



## What You Have to Do at the Shelter:

- 1 Register the names of everyone in your family and your address
- 2 Tell them if you need help or medical care
- 3 Tell them if you have a chronic disease
- 4 Observe the designated times for sleeping and getting up
- 5 Separate the trash according to the rules
- 6 Smoke only in designated places
- 7 Lock your door when you leave your home
- 8 Observe the rules established by the shelter management committee

## Shelter / Evacuation Site

The shelters and evacuation sites in Osaka City are

### Shelters

- ➔ **Designated disaster evacuation sites**  
Facilities that provide the necessities for daily life such as accommodation and food services  
Elementary and junior high schools
- ➔ **Welfare shelters**  
Shelters especially for the elderly and disabled who need special care if they stay in general shelters in the event of a disaster

### Evacuation Sites

- ➔ **Designated safety areas**  
Public spaces such as large parks that are deemed suitable for evacuation if multiple or simultaneous fires, for example, are expected to pose a serious threat to human life.  
\* Evacuation routes → Safe streets or roads to designated safety areas
- ➔ **Temporary evacuation sites**  
Open spaces such as parks and schoolyards for
- ➔ **Evacuation facilities from tsunamis**  
Facilities for temporary or emergency evacuation from

## If You Have Difficulty Getting Home

Stay in a safe place, for example at your workplace. If large numbers of people start moving at once when mass transit stops operating, for example due to a large-scale earthquake, crowds of people headed to train stations can create crush conditions. Other risks include death or injury due to encounters with falling objects on the way home and obstruction of access to emergency vehicles. Head home once mass transit service resumes or when you've verified that congestion has eased.

If you find yourself walking home in the event of a disaster, gas stations, convenience stores, and other businesses displaying the following marks offer assistance including tap water, restroom access, and road information.



## Economy Class Syndrome

**Sitting in the same position for long periods restricts the blood flow in the vein behind the knees and produces blood clots. In severe cases, the blood clots may cause lung obstruction making it hard to breathe or causing chest pain. In the worst case, it may lead to death.**

\*There was a case in which a middle-aged victim of the Niigata Chuetsu Earthquake whose home collapsed spent over three days in a car and had a pulmonary embolism (economy class syndrome).

### To prevent this:

- Drink an appropriate amount of water. Avoid alcohol and caffeinated drinks because they are diuretics.
- Wear loose-fitting clothes instead of tight ones.
- Exercise appropriately with activities like walking and stretching.
- Morning gymnastics can be a good form of exercise.



➔ If you have chest pain or pain, redness, or swelling in your legs, consult your doctor as soon as possible.

For information about places like shelters in each ward (and the disaster prevention maps of your neighborhood), please visit our website: <http://www.city.osaka.lg.jp/kikikanrishitsu/>