

# Life Safety Handbook for Foreign Residents

## TACHIKAWA CITY

# Life Safety Handbook for Foreign Residents

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## Check information on Tachikawa City

<b>Tachikawa City Website</b> <a href="https://www.city.tachikawa.lg.jp">https://www.city.tachikawa.lg.jp</a>	
<b>Tachikawa City Official X (Formerly Twitter)</b> <a href="https://twitter.com/tachikawa_tokyo">https://twitter.com/tachikawa_tokyo</a>	
<b>Tachikawa City Official LINE Account</b> <a href="https://www.city.tachikawa.lg.jp/koho/shise/koho/line/about.html">https://www.city.tachikawa.lg.jp/koho/shise/koho/line/about.html</a>	

### 00000JAPAN (five zero Japan)

It is a free Wi-Fi service in the event of a disaster.

This handbook provides easy-to-understand explanations. **Web Version →**  
You can read it in English, Chinese, Korean, and Vietnamese web versions.



English



Simplified Chinese 中文



Hangul 한국어





Vietnamese Tiếng Việt



# 1 What to do before disaster strikes

## ○ Check nearby evacuation centers

	Evacuation center	A place to live when you cannot stay at home due to a disaster (such as a school gymnasium) <u>There you will find food, water, and the necessities of life.</u>
	Evacuation site	These places protect your life from a dangerous disaster where you can temporarily escape. These are parks, sports grounds, etc. You cannot stay overnight.

### ● Primary evacuation centers

There are 30 in Tachikawa City, including all elementary and junior high schools.

Find out where the evacuation centers are near your home.

You can go to any of them.



Temporary evacuation center



About evacuation centers

## ○ About evacuation centers

- This is a place to live when you cannot stay at home due to a disaster.
- You can use it for free.
- Foreigners can also use it.
- You can get food and water.
- If there is not enough food and water, bring your food and other things to use. →P7
- You will be living with many people in the evacuation center. Please follow the rules and manners.
- Pets are not allowed inside the rooms.



## ○ Evacuee Registration Card, Multilanguage Pointing Board

Please print out the Evacuee Registration Card and fill it out.

It's convenient to take it to the evacuation center, but it's OK if you don't have it.

Please include it in your evacuation belongings (→P7).

The card is available in 14 languages.



Evacuee Registration Card



Multi-Language Pointing Board

## ○ Understanding natural disasters

Learn about disasters and prepare before they occur.

Languages: Japanese / English / Chinese (Simplified) 中文(简体) / Korean 한 국 어 / Vietnamese Tiếng Việt / Nepali नेपाली भाषा / Portuguese português / Spanish español



Understanding natural disasters

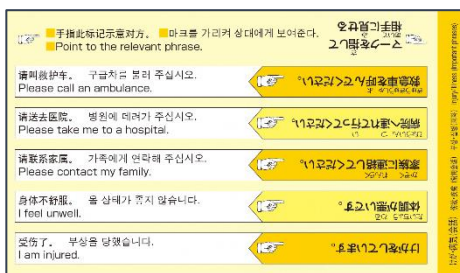
## 2 Disaster prevention information in foreign languages

Languages: Japanese / English / Chinese (Simplified) 中文(简体) / Chinese (Traditional) 中文(繁體) / Korean 한국어 / Portuguese Português / Spanish Español / Thai ภาษาไทย / Tagalog / Vietnamese Tiếng Việt / Nepali नेपाली भाषा / Indonesian Bahasa Indonesia / Myanmar မြန်မာဘာသာစကား / Khmer ភាសាខ្មែរ / Mongolian Монгол хэл

<div data-bbox="186 499 764 557"> <div>WEB</div> <div>Disaster Mitigation Points for Foreigners</div> </div> <div data-bbox="186 568 764 649"> <a href="http://www.bousai.go.jp/kyoiku/gensai/index_en.html">http://www.bousai.go.jp/kyoiku/gensai/index_en.html</a> </div> <div data-bbox="303 649 569 1039"> </div> <div data-bbox="595 860 759 1023"> </div>	<div data-bbox="790 499 1366 557"> <div>WEB</div> <div>Helpful Apps and Websites in the Event of a Disaster</div> </div> <div data-bbox="790 568 1366 649"> <a href="http://www.bousai.go.jp/kokusai/web/index.html">http://www.bousai.go.jp/kokusai/web/index.html</a> </div> <div data-bbox="898 649 1166 1039"> </div> <div data-bbox="1197 860 1361 1023"> </div>
<div data-bbox="186 1064 764 1122"> <div>WEB</div> <div>Japan Meteorological Agency website Multilingual Information on Disaster Risk Reduction</div> </div> <div data-bbox="186 1133 764 1214"> <a href="https://www.jma.go.jp/jma/kokusai/multi.html">https://www.jma.go.jp/jma/kokusai/multi.html</a> </div> <div data-bbox="186 1267 588 1603"> </div> <div data-bbox="600 1435 764 1599"> </div>	<div data-bbox="790 1064 1366 1122"> <div>APP</div> <div>Safety tips</div> </div> <div data-bbox="790 1133 1366 1312"> <p>You can get information about disasters and how to evacuate.</p> <div data-bbox="1220 1167 1366 1308"> </div> </div> <div data-bbox="790 1326 1197 1482"> <div data-bbox="794 1330 1190 1370"> <div>【Android】</div> </div> <div data-bbox="794 1370 1190 1476"> <a href="https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android">https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android</a> </div> <div data-bbox="1227 1337 1361 1464"> </div> </div> <div data-bbox="790 1494 1197 1628"> <div data-bbox="794 1512 1190 1552"> <div>【iPhone】</div> </div> <div data-bbox="794 1552 1190 1621"> <a href="https://itunes.apple.com/jp/app/safety-tips/id858357174?mt=8">https://itunes.apple.com/jp/app/safety-tips/id858357174?mt=8</a> </div> <div data-bbox="1227 1498 1361 1628"> </div> </div>

## ○ Help Card for Foreign Nationals

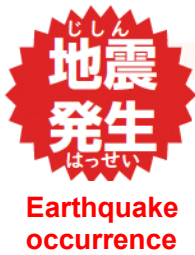
The card is available in 12 languages. It contains information on what to do during a disaster, illness, or injury. It is useful when you need help from a Japanese person. Please keep it with you at all times.



Tokyo Metropolitan  
Government website  
Disaster prevention  
information for  
foreigners

### 3 When an earthquake occurs

**It's an earthquake! Stay calm and act!**



**Protect yourself.**

**1~2分**  
minutes

**When the first tremors stop**

**3分**  
minutes

**To prevent further damage**

Protect yourself.  
Protect your head.



Ensure the safety of your family.



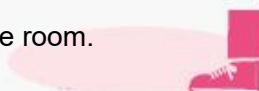
Turn off the breaker.  
Breaker =electrical power source



Go under the table.



Wear shoes.  
Wear them even inside the room.



After a big earthquake, many more earthquakes occur. These are called aftershocks.



Open the door or window.  
Create an exit to escape.



Don't go outside right away.  
It's dangerous.



Prepare the things you will need when you evacuate.  
Please see page 7.



**Earthquake Early Warning**

You will be notified via smartphone, TV, and radio just before a major earthquake occurs (10 seconds before).  
Take immediate action to ensure your safety.

○ **A major earthquake could occur at any time in Tokyo.**

- Fix heavy furniture to prevent it from moving.  
Or change the falling direction so it doesn't fall on you.
- Do not place furniture that could fall over in your sleeping room. Keep shoes and a flashlight there.



Prevent furniture from tipping, falling, and moving.

○ **Seismic Intensity (magnitude of earthquake)**

Large  
↑  
↑  
↑  
↑  
Small

Seismic Intensity	How the shaking feels	Surrounding situation
7	Unable to move.	Buildings collapse.
6 Upper	It is impossible to remain standing.	Houses collapse.
6 Lower	It's difficult to stay standing.	Houses are partially destroyed.
5 Upper	Walking is challenging without holding onto something stable.	Furniture falls over.
5 Lower	The shaking frightens many people.	Dishes and books on the shelves fall off.
4	It sways so much that most people are startled.	Electric wires swing significantly.
3	Most people in houses feel a shaking.	Most people can feel that it's an earthquake.



What to do in the event of  
an earthquake  
(Tokyo Metropolitan Government website)



Action manual for what to  
do when away from home  
(Tokyo Metropolitan Government website)



**Help each other.**



**Prepare for  
evacuation.**



**Living in an evacuation  
center**



Ensure the safety of the people around you. 	Listen to the radio, etc. Look up information. 	Prepare the things you need for daily life. 
Help people who need help. 	When your home is safe, stay in your home. 	Listen carefully to announcements, broadcasts, etc. 
In case of a fire, extinguish it together with those around you. 	Go and pick up your child. 	After a big earthquake, many more earthquakes occur. These are called aftershocks. 
Do not go near walls or glass signs. 	Prepare water and food (for 3 to 7 days). 	

## When it is difficult to return home

- Trains and buses will not operate. It is dangerous, so don't rush home.
- If you are at school or work, stay where you are.

### Disaster Return Home Support Station

When returning home on foot, you can take a break at convenience stores, family restaurants, gas stations, etc.

You can use the toilet and get tap water.

Look for the symbols below.



### Temporary accommodation facilities

If you are away from home, you can stay at a Tokyo Metropolitan Government facility for the short term.

The facility will provide you with food, water, and blankets.

- Keep comfortable shoes with thick soles at your workplace, etc.
- Walk on wide roads.
- Walk in the middle of the road as objects may fall.

## 4 Heavy Rainfall and Typhoons

Five levels of evacuation information are used for wind, flood, and landslide disasters. When a disaster is approaching, check information on TV and the Internet.

**Evacuation  
Information  
(Revised)**



Scan to get this information in your own language.

English	简体中文	繁體中文	한국어	Español
Português	Tiếng Việt	ភាសាខ្មែរ	ภาษาไทย	မြန်မာစာ
Tagalog	Bahasa Indonesia	नेपाली भाषा	Монгол хэл	QR Translator

<b>5</b>	Disaster occurrence / Disaster impending	Emergency safety measures	Your life is in danger. Move to a safe place, such as the second floor.
<b>4</b>	High risk of disaster	Evacuation instruction	Immediately evacuate to a nearby safe place.
<b>3</b>	Risk of disaster	Evacuation of the elderly, etc.	Evacuate elderly and sick people to a safe location.
<b>2</b>	Weather worsening	Heavy rain, flood, or storm surge advisories	In preparation for evacuation, confirm hazard maps, etc.
<b>1</b>	Risk of weather worsening	Probability of warnings	Pay attention to information such as heavy rain advisories.

Source: Cabinet Office "Posters and flyers regarding new evacuation information"

### ○ If a typhoon or heavy rain is approaching:

- Check if your home is safe.

[Tachikawa City Flood Hazard Map](#)

[Tachikawa City Sediment Disaster Hazard Map](#)

- Things fly away in the wind. Clean up items in the garden and on the balcony.
- Window glass may break. Apply tape or film to help prevent damage.

### ○ When evacuating due to a typhoon or heavy rain:

- Check out safe roads.



- Only bring what you need. Use a backpack.



- You can't walk if there's a lot of water on the road. Depths above the knee are dangerous.



- Roads with standing water are dangerous. Be careful of utility holes and gutters.



## 5 Items to prepare before a disaster occurs

In the event of disaster, electricity, gas, and water may stop. Toilets may become unusable, and stores could run out of food. It's recommended to prepare enough supplies for three days, ideally extending to seven days if possible.

### ◆ Drinks and Food

- Drinking water: 3 liters per person per day
- Food: Rice (alpha rice, etc.), cup ramen, canned foods, retort foods, vegetable juice
- Nutritional supplements (foods that provide easy nutrition), candy, chocolate, etc.

### ◆ Things necessary for life

- Water used for daily life
- Flashlight
- Medications taken regularly
- Change of clothes, underwear
- Emergency toilets, toilet paper
- Portable gas stove, portable gas cylinder
- Mobile batteries, batteries
- Glasses, contact lenses

### ◆ Convenient things to have

- Plastic bags, garbage bags
- Lighter
- Radio
- Food wrap
- Tissue paper, wet wipes
- Disposable warmer

### ◆ Things to take with you when you evacuate

- Wallet
- Mobile phone
- Medications you regularly take
- Disaster backpack
- Passport and Residence Card

### ➡ What to put in your backpack

- Drinking water
- First aid supplies
- Diapers, sanitary products
- Mobile batteries, batteries
- Copy of Passport and Residence Card
- Ready-to-eat food (canned food, etc.)
- Helmet and gloves
- Change of clothes
- Toilet paper
- Towels, wet tissues
- Flashlight
- Plastic bags



Regularly purchase extra supplies for everyday items and prepare for disasters while using them.

Tokyo Stockpiling Navi (Japanese)	
Tokyo Stockpiling Navi (English)	
Let's Build "Daily Stockpiles" (English)	

☆Stockpiling = things to prepare

# Disaster Prevention Memo

Fire · Sudden illness

**1 1 9**



Police

**1 1 0**



Disaster emergency  
message dial

**1 7 1**

## ○How to contact in case of disaster

In the event of a disaster, telephone lines are not available. Below are ways to check if your family and friends are safe.

### ●Disaster Message Board Web171

Use your smartphone or computer to register and check messages in text.

There are instructions on how to use it in English, Chinese, and Korean.

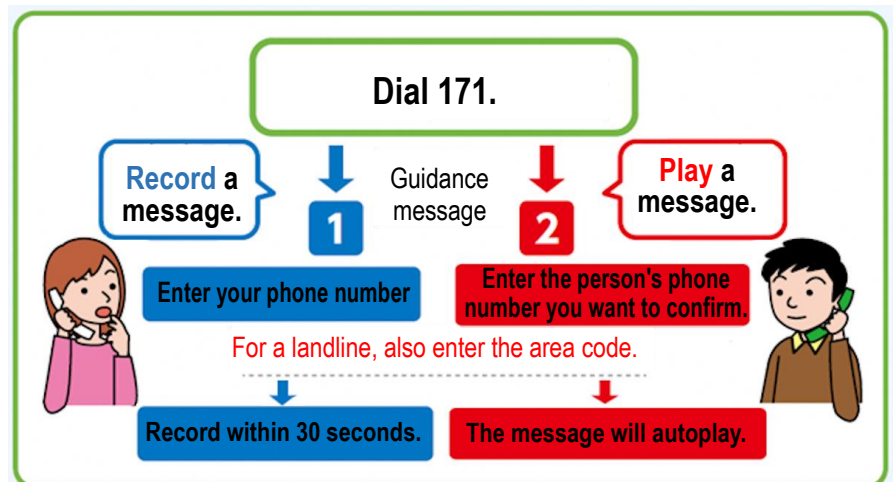


<https://www.web.web171.jp/>

### ●Disaster Emergency Message Dial 171

Record and listen to voice messages using your smartphone, home phone, or public phone.

Guidance is in Japanese.



## Emergency contact list

Contact Name	Telephone Number

## Family contact list

Name	Telephone Number