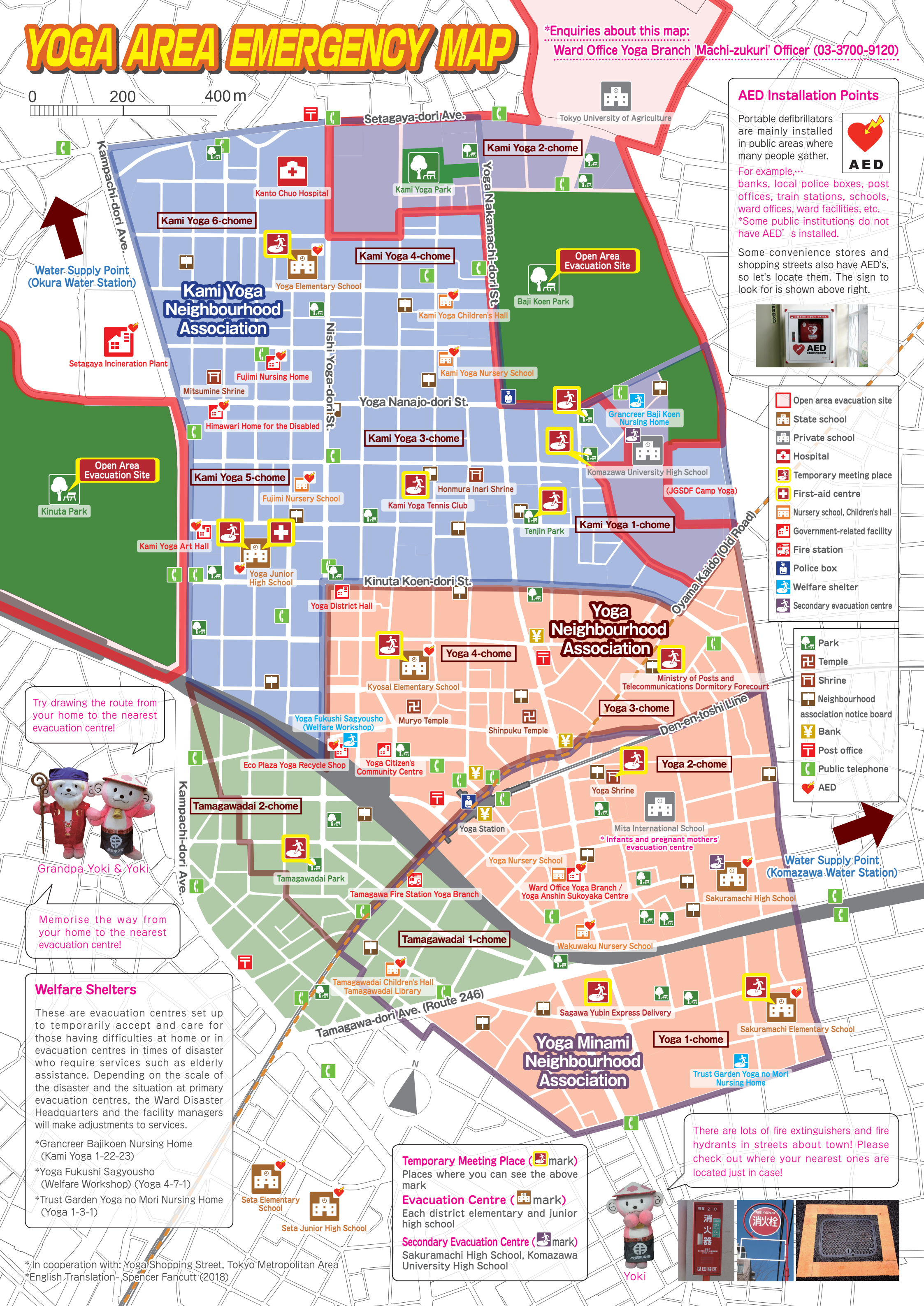


YOGA AREA EMERGENCY MAP

*Enquiries about this map:
Ward Office Yoga Branch 'Machi-zukuri' Officer (03-3700-9120)

0 200 400 m



AED Installation Points

Portable defibrillators are mainly installed in public areas where many people gather.



For example, ... banks, local police boxes, post offices, train stations, schools, ward offices, ward facilities, etc. *Some public institutions do not have AED's installed.

Some convenience stores and shopping streets also have AED's, so let's locate them. The sign to look for is shown above right.



- Open area evacuation site
- State school
- Private school
- Hospital
- Temporary meeting place
- First-aid centre
- Nursery school, Children's hall
- Government-related facility
- Fire station
- Police box
- Welfare shelter
- Secondary evacuation centre

- Park
- Temple
- Shrine
- Neighbourhood association notice board
- Bank
- Post office
- Public telephone
- AED

Water Supply Point (Okura Water Station)

Water Supply Point (Komazawa Water Station)

Try drawing the route from your home to the nearest evacuation centre!

Memorise the way from your home to the nearest evacuation centre!

Welfare Shelters

These are evacuation centres set up to temporarily accept and care for those having difficulties at home or in evacuation centres in times of disaster who require services such as elderly assistance. Depending on the scale of the disaster and the situation at primary evacuation centres, the Ward Disaster Headquarters and the facility managers will make adjustments to services.

- *Grancreeper Bajikoen Nursing Home (Kami Yoga 1-22-23)
- *Yoga Fukushi Sagyousho (Welfare Workshop) (Yoga 4-7-1)
- *Trust Garden Yoga no Mori Nursing Home (Yoga 1-3-1)

- Temporary Meeting Place** (👤 mark)
Places where you can see the above mark
- Evacuation Centre** (🏠 mark)
Each district elementary and junior high school
- Secondary Evacuation Centre** (🏫 mark)
Sakuramachi High School, Komazawa University High School

There are lots of fire extinguishers and fire hydrants in streets about town! Please check out where your nearest ones are located just in case!



*In cooperation with: Yoga Shopping Street, Tokyo Metropolitan Area
*English Translation - Spencer Fancutt (2018)



Everyday Supplies (Rolling Stock Method)

>>Refer to 'Tokyo Bousai' Disaster Prevention Guide, pages 84-93

In the event of a loss of infrastructure, we need to be prepared to take care of ourselves for a number of days. Rather than getting ready special goods like dried biscuits, we can start a cycle of slightly over-buying our usual daily necessities and food, and replacing them as they are used.

- 1 Slightly over-buy food and daily items!
- 2 Keep up a steady over-stock!
- 3 Use goods normally!
- 4 Replace used items!

Use up older items first!

*Having a stock of your favourite foods can help reduce stress while taking refuge in your house.

Neighbourhood Association Members... Human Connections

It is important to join a neighbourhood association to create a safe and stable community. If you know someone in your neighbourhood who is not a member, please recommend becoming one. We are making bonds in our area. Please participate in the neighbourhood emergency drills!

*Contact:
Phone- Ward Office Yoga Branch 'Machi-zukuri' / Emergency Officer (03-3700-9120)
Online- Setagaya Ward General Federation of Neighbourhood Associations
<http://setagaya-chousouren.org/>

Emergency Goods Checklist

>>Refer to 'Tokyo Bousai' Disaster Prevention Guide, pages 84-93

Food (items from daily life) *Don't forget about those with allergies! 	<input type="checkbox"/> Water (e.g. 1 person: 1 box [2-litre bottle x 6]) <input type="checkbox"/> Ready-to-eat rice retort packs/ meals, instant noodles <input type="checkbox"/> Vegetable juice <input type="checkbox"/> Snacks (Chocolate, sweets, etc) <input type="checkbox"/> Canned food (meat, fish, fruit, beans, etc.) <input type="checkbox"/> Favourite drinks (green tea, coffee) <input type="checkbox"/> A set of seasonings
Daily Commodities 	<input type="checkbox"/> Medicines for existing illnesses, a first-aid box <input type="checkbox"/> Portable gas stove (with 6 gas canisters) <input type="checkbox"/> Toilet paper (12 rolls) <input type="checkbox"/> Tissues (7 boxes) <input type="checkbox"/> Anti-bacterial wipes (1 box) <input type="checkbox"/> Disposable self-heating pocket warmers (10) <input type="checkbox"/> Cling film (1) <input type="checkbox"/> Sanitary Pads (60) <input type="checkbox"/> Rubbish bags (30)
Other Essential Items 	<input type="checkbox"/> Portable mini-toilet (enough for 30 visits) <input type="checkbox"/> Emergency hand-crank-powered radio <input type="checkbox"/> Cigarette lighter, batteries <input type="checkbox"/> Flashlights (2) <input type="checkbox"/> Rubber gloves (1 box)

(Let's organise the items in our houses in accordance with the 'Tokyo Bousai' Disaster Prevention Guide!)

Emergency Goods- Points to Remember

>>Refer to 'Tokyo Bousai' Disaster Prevention Guide, pages 84-93

The Refrigerator is a Store for Emergency Provisions

Even if power is lost, we can put together meals for several days if we think about order... using firstly the items from the freezer which will spoil quickly, then the refrigerator food.

Electricity- 7
Internet- 14
Water- 30
Gas- 60

Expected target number of days necessary for each lifeline to be restored to 95% (from 'Tokyo Bousai' Disaster Prevention Guide).

The Importance of Water for Daily Use

To prepare for a cut to the water supply, always leave the bathtub full.

All-Electric Homes

If hot water is available, food items such as instant noodles can be used. Let's prepare a portable gas stove and canisters.

Living Alone

People who use convenience stores a lot should keep a stock at home of instant noodles, ready-to-eat retort pack meals, snacks, drinks, and other things that they like.

Confirm Expiry Dates

It is not only foodstuffs which have expiry dates. Check the dates on batteries, medicines, pocket warmers, etc.



Yoga Area Emergency Map

Let's Get Prepared!

Everyday things...

- 1 Whole family discussions
- 2 Neighbourhood co-operation and assistance
- 3 Community co-operation and assistance



Be sure to check your 'Tokyo Bousai' Disaster Prevention Guide!



*English summary on pages 286-287

Yoga Area Neighbourhood Associations Committee (Kami Yoga / Yoga / Yoga Minami Neighborhood Associations)

*Refold to switch to Emergency Action information

Yoga Area Emergency Map

Act in an Emergency!

When Evacuating...

- 1 Turn gas off at the mains
- 2 Flip the electricity breaker to off
- 3 Call on neighbours
- 4 Do not leave details of your destination on your house (a measure to prevent crime)



Be sure to check your 'Tokyo Bousai' Disaster

*English summary on pages 286-287

Yoga Area Neighbourhood Associations Committee (Kami Yoga / Yoga / Yoga Minami Neighborhood Associations)

Regarding the Toilet During Disasters

I Can't Use the Toilet in a Disaster!?

During a disaster, there is a risk of being unable to use the toilet for various reasons such as electricity blackout, water outages, and damage to water supply or drain pipes or sewage processing facilities. It is necessary to think out alternative means until temporary restoration of facilities (about 1 month in the Great East Japan Earthquake and Tsunami). Currently, an 'Emergency Toilet (simple-type toilet)' (pictured above right) can be purchased online or elsewhere relatively cheaply. Setagaya-Ward also recommends disaster prevention goods.



In addition, please refer to page 201 of the 'Tokyo Bousai' Disaster Prevention Guide for how to construct a 'simple toilet' when you do not have an emergency toilet.

Manhole Toilets

...are seats installed above specially designated manholes, with a water tank below the manhole which fills with underground water. The collected water can be released into a suitable main sewage pipe and refilled as necessary (toilet paper, etc. should be disposed of as combustible rubbish after use). At district elementary and junior high schools, 5-10 such installations are possible. Please attend an emergency evacuation area drill, and see the real thing for yourself.



Access to Important Information & Safety Confirmation

>>Refer to 'Tokyo Bousai' Disaster Prevention Guide, pages 226-227

Special Disaster Message Line ('171')

*Can be tested 1st & 15th of every month

For large-scale disasters such as earthquakes, there is a special disaster message line ('saigaiyo dengon daiyaru') operated by NTT East Japan as a way to confirm the safety of individuals. People in disaster-affected areas can record information regarding their safety, etc. which can be listened to by those in unaffected areas. In addition, they can also send messages to those in disaster zones. Messages are stored for 48 hours.

Message Board for Use in Disasters (<https://www.web171.jp/>)

This is an internet-based message board. Residents in disaster-affected areas can register messages with text information using a telephone number or similar as a keyword. Messages are stored for up to 6 months.



Message Board for Use in Disasters (Mobile Phones)

In the event of a large-scale disaster, each mobile phone provider operates a disaster message board ('saigaiyo dengon ban') which can be used to register or check safety information.

Do you know about FM Setagaya 83.4MHz?

This is a FM radio broadcast which serves as a means to giving access to information during disasters. Please make use of it in your daily life, too.

In an Evacuation

