を立ち上げましょう。

避難所運営の担い手は避難された皆さんです！



避難所運営協議会組織図(例)

避難所開設時に行われる様々な活動は、内容ごとの班に組織されます。



避難所1か所当たりの標準的な備蓄物資

- | | |
|-----|--|
| 飲料水 | 学校の受水槽の水を使用 |
| 食料 | グラッカー 4000食 |
| 電源等 | 発電機2台、カセットボンベ48本 |
| 毛布等 | 毛布400枚、レスキューシート600枚 |
| トイレ | 簡易トイレ1000回分、マンホールトイレ5台 |
| その他 | 救助工具セット、公衆電話機5台、粉ミルク、カセットコンロ、ブルーシート など |

Disaster Preparedness at Home




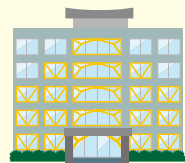
Safety Precautions for Your Home

In the Hanshin-Awaji Earthquake disaster, the cause of death for approximately 80% of individuals was being crushed to death by the collapse of a building or falling furniture. Every household should take safety precautions to prevent this.

Earthquake Proofing

Edogawa City conducts free earthquake-resistance tests and offers assistance for earthquake-resistance repairs.

 Housing Section,
Earthquake-resistant promotion Subsection
TEL. 03-5662-6389



Furniture Tip-Over Prevention

Take precautions such as finding how to best arrange your furniture as well as installing anti-tip fixtures and shatterproof film for glass.



You can view more detailed information on earthquake proofing for your home and furniture tip-over prevention by accessing this QR code.



Emergency Survival Kit Preparation

How to Prepare

- Only select the minimum amount required for the items that you can carry.
- Prepare items that align with the conditions of you and your family.
- Place your kit near the entrance of your home or inside your car.

Survival Kit Example

- | | |
|--|---|
| <input type="checkbox"/> Portable radio | <input type="checkbox"/> Portable toilet |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Okusuri Techo (handbook detailing your prescription history) |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Medicine that you are currently taking |
| <input type="checkbox"/> Clothes | <input type="checkbox"/> Cash |
| <input type="checkbox"/> Batteries | <input type="checkbox"/> |
| <input type="checkbox"/> Water | <input type="checkbox"/> |
| <input type="checkbox"/> Emergency rations | <input type="checkbox"/> |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |



Stockpiling for Survival

Stockpile supplies to prepare for when lifelines and the distribution of goods are suspended during a disaster.

- Prepare at least 3 days' worth of resources. If possible, prepare more than 1 week's worth of resources that you can live on.
- Prepare items that align with the conditions of you and your family.
- Bring as much as you can carry with you, even if you will be living in a shelter.

- | | |
|---|---|
| <input type="checkbox"/> Drinking water | As a general guideline, prepare 3 liters per person, per day and water bags |
| <input type="checkbox"/> Food | Food that you normally eat, retort (boil-in-bag) foods, instant foods, canned foods |
| <input type="checkbox"/> Fuel | Portable stove as well as gas canisters, and keep the fuel tank at least half-full for your car |

- | | |
|--|--|
| <input type="checkbox"/> Other daily commodities | Portable toilets, toilet paper, toiletries, medicines that you are taking, feminine products (sanitary products/cosmetics), items for infants/the elderly/and those with disabilities (soft foods, powdered milk, diapers) |
|--|--|



Stockpile with the "Rolling-Stock" Method

- Purchase a large amount of food and daily commodities.
- As part of your everyday life, consume items from your stockpile starting from the oldest items.
- Replace the consumed portion of your stockpile and always maintain a slight surplus of items.



Stockpile Portable Toilets

Stockpile portable toilets to prepare for when the water supply is cut off or the sewage pipes become damaged. There are also portable toilets that can be installed on the toilets in your home.



Evacuation, Fire, and Disaster Drills

Evacuation Drills

Determine where you will evacuate to, and try running drills where you actually walk to your evacuation site.

Fire and Disaster Drills

Participate in your area's fire and disaster drills, and learn about first-aid firefighting as well as first-aid rescue methods.



Actions to Take After an Earthquake

Stay Safe

Prioritize actions such as protecting your head from falling objects as well as moving to a safe place, and once the tremors have stopped, evacuate.

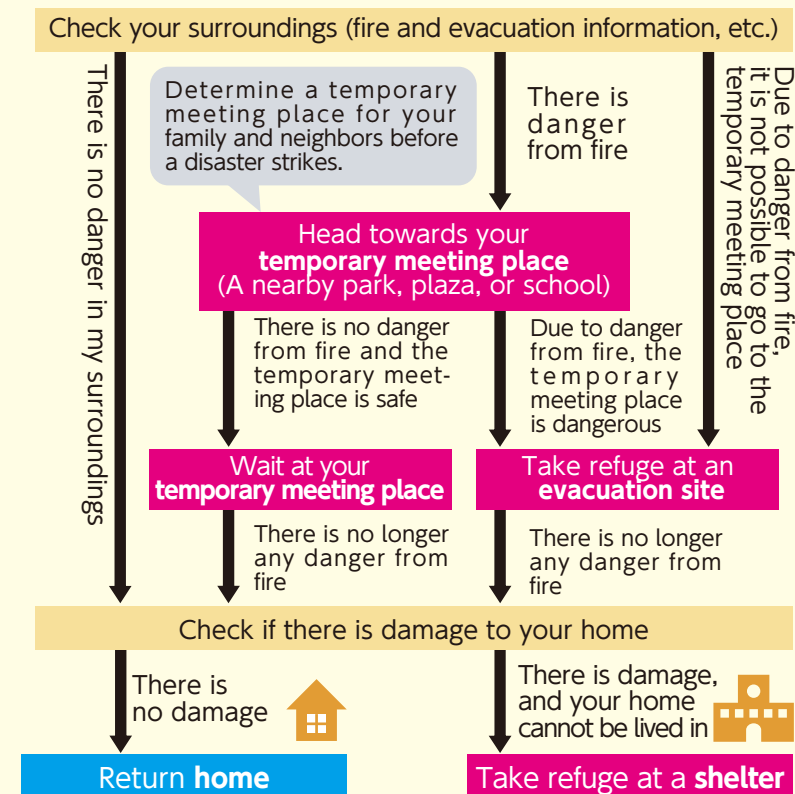
Help One Another

Work with others to aid the injured and rescue those who have become trapped.

Be Careful When Evacuating

Close gas valves, shut off circuit breakers, and do not create any source of ignition.

Evacuation Process



Save Your Life from Flood Damage

Anticipate Danger and Save Your Life

Pay attention to **weather information** as well as **information from public administrations**, including Edogawa City, and quickly seek shelter when danger is approaching.

Access this QR code to view a flood-damage hazard map.



Shelters

What Is a Shelter?

A shelter is a facility that temporarily takes in and protects people who have suffered damages from a disaster, including those with homes that have collapsed or burned down. A shelter also serves as a site for the distribution of goods among other roles as a support base for the entire region.

106 City Elementary and Junior High Schools (Including 3 Closed Schools)

Edogawa City has designated all city elementary and junior high schools as shelters. You may go to any shelter during a disaster.

My neighborhood shelter

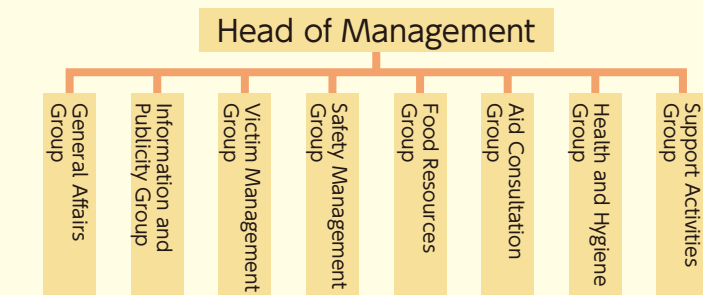
Shelter Management Committee

It is standard for shelters to be operated independently by shelter residents. Before a disaster occurs, a shelter management committee should be set up at each school to promote orderly living at each shelter.

All the shelter residents are responsible for managing their shelter!

Shelter Management Committee Organization Chart (Example)

The various activities that take place when opening a shelter are organized by each group and its contents.



Standard Stockpiled Resources at Each Shelter

Drinking water	Uses water from the school water tank
Food	4,000 servings of crackers
Electricity	2 generators and 48 gas canisters
Blankets, etc.	400 standard blankets and 600 space blankets
Toilets	Portable toilets for 1,000 uses and 5 manhole toilets
Other	Rescue tool sets, 5 public phones, powdered milk, portable stoves, blue tarp, etc.

Evacuation Sites

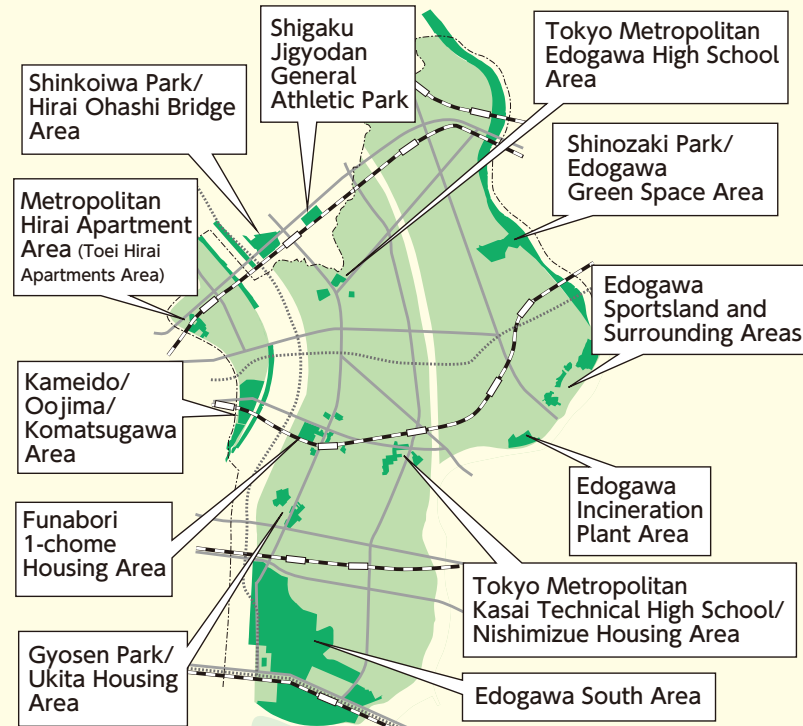
▶ Places to Protect Yourself from Fire

An evacuation site is a place where you can escape spreading fire and wait until it is under control. You may go to any evacuation site during a disaster.



My neighborhood evacuation site

▶ List of Evacuation Sites in the Edogawa City Area



This QR code can be used to view a disaster-preparedness map. You can search from your home address to find shelters and evacuation sites within the city.



Contact Information

Published January 2020
**Edogawa City Risk Management Office,
Community Disaster Prevention Section**
TEL. 03-5662-2129

**Edogawa City Disaster Preparedness
Homepage**
[https://www.city.edogawa.tokyo.jp/
e007/bosaianzen/bosai/index.html](https://www.city.edogawa.tokyo.jp/e007/bosaianzen/bosai/index.html)



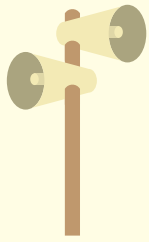
Gathering Disaster Information

When a disaster strikes, take action and Save your life based on trustworthy information.

- Conduct a thorough visual check of the interior and exterior of your home.
- Use various methods, including television, radio, and the internet, to obtain information from trustworthy sources of information.
- The following are some tools that will be useful in gathering relevant information during a disaster.

▶ Emergency Broadcast System

This system broadcasts from speakers that have been set up in 290 locations within the city. The contents of each broadcast can be checked by phone (standard call rates apply).
Emergency Broadcast Confirmation Line: 03-3652-1284



▶ FM Edogawa 84.3 MHz

When a disaster such as a large earthquake occurs, FM Edogawa will prioritize the broadcast of information pertaining to Edogawa city. Also, in times of emergency, broadcasts will be conducted directly from City Hall.



▶ Edogawa Email News

Those who have registered their email with this service will be sent information. Registration is free (standard call rates apply).



▶ Edogawa City Official Twitter @edogawa_city

▶ Japan National Tourism Organization Official Twitter @JapanSafeTravel

Those who have Twitter should follow this account to be prepared for disasters.



▶ NHK WORLD-JAPAN

This service allows you to obtain the latest information in 17 different languages.



Disaster Preparedness Tokyo App

Know, prepare, and find useful tips for disaster preparedness with this app



Android
version



iOS
version



Safety Check Methods

▶ Confirm Your Methods

Confirm the methods that you, your family, and neighbors will use to check on each other's safety.

▶ Use Social Media

During a disaster, it may be easier to connect over social media than through voice calls.

▶ Practice Ahead of Time

Below is a typical safety-check tool. On the 1st and 15th day of each month, it can be used to gain practical experience with a safety check.

● Disaster Message Line (171)

This line is accessible from general phones, public phones, mobile phones, and other types of phones.

How to Record a Message

Dial **171**

▼You will be provided with guidance

To record, press **1**

▼You will be provided with guidance

Dial in a phone number

▼You will be provided with guidance

Record your message

How to Play Back a Message

Dial **171**

▼You will be provided with guidance

To play back, press **2**

▼You will be provided with guidance

Dial in a phone number

▼You will be provided with guidance

Play back your message

Text registered on
web171 is converted to
voice

Mutually
linked

Voice that has been
recorded on the 171
message line is played
back

● Disaster Message Board (web171)

An online message board for confirming the safety of others.



Enter a phone
number

Register a message

Check a message

● Search for collective safety information with "J-anpi"

You can search through collective safety information that has been provided through disaster message lines, message boards, news media, and local governments.



Enter a phone
number or name

Check safety
information

● Google Person Finder

You can register and search for safety information by name and also link with J-anpi. *This is the only service that can be experienced at any time.



Enter a name

Register safety information

Check safety information

If Seriously Injured, Go to an Emergency Medical Aid Station

▶ During a Large-Scale Disaster, Medical Offices and Clinics Will Be Closed

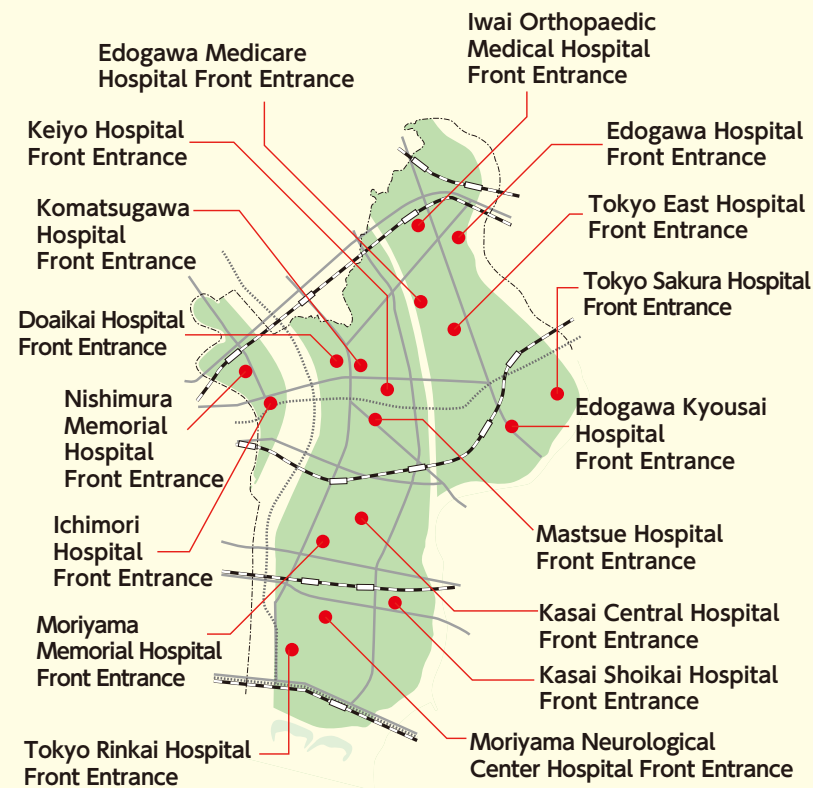
Directly after a large-scale disaster occurs, medical institutions will collectively pool their efforts to aid the injured. As a result, medical offices and clinics will be closed, and the injured will be treated at "emergency medical aid stations" that have been set up in the areas adjacent to the hospitals listed below. If you have been seriously injured in a disaster, please go to an "emergency medical aid station."



▶ Triage Will Be Performed

At an "emergency medical aid station," injured persons who require emergency treatment will have triage performed (the severity of their condition will be judged) so that the injured may receive quick and appropriate care, and then they will be transported to a hospital or other medical facility.

▶ List of Emergency Medical Aid Stations



Access this QR code to view more detailed information on medical treatment during a disaster.



Where Can I Find the Nearest Water Supply Station?

▶ When the Water Supply Has Been Cut Off, Go to a Disaster Water Supply Station

If the water supply has been cut off due to an earthquake or another disaster, the Tokyo Metropolitan Government Bureau of Waterworks will set up "disaster water supply stations" at the water supply bases on the map below, and then distribute water at these stations. When going to a "disaster water supply station," please bring **empty PET bottles or water bags**.



▶ Check Locations Before a Disaster Strikes

To live a healthy life even in times of disaster, each person requires approximately 3 liters of drinking water per day. In addition to stockpiling the necessary amount of water for your family, every household should also confirm the location of their "disaster water supply station" to be prepared for an emergency.

▶ List of Disaster Water Supply Stations (Water Supply Bases)



Access this QR code to view more detailed information about water supply during a disaster.

