

# Prepare for Disasters



It's very important to **prepare** for disasters.

## Disaster Preparedness at Home

- Confirm the roles of family members in a disaster situation.
- Confirm how well your home is prepared for earthquakes, windstorms and floods.
- Create and carry an emergency contact card that indicates your family's evacuation sites as well as how to contact one another.
- Store a roughly seven-day supply of potable water and non-perishable food (see "Emergency supplies needed when staying at home" back cover).
- Check the stock of emergency supplies, including a fire extinguisher and a first-aid kit.

## Disaster Preparedness at the Workplace

- For office buildings, store items needed for employees to stay overnight (e.g., water, non-perishable food, blankets, portable radios, flashlights, portable toilets).
- Fix all shelves in the building with fasteners that can hold them in place during an earthquake and take other safety measures.

## Disaster Preparedness for Employees

- Confirm how to obtain accurate information and share necessary information with others.
- Gather items needed to go home on foot (e.g., a map, gloves, a flashlight, sneakers, non-perishable food).
- Check some walking routes for getting home.

## Community Disaster Preparedness



- Creation of a voluntary disaster management organization  
Community members should create a voluntary disaster management organization of their own to help protect their community against disasters.
- Community-based disaster preparedness activities  
After creating the voluntary disaster management organization, community members should take the following actions to prepare for disasters:

- Develop a disaster management plan according to the community's characteristics and determine specific evacuation methods.
- Participate in drills simulating real disasters and learn how to respond to future disasters.
- Mark evacuation sites, dangerous spots and other important locations, including places that keep equipment to be used at the time of disaster, and identify the community's strengths and weaknesses in disaster preparedness.
- Communicate with neighbors to identify who needs support when evacuating to a safe place (e.g., seniors, people with physical/mental disabilities).

## Chuo Ward's Disaster Preparedness Efforts in Cooperation with Relevant Administrative Bodies

- Development of community disaster management leaders  
Some community members can be trained to become community disaster management leaders who can play a leading role in initial fire fighting as well as rescue and first-aid operations.
- Designation of evacuation shelters  
Chuo Ward has designated 19 facilities capable of providing accommodation, meals and other services essential to everyday life (e.g., elementary schools, junior high schools) as evacuation shelters. (The ward has installed signs that indicate the direction and distance to each evacuation shelter in 500 locations in the ward, including on utility poles.)
- Designation of temporary gathering sites  
The ward has designated 39 locations (e.g., plazas, parks, school grounds) as temporary gathering sites.
- Storage and maintenance of rescue equipment and emergency supplies  
The ward office and evacuation shelters are stocked with rescue equipment (e.g., crowbars, jacks) and emergency supplies (e.g., non-perishable food such as instant rice, everyday items).
- Support for voluntary disaster management organizations  
Communities throughout the ward are encouraged to create voluntary community-based disaster management organizations, with organization members being trained to be able to establish and operate shelters. Other support is also provided.
- Support for disaster drills
- Visiting lectures by ward employees for local residents  
Visiting lectures on the theme "How to Prepare for Disasters at Home" and other themes related to disaster management are offered. (For more information on visiting lectures, call the Soumu Group of the General Affairs Department, Chuo Ward Office at 06-6267-9625.)
- Creation and distribution of Emergency Map



Chuo Ward distributes a Chuo Ward Emergency Map (see the previous page) that indicates evacuation shelters, temporary gathering sites, wide area evacuation sites, emergency hospitals and other important locations. The ward also distributes a Disaster and Emergency Map for Chuo-ku Areas (elementary school areas), which was created in cooperation with local residents in each elementary school area. These maps reflect the characteristics of each area.

The Chuo Ward Emergency Map and Disaster and Emergency Map for Chuo-ku Areas are also available on Chuo Ward's website at:

<http://www.city.osaka.lg.jp/contents/wdu020/chuo/english/>

In addition, Chuo Ward is investigating how to support people having trouble returning home at the time of disaster, and has also launched "Chuo-ku Sasae Ai Net (Chuo Ward Mutual Aid Network) Project," through which community members can discuss how to support people needing help at the time of disaster.