# Permanent Edition

# Condominium Disaster Preparedness You Can Start Today!

— Be Prepared and Feel Secure: Shelter at Home —

Includes a Safety Confirmation Card for Use During Disasters

Setagaya City

# Page 1: Introduction

Do you know how many people would evacuate to shelters such as elementary and junior high schools in Setagaya City during a disaster?  
  
Setagaya City has a population of approximately 920,000. There are 96 designated shelters in schools throughout the city.  
  
Estimated number of evacuees:  
168,000 ÷ 96 shelters = approximately 1,750 people per shelter  
  
In these shelters, people must live together with many strangers in a harsh and unfamiliar environment.  
  
Given this situation, Setagaya City recommends “sheltering at home” during an earthquake, if your home is not at risk of collapse or fire.  
  
Compared to life in a shelter, “sheltering at home” allows for privacy, reduces the risk of infection and mental stress, and is especially feasible in condominiums due to their high earthquake and fire resistance. It is said that self-help and mutual assistance can make sheltering at home a viable option.  
  
This booklet introduces the unique challenges of condominiums and key points for sheltering at home. We hope it will help build a system of mutual support among condominium residents.  
  
\*Note: In this booklet, a “condominium” is defined as a residential building with three or more floors and six or more independent living units.\*

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# Page 3

## 1. A Major Earthquake Strikes the Capital! What Will Happen in Setagaya Ward?

Are you aware of the damage estimates for Setagaya Ward?

### ● Earthquake Scenario and Conditions Assumed by Setagaya Ward

Earthquake Type: Southern Tokyo Inland Earthquake

Magnitude: 7.3

Seismic Intensity Distribution:

Intensity 7: 0.1%

Intensity 6 Upper: 68.9%

Intensity 6 Lower: 31.0%

Weather Conditions: Winter evening at 6:00 PM, wind speed 8 m/s

(Source: Setagaya Ward Regional Disaster Prevention Plan, Revised in 2025)

### ● Estimated Damage in Setagaya Ward

Human Casualties:

Deaths: 645 people

Injuries: 7,132 people

Lifeline Disruptions:

Power outage rate: 18.9%

Communication failure rate: 11.5%

Water supply disruption rate: 23.2%

Sewer pipe damage rate: 5.6%

Gas supply stoppage rate: 14.4%

Number of evacuees in shelters (4 days to 1 week after the quake): 168,224 people

Number of elevators likely to stop and cause entrapment: 1,267 units

(Source: Setagaya Ward Regional Disaster Prevention Plan, Revised in 2025)

### ● Lifeline Recovery Estimates for All of Tokyo

Electricity: About 4 days

Water Supply: About 17 days

Sewer System: About 21 days

Gas Supply: About 6 weeks

(Source: “Damage Estimates for Tokyo from a Capital Inland Earthquake,” Published by Tokyo Metropolitan Government, May 2022)

Recovery of lifelines will take considerable time, so it’s essential to prepare water, portable toilets, and other emergency supplies.

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## 2. Disaster Preparedness: “Self-help” and “Mutual Assistance” Are Key!

In apartment buildings where many households live close together, it’s important to build relationships where residents greet each other regularly and can help one another in times of need.

### Three Elements of Disaster Preparedness

- Self-help: Protecting yourself and your family is your own responsibility.  
- Mutual assistance: Neighbors and local communities cooperate and help each other.  
- Public assistance: Rescue and aid provided by government agencies.

### Disaster Trivia Quiz

The graph on the right shows the proportions of rescue efforts during the Great Hanshin-Awaji Earthquake (January 17, 1995).  
Which one, A or B, represents “Self-help and Mutual Assistance (help from nearby residents)” and which represents “Public Assistance (rescue by fire department, police, Self-Defense Forces, etc.)”?  
Check page 18 for the answer!

# Page 5

## 3. Earthquake Strikes! What Should You Do First?

Let’s think about how to make decisions and act when an earthquake occurs.

### Steps for Evacuation Behavior

Earthquake Occurs

↓

First, ensure your personal safety

Immediately after the quake:

- Check for fire hazards

- Secure evacuation routes

- Stay away from gates and block walls

- Watch out for falling objects like furniture, glass shards, and signs

To prevent fires and gas leaks, turn off the circuit breaker and close the gas valve before evacuating.

↓

① Temporary Assembly Points

These are places to gather temporarily to avoid danger or prepare for evacuation. About 470 locations are designated within the ward.

② Wide-Area Evacuation Sites

If your home or temporary assembly point becomes unsafe due to fire spread, evacuate to one of the 25 designated sites inside and outside the ward.

↓

Once aftershocks have subsided and there is no danger of fire:

# Page 6

### Confirm Home Safety

- If your home is safe → Shelter at home

- If you can contact unaffected family, relatives, or acquaintances → Evacuate to their place

- If you are unaffected and can secure accommodation → Voluntary evacuation

- If your home is uninhabitable due to fire or collapse → Go to a designated evacuation shelter

Evacuation doesn’t always mean going to a shelter.

Shelters have limited space and supplies, and changes in environment can affect health. Overcrowding increases the risk of infectious diseases.

If you can live safely at home, choose to shelter in place.

There are various evacuation options. It’s important to discuss and gather information in advance.

Designated evacuation shelters are facilities that temporarily accept and protect people when it’s difficult to stay at home or when there’s a risk of secondary disasters.

For more details, please check the ward’s official website (evacuation information page).

### Should You Stay in Your Apartment? Home Shelter Checklist

□ Are there no cracks in the building or living space?

□ Are the door and pillars not tilted?

□ Is there no concern about secondary damage like liquefaction?

□ Is there no fire risk nearby?

□ Is there a safe living space?

□ Do you have emergency supplies?

### Why Sheltering at Home Is Recommended for Apartment Residents

- High earthquake and fire resistance, relatively less damage

- Can live in a familiar environment, reducing mental stress

- Can use shared spaces (disaster storage, lobby, etc.)

- Neighbors in the same building can help each other

- Avoids group living, lowering infection risk

- Can stay with pets if you have them

# Page 7

## 4. Watch Out! Hidden Dangers in Apartments

When an earthquake strikes, these emergencies might occur in your apartment!

- Crisis 1: Lifelines are cut off! → See page 9

- No running water! → See page 10

- Crisis 2: Furniture has toppled! → See page 11

- Crisis 3: Fire has broken out! → See page 12

- Crisis 4: Toilet water is unavailable! → See page 13

- Crisis 5: Elevator stopped! People trapped! → See page 14

Visit the Tokyo Fire Department website (Earthquake Preparedness for Apartments page)

They share videos and other resources about hidden dangers and earthquake preparedness in apartments!

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(Continuation of crisis list above)

# Page 9

## 5. Prepare in Advance to Prevent Emergencies!

### Crisis 1: Lifelines are cut off! → Having emergency supplies brings peace of mind.

Prepare at least 3 days’ worth per person—ideally 1 week!

Stock up on drinking water, food, daily necessities, and portable batteries.

### Recommended method: Rolling Stock

#### Prepare

- Items that can be stored at room temperature for long periods

- Foods that can be prepared without water

- Items you normally eat in daily life

- Stock more than usual

#### Consume

- Use the extra stock you’ve prepared

#### Replenish

- Buy more to replace what you’ve used

Living alone? Have a family? A baby? Pets? Elderly or disabled members?

What should your household prepare?

Check out Tokyo Stockpile Navi!

### Mutual Assistance Point

You can also store emergency supplies in shared spaces of your apartment building!

# Page 10

No Running Water! → Having a Water Supply Brings Peace of Mind

The guideline is about 3 liters per person per day.

In many apartment buildings, water is pumped to upper floors using a water pump. However, in the event of a power outage, the pump may stop, making tap water unavailable. Considering planned power outages after an earthquake, it’s important to stock extra water in advance.

Additional Measures 1

Use the apartment’s water storage tank [Mutual Assistance Point]

Many apartments have water storage tanks. In a disaster, these tanks can be used effectively by installing emergency water taps.

For details, check the Tokyo Waterworks Bureau website.

Additional Measures 2

Use emergency water supply stations

To secure drinking water during a disaster, emergency water supply stations are set up approximately every 2 km from residential areas. Evacuation centers such as elementary and junior high schools are equipped with emergency water supply equipment.

# Page 11

Crisis 2: Furniture Has Fallen Over! → Prevent Furniture from Falling, Dropping, or Shifting

Install safety devices to solve the problem!

Steps to Take

1. Reduce the amount of furniture in living spaces. Use closets and other storage.

2. Review furniture layout. Arrange it so it won’t fall on you while sleeping or block doors and pathways.

3. Take measures to prevent furniture from falling.

Examples of Anti-Tip Measures

L-shaped brackets: If the wall lacks strength, use backing boards to prevent screws from coming loose.

Tension rods

Door-locking devices

Connecting brackets: Connect upper and lower parts of split furniture.

Stopper type: Use together with tension rods.

Special Caution for High-Rise Apartments: Long-Period Ground Motion

Long-period ground motion refers to slow, large shaking caused by major earthquakes.

The higher the floor, the stronger the shaking. So it’s especially important to prepare anti-tip measures for furniture in high-rise apartments.

# Page 12

Crisis 3: Fire Has Broken Out! → Extinguish Immediately to Solve the Problem [Mutual Assistance Point]

To Do So…

Regularly check where fire extinguishers and fire hydrants are located in your apartment building.

Conduct training within the building to ensure proper use of extinguishers in emergencies.

To request fire extinguisher training, contact your local community promotion section or fire station!

Do You Have Your Own Fire Extinguisher?

In over 70% of cases, using a fire extinguisher helps reduce damage.

That’s why it’s important to have a personal fire extinguisher not only in shared areas but also in your own home.

Setagaya Ward offers a fire extinguisher at special prices—take advantage of it!

However, evacuate immediately in these cases!

If the flames rise above eye level or reach the ceiling, evacuate immediately.

When evacuating, loudly alert others to the fire.

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## Crisis 4: The toilet doesn't work! ➡︎ Portable toilets provide peace of mind!

Recommended stock: 5 uses per person per day

In apartment buildings, even if water can be flushed, there is a risk of sewage backflow if the drainage system is damaged. Until you can confirm that the drainage system is intact, do not flush the toilet—use a portable toilet instead.

### How to use a portable toilet:

1. Cover the toilet bowl with a plastic bag and secure it with masking tape or similar. Then place the portable toilet on top.

2. Use the toilet and solidify the waste.

3. Remove only the portable toilet, squeeze out the air, and tie it tightly. Include used toilet paper inside.

4. Store it in a sealed container until it can be collected.

### [Mutual Assistance Point]

Toilet issues can become serious if residents don't follow the rules. Make sure to discuss and agree on procedures within your apartment community.

# Page 14

## Crisis 5: The elevator stopped! You're trapped inside!

### Right after an earthquake… press all the floor buttons!

If you feel shaking, press all the floor buttons immediately. Elevators equipped with earthquake sensors will automatically stop at the nearest floor. Once the elevator stops and the doors open, evacuate immediately.

### What to do if you're trapped:

1. Press and hold the emergency button inside the elevator to contact the outside and call for help. (Important: hold the button, don’t press repeatedly.)

2. Stay calm and wait for rescue without acting recklessly.

3. While waiting, use emergency supplies stored in the elevator chair if needed.

### If you're trapped… having an elevator chair brings peace of mind!

### [Mutual Assistance Point]

### What is an elevator chair?

It’s a chair installed in the elevator that stores emergency supplies like portable toilets and drinking water. It can also be used as a regular seat. Discuss installing one with your apartment community.

Even if the elevator is working, aftershocks may cause it to stop. Avoid using elevators during disasters.

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## 6. Start Today! Building Community Among Apartment Residents

### [Mutual Assistance Point]

### 1. Start with a simple greeting!

During disasters, individual households may not be able to cope alone. In apartment buildings, you have neighbors who can help. Building relationships in daily life fosters a spirit of mutual aid in emergencies. Start by saying “hello.”

### 2. Form a Community Disaster Preparedness Group!

Setagaya Ward supports resident-formed “Community Disaster Preparedness Groups” that aim to protect lives and help each other during disasters. Building managers or security staff may not always be available. Form a group to create a cooperative support system among residents.

### 3. Coordinate with the local community!

During disasters, it’s difficult for apartment management or disaster groups to handle everything alone. Receiving supplies from designated shelters and gathering disaster information requires coordination with the local community. Build cooperative relationships with neighborhood associations and other local groups to strengthen your apartment’s disaster preparedness.

Setagaya Ward provides support for these groups, including subsidies for disaster supplies like generators, portable toilets, and furniture safety devices.

Check the ward’s website for more details!

# Page 16

## 7. Announcements from the Local Government

The local government provides various support to help residents shelter at home during disasters.  
  
- Want to prepare disaster supplies?  
 → Special offers on disaster supplies  
 Household disaster supplies are available at special prices, including portable toilets and portable power stations.  
  
- Want to prepare for fires?  
 → Offers on seismic circuit breakers, fire extinguishers, and residential fire alarms  
 Seismic circuit breakers automatically shut off electricity when an earthquake is detected, helping prevent fires caused by power surges. Offers are also available for purchasing fire extinguishers and residential fire alarms, as well as collecting old extinguishers.  
  
- Want to strengthen your apartment’s earthquake resistance?  
 → Support for apartment seismic retrofitting  
 To prevent your apartment from collapsing during a major earthquake, support is available for seismic retrofitting, including dispatching expert advisors (such as architects) and subsidies for renovation costs.  
 ※ Various conditions apply to receive support or subsidies.  
  
- Want to prevent furniture from tipping over?  
 → Support for installing anti-tip devices  
 For homes of elderly or disabled residents, the ward will dispatch contractors to install anti-tip devices on furniture in living rooms and bedrooms to prevent tipping during earthquakes. The maximum support amount is up to ¥20,000, including equipment and installation costs.  
  
- Want to prepare for disasters as a community?  
 → “Tokyo Stay-in-Place Apartments”  
 Tokyo Metropolitan Government promotes apartments that allow residents to continue living in their homes during disasters. Registered apartments are eligible for support such as purchasing disaster supplies and installing emergency power sources.  
  
- Want to learn about apartment disaster preparedness?  
 → Information on apartment disaster preparedness in Setagaya Ward is available.

# Page 17

## 8. Disaster Information Collection List

During disasters, you can gather information through various methods.  
Think ahead about which methods suit you best.  
  
- Radio  
 FM Setagaya (Frequency: FM 83.4 MHz)  
 Provides earthquake updates, shelter information, damage reports, and daily life updates.  
  
- Television  
 Use the data broadcast feature (press the “d” button on your remote) to check weather, evacuation, and shelter information.  
  
- Disaster Administrative Radio System  
 Broadcasts disaster information from towers. You can call a dedicated number to hear the broadcasted messages.  
  
- Disaster Radio Response Service  
 📞 Dedicated number: 050-5536-6957 (\*Call charges apply)  
  
- Setagaya Ward Disaster Portal  
 Offers emergency updates during disasters and useful information for daily preparedness.  
  
- Setagaya Ward Website  
 Disaster information is posted on the homepage.  
  
- [Registration Required] Disaster & Crime Prevention Email Service  
 Receive disaster and crime prevention updates via email (available on PC, mobile phones, and smartphones).  
  
- [Registration Required] X (formerly Twitter)  
 Follow @setagaya\_kiki for disaster updates.  
  
- [Registration Required] LINE  
 Access disaster information such as warnings, advisories, and power outage updates via the disaster menu.  
  
- [Registration Required] Tokyo Disaster Preparedness App  
 Learn about disaster preparedness through fun features like “Play,” “Learn,” and “Use.” Includes useful tools like disaster maps and alerts.  
  
- [Registration Required] Yahoo! Disaster Alert App  
 Receive disaster alerts via push notifications.

# Page 18

## 8. What is a Safety Confirmation Card? [Mutual Assistance Point]

Prepare a Safety Confirmation Card and display it at your entrance during a disaster to cooperate with others.

A Safety Confirmation Card is used during disasters to inform others that you are safe (similar to the one on the back cover of this booklet). It helps quickly identify those who truly need assistance, enabling neighbors to provide support and allowing public agencies such as police and fire departments to carry out rescue operations smoothly.

Displaying the card at your entrance lets others immediately understand your household’s status.

## Three Key Points for Using the Safety Confirmation Card

### Point 1

If your household is safe and does not require assistance, display the card outside your entrance.  
Since there is a “72-hour window” for life-saving rescue, keep it displayed for at least three days.

### Point 2

Check nearby residences to see if their Safety Confirmation Cards are displayed.  
If a card is not displayed, it may indicate that the household is not safe!?

### Point 3

Prioritize checking in with households that have not displayed a card.  
If it’s difficult to do alone, ask others for help or request assistance from public agencies.

Let’s establish unified rules for the entire apartment complex to enhance our “disaster preparedness” and “mutual aid capabilities”!

## Answer to the Disaster Quiz on Page 4:

“A is self-help/mutual aid, B is public aid.”  
During the Great Hanshin-Awaji Earthquake, about 80% of rescues were carried out through self-help and mutual aid (help from those nearby), while about 20% were through public aid (rescue by police and emergency services).  
The larger the scale of the disaster, the harder it is to rely solely on public aid.  
Let’s renew our awareness of the importance of helping each other and strengthen our disaster preparedness.

- A: Self-help / Mutual Aid – approx. 80%  
- B: Public Aid – approx. 20%  
Source: 2024 Disaster Management White Paper (Cabinet Office)

# Back Cover

## Disaster Safety Confirmation Card

If your household does not require safety confirmation during a disaster, please display this card on the outside of your entrance door.

For instructions on how to use it, see page 18!

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