Cover  
Setagaya Ward Special Edition  
Tips for Home Life during Disasters  
What should I do? Home Evacuation  
Start of the Manga  
Shaky, shaky  
E-earquake!?  
I-I need to evacuate! Where should I go?  
Calm down, myself  
Come to think of it, there was something called "Home Evacuation"  
Alright...  
End of the Manga  
  
Page 1  
Start of the Manga  
Portable Toilet  
Food  
Is this house safe?  
No abnormalities around the house  
Radio  
When we hear "evacuation," we imagine going outside, but  
This is what home evacuation looks like!  
End of the Manga  
  
Page 2  
Disaster Prevention is a beacon of hope, the best protection  
Are you prepared for a major earthquake directly under Tokyo?  
Disaster prevention...  
It's a hassle  
I don't know what to do  
I know it's important, but I can't take action  
Many people feel this way, don't they?  
But if we prepare for a disaster that will happen someday, we will be helping our future selves  
Imagining disasters tends to make us feel gloomy, but  
Let's think of the best actions to brighten the future  
When we think like that, our image of disaster prevention changes, doesn't it?  
Through this booklet, I hope that even a little bit of the light of disaster prevention will shine in everyone's hearts.  
This booklet was created in collaboration with Setagaya Ward and Salesian International School Setagaya Junior High and High School, which are actively involved in disaster prevention.  
  
Page 3  
What should we do when a disaster strikes?  
Let's confirm in advance what actions to take when a disaster occurs.  
Do you know?  
There are two types of evacuation places.  
1. Evacuation site - a place to take refuge to protect lives in emergencies  
2. Evacuation center - a place for people who cannot live in their homes  
Earthquake occurs  
There is a risk of fire occurring around and spreading to houses  
I judged that I need to evacuate myself  
Received evacuation instructions from the authorities, etc.  
Evacuation  
Evacuation site  
Temporary gathering place  
A place to temporarily observe the situation for avoiding danger or temporarily gather for evacuation purposes  
Wide-area evacuation site  
A place to gather when homes or temporary gathering places are in a dangerous state due to fire, etc.  
If your home is safe, stay at home  
If your home is not safe  
Evacuation to the homes of family, relatives, or friends who are not affected  
Voluntary evacuation to hotels or other accommodations  
Evacuation centers - Designated evacuation centers in the ward, such as municipal elementary and junior high schools  
If you feel any danger in staying at home, evacuate to another place without hesitation!  
It's important to consider various options! Let's check our own evacuation places and gathering places in advance on the ward's website.  
QR code  
  
Page 4  
When your home is safe, stay at home  
Setagaya Ward has a population of about 920,000 people. There are 95 designated evacuation centers in the ward.  
Evacuation centers during disasters become overcrowded with people.  
If your home is safe, stay at home.  
Life in evacuation centers  
Insufficient space  
Unfamiliar group living  
Increased risk of infectious diseases  
Home evacuation  
Privacy can be maintained  
Lower risk of infectious diseases  
Can spend time with family and pets in a familiar environment  
Start of the Manga  
Evacuation life is not just about evacuation centers  
Announcement: An earthquake has occurred  
What? We have to evacuate quickly  
Wait a moment! We are safe here  
We have food and batteries  
It's more dangerous to act hastily  
I see  
End of the Manga  
Normally, check the location of your home  
In places with the possibility of a tsunami, it is important to evacuate to higher ground.  
Page 5  
Pay attention to toilets during disasters!  
During disasters, do not flush water into toilets until you can confirm that the drainage pipes are not damaged. Use portable toilets instead.  
Even if you can flush water, there is a risk of sewage flowing back if the drainage pipes are damaged.  
Start of the Manga  
In the case of a detached house  
Roarrrr  
It's an earthquake!  
Everyone is okay, right?  
It seems that the water is cut off, but we have stored water!  
Actually, at this time, the water pipes underground were already damaged  
Drip... The water in the toilet may not be drained...  
What should I do... I might not be able to go to the toilet  
Page 6  
Continuation of the Manga  
Until you can confirm that the drainage pipes are not damaged, it is recommended to use portable toilets!  
Oh, I have one! I bought it!  
Even in the case of an apartment building  
It's flowing! Look, it's flowing!  
First-floor resident: The water is overflowing!  
Even if the upper floors can flush water, if the underground drainage pipes are damaged, it may overflow on the first floor.  
Even in apartment buildings, portable toilets are recommended!  
Being prepared is important, right?  
End of the Manga  
Source: Ministry of Land, Infrastructure, Transport and Tourism, Manga "What to Do with Toilets during Disasters" by Masafumi Ohno  
Start of the Manga  
How to use and prepare for toilets during disasters  
When water supply is cut off or water supply pipes are damaged, toilets cannot be used.  
Be sure to prepare portable toilets.  
How to use a portable toilet  
1. Check the safety of the toilet bowl.  
2. Lift the toilet seat, put a plastic bag over it, lower the seat to fix it.  
3. Put another plastic bag over the seat to cover it.  
4. After use, put a solidifying agent inside the inner bag.  
5. Take out the inner plastic bag, remove the air, tightly tie the mouth, and put it in a sealed container, etc.  
The recommended amount is 5 uses per person per day.  
Check the condition of the sewage pipes in the building.  
1. Flush water (water stored when the tap water is not available, etc.) into the existing toilet and check if the water flushes down.  
2. If there is a floor below, check if the water from the upper floor is leaking from the drainage pipes or overflowing from the toilet on the lower floor, etc., within a reasonable range.  
3. Check if the water is flowing in the sewage bucket.  
(Photo of the sewage bucket)  
Open the sewage bucket with a minus screwdriver.  
The condition inside  
If the sewage bucket does not have standing water and the water is flowing, it can be used as is.  
Page 7  
Is your home safe?  
During an earthquake, furniture falling, tipping, and moving can be dangerous.  
Source: Tokyo Fire Department, 2023 Edition "Handbook for Preventing Furniture Toppling, Falling, and Moving"  
Dangers of furniture tipping  
1. Injuries - About 30-50% of injuries from recent earthquakes are caused by furniture tipping.  
2. Fire - Fires can occur due to the tipping of electric heaters, for example.  
3. Obstruction of evacuation routes - It can become difficult to evacuate, such as by blocking evacuation routes or tripping and getting injured.  
It's best to take measures in all rooms, but it's quite challenging.  
So, it is recommended to create a "My Safe Space" in your home.  
Especially when you're sleeping, imagine if an earthquake were to happen, and let's reconsider our bedrooms.  
Start of the Manga  
Let's make our rooms as safe as possible  
If an earthquake happens while I'm sleeping, which parts of this room could be dangerous?  
The clock falling on my head due to shaking  
The shelf falling and blocking the way to evacuate outside  
Move things that might fall on you to a safe place  
Secure things that might fall with furniture anchoring devices  
It's important to check the dangerous areas in our homes in advance.  
Let's check other rooms too!  
\*Consider not only securing things that might fall but also moving them if necessary.  
Page 8  
Think about which parts of your home are dangerous  
Let's think about which parts of our homes are dangerous in case of an emergency.  
It's also important to ensure a safe space where furniture and falling objects are not a concern.  
Is my home safe in case of an earthquake?  
The block wall might collapse  
The shoe cabinet might fall and block the door  
The TV might fall  
Dishes might be scattered from the cupboard  
The refrigerator might fall, causing food to scatter  
The microwave might fall  
A chest might fall on the sleeping area  
The bookshelf might fall, scattering books  
Page 9  
Let's search! Easy ways to prepare your room for earthquakes  
Try to find the 9 places to prepare for earthquakes by comparing the illustrations  
Before preparation  
After preparation  
Tips for practice  
Attach a stopper to the doors of the cupboard. Be careful with glass doors!  
Make sure there are no windows or objects that might fall near the head side when sleeping.  
Secure bookshelves and chests with tension rods or brackets.  
Apply shatterproof film to window glass.  
The answers are on the back cover!  
The ward provides assistance for disaster prevention supplies. Please check the ward's website for more information.  
QR code  
  
Page 10  
Mission of Disaster Preparedness  
Discover items that can be stockpiled  
To promote stockpiling, we actually went to a supermarket with a treasure hunter's mindset!  
When you look around the supermarket with the perspective of finding treasures (like a treasure hunter), it looks different from usual.  
When choosing items for stockpiling, it's like playing an association game, imagining "It would be nice to have that" and expanding our imagination. It made me feel disaster prevention more familiar and easy to approach.  
Treasure 1  
Cheese - It lasts quite long, and sweet cheese looks delicious!  
Treasure 2  
Jelly - Jelly with fruits also lasts a long time. It's perfect for stockpiling because it provides vitamins and dietary fiber.  
Treasure 3  
Plastic Wrap - It has infinite possibilities that can be useful during disasters! Let's buy it because it's definitely good to have.  
Treasure 4  
Throat lozenge - Let's buy it for grandma. It's fun to think about stockpiling for someone other than ourselves!  
Page 11  
Treasure 5  
Cereal bar - Should I put it in my bag along with a drink?  
Treasure 6  
Cereal and soy milk - I found the cereal I usually eat! It's okay as it is, but milk doesn't last long. Oh, soy milk can be stored at room temperature, so let's prepare them together.  
Treasure 7  
Gas for portable stoves - It would be comforting to be able to eat something warm. Let's buy it today!  
Honey, canned food, sports jelly, sweet bean paste, retort pouches, cup noodles, etc...  
The food we usually eat might be suitable for stockpiling! Eating our favorite food can boost our mood even during difficult times. Let's go to the supermarket and look for stockpiling items!  
Write down  
What would you stockpile?  
Page 12  
Disaster Prevention Column  
Home Evacuation and Camping are Similar!?  
When we hear the word "camping," doesn't it make us excited with a sense of adventure?  
When we plan to go camping, don't we imagine what would make us enjoy our time at the campsite and sleep well?  
During disasters, when electricity and water supply are cut off, and goods become scarce, home evacuation is actually similar to camping in many ways, and various items seem to be useful.  
For example,  
A lantern that is even brighter than a flashlight  
A portable gas stove that can be used even if the gas supply is cut off  
A cooler box that can be used as a makeshift refrigerator  
A portable power source that can also be charged with solar panels, etc.  
During disasters, we often feel anxious.  
Why not think about ways to make ourselves as comfortable as possible in our homes?  
Start of the Manga  
What should we do about toilets?  
Even during disasters, drink water  
During disasters, the toilets will be crowded, so we should avoid drinking water, right?  
Hmm... that's tough  
Wait a minute  
That voice is Toilet Yasu!  
During disasters, we must drink water!  
It can lead to illness and put a strain on our bodies!  
Hmm, I see...  
During disasters, there are various methods like using portable toilets, so let's research together!  
Ministry of Land, Infrastructure, Transport and Tourism website  
QR code  
Page 13  
Salvatorian International School Setagaya students went on a disaster prevention treasure hunt!  
Disaster Prevention Mission  
Discover items that can be stockpiled  
To promote stockpiling, we actually went to a supermarket!  
When we look around the supermarket with the mindset of a treasure hunter, it looks different from usual.  
When choosing items for stockpiling, it's like playing an association game, imagining "It would be nice to have that" and expanding our imagination. We felt disaster prevention more familiar and easy to approach.  
Treasure 1  
Cheese - It lasts quite long, and sweet cheese looks delicious!  
Treasure 2  
Jelly - Jelly with fruits also lasts a long time. It's perfect for stockpiling because it provides vitamins and dietary fiber.  
Treasure 3  
Plastic Wrap - It has infinite possibilities that can be useful during disasters! Let's buy it because it's definitely good to have.  
Treasure 4  
Throat lozenge - Let's buy it for grandma. It's fun to think about stockpiling for someone other than ourselves!

Page 14  
Treasure 5: Cereal bar - Should I put it in my bag with a drink as usual?   
Treasure 6: Cereal and soy milk - I found the cereal I always eat! It's okay to eat it as is, but milk doesn't last, right? Oh! If it's soy milk, you can store it at room temperature, so let's prepare it as a set.   
Treasure 7: Gas canister for portable stoves - It's comforting to be able to eat warm food. I'll buy it today!   
Honey, canned food, sports jelly, sweet bean paste, retort food, cup noodles, etc...   
The food you usually eat might be suitable for stockpiling! Eating your favorite food can boost your mood even in difficult times of disaster! Please try looking for items to stock up on at the supermarket!   
Let's share our ideas   
What would you stock up on?  
  
Page 15  
Advice on Stockpiling   
Let's prepare using disaster geography information!   
Takashi Oda, Associate Professor (Disaster Geography), University of Tokyo   
It is helpful to understand where your home is located, the surrounding natural environment, and where useful things are in times of disaster.   
Q: As a first step in getting to know your neighborhood, what should you do?   
A: Use disaster maps and hazard maps to understand the potential dangers in your home and places you frequently visit in the event of a disaster.   
Q: Does Setagaya Ward have disaster maps and hazard maps?   
A: Yes, there are disaster maps, flood/inland flood hazard maps, and sediment disaster hazard maps. For example, sediment disasters can occur not only from heavy rain but also from earthquakes. Knowing whether your home is designated as a dangerous area can be a consideration for in-home evacuation. However, please note that hazard maps are predictions. Be aware that there may be more damage than expected and use them as a reference.   
Setagaya Ward Disaster Portal   
Information preparedness is also important!   
This disaster site provides emergency and evacuation information as well as convenient map information. There is also information that is useful for in-home evacuation, so be sure to check it regularly.   
QR Code  
  
Page 16  
Government Support   
The government provides various support to enable in-home evacuation.   
Preparation of disaster prevention supplies   
QR Code   
Assistance in obtaining disaster prevention supplies   
Home disaster prevention supplies are available at special prices. They also have mobile toilets and emergency evacuation bags.   
Preparation for fire   
QR Code   
Arrangement of seismic breakers   
Seismic breakers automatically cut off electricity when an earthquake is detected, effectively preventing fires and other disasters.   
QR Code   
Arrangement of fire extinguishers and residential fire alarms   
They offer assistance in purchasing fire extinguishers and residential fire alarms and collecting old fire extinguishers.   
Concerns about the seismic resistance of homes   
QR Code   
Support for seismic reinforcement of homes   
Support is provided for seismic reinforcement of homes to prevent them from collapsing in a major earthquake. Subsidies are also provided for seismic reinforcement construction costs, etc.   
\* There are various conditions for receiving support and subsidies.   
Concerns about furniture falling   
QR Code   
Support for installing furniture anti-tipping devices   
An assigned contractor will be dispatched to install anti-tipping devices for furniture in the living room and bedroom of homes where elderly and disabled people live to prevent them from falling during earthquakes. The maximum support amount is up to 20,000 yen, including the cost of the device and installation.   
Want to be prepared for disasters in the apartment building?   
Tokyo Tomaru Mansion   
To register for "Tokyo Tomaru Mansion":   
\* Seismic resistance is required.   
\* This is just an example of registration requirements.   
Required items:   
- Creating a disaster prevention manual   
Optional items:   
1. Implementation of disaster preparedness training at least once a year   
2. Stockpiling of three days' worth of drinking water and food   
3. Securing emergency equipment   
4. Developing a communication system during disasters   
Subsidies are available upon registration   
Eligible for subsidies:   
- Purchase costs of disaster prevention stockpiling equipment (excluding drinking water and food)   
(e.g., generator, portable toilet, water tank, etc.)   
Subsidy rate: 2/3   
Maximum amount: 660,000 yen   
Main requirements:   
- Conduct disaster preparedness training using the purchased disaster prevention stockpiling equipment and report the results   
Eligible for subsidies:   
- Condominium management associations, rental apartment owners   
Please check here for registration application procedures   
QR Code  
  
Page 17  
Know how to gather information!   
During a disaster, there are various ways to gather information.   
Think about how you can gather information that suits you best.   
Radio   
FM Setagaya, Frequency FM 83.4 MHz   
We will provide disaster information such as earthquake information, evacuation center information, damage situation, and daily life information.   
Television   
Check weather information, evacuation information, evacuation center information, and more through TV's data broadcasting (press the "d" button on the remote control).   
Disaster Prevention Radio   
You can also listen by phone   
Through broadcasts from the disaster prevention radio tower, we provide disaster information, etc.   
By calling a dedicated phone number, you can listen to the content broadcasted from the disaster prevention radio tower.   
Disaster Prevention Radio Telephone Response Service   
Dedicated phone number: 050-5536-6957 \*Call charges apply.   
Setagaya Ward Disaster Portal   
It provides emergency information during a disaster and useful information for disaster preparedness.   
QR Code   
Setagaya Ward's official website   
It delivers disaster information, etc., on the homepage.   
QR Code   
(Registration required) Disaster and Crime Prevention Information Email Delivery Service   
Receive disaster and crime prevention information via email (can be received on a computer, mobile phone, or smartphone).   
QR Code   
(Registration required) X (Former Twitter)   
Follow @setagaya\_kiki to receive disaster information, etc.   
QR Code   
(Registration required)   
LINE (LINE) Disaster Prevention Menu to view disaster information such as alerts, power outage information, etc. within the ward.   
QR Code   
(Registration required) Tokyo Disaster Prevention App   
You can learn about disaster prevention while having fun with the concepts of "play," "learn," and "use." It also has functions that are useful during disasters, such as disaster maps and disaster information.   
QR Code   
(Registration required) Yahoo! Disaster Alert App   
You can receive disaster information through push notifications.   
QR Code   
(Registration required)   
Items with this mark require pre-registration.   
  
Page 18  
What would you do in these situations?   
It is important to help each other in the community during a disaster.   
Reflecting on this booklet, let's think about what kind of support we can offer to those in need.   
Problem 1: Earthquake! I have to escape!   
Hint: Pages 3-4   
Problem 2: The toilet won't flush! I know, I can use the water in the bathtub!   
Hint: Pages 5-7   
Problem 3: My house is safe, but I didn't prepare any emergency food. There's nothing in the stores either. What should I do...!   
Hint: Pages 11-14   
Spread the word to those around you.   
Explanation 1: Acting in haste can lead to injuries. Take a moment to calm down and think about the next steps. Also, strong aftershocks may occur, so caution is necessary.   
Explanation 2: There is a possibility that the drainage pipe is broken and water cannot flow. Make sure the drainage pipe is not damaged before flushing water.   
Explanation 3: The food in your refrigerator and cup noodles are legitimate stockpiles. If your home is safe, stay at home.   
Enjoy stockpiling in a fun way every day.   
  
Back cover  
There are 95 designated evacuation centers in the ward, and the number of people who can enter is limited. If too many people rush in, living conditions will become poor.   
By preparing individually using this booklet, if your building is safe, you can continue to live in a familiar environment through in-home evacuation. This will also ensure that those who can no longer live in their homes can use the evacuation centers with peace of mind.   
\* If you feel even a little bit of danger in staying at home, evacuate outside without hesitation.   
P10: Answers to Disaster Prevention Measures   
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