

Emergency Contacts

110... Call the Police
119... Call the Fire Department or Ambulance Services



This Handbook was created by the Regional Issues Practicum BOSAI Lab! Our website also features activity reports and columns introducing fun facts about disasters, so please take a look!

When an earthquake occurs

- ① First, stay calm!
- ② Take cover under a desk.
This is because ceiling lights could fall and hit your head. If there's no desk nearby to fully cover your body, at least protect your head.
- ③ Wait until the shaking stops.
- ④ Once the shaking stops, get outside the building!
- ⑤ Gather information using your smartphone, TV, radio, etc.
- ⑥ Evacuate if you're in a coastal area at risk of tsunami!

It is important to check evacuation sites on hazard maps in advance. In urban areas, evacuating to the upper floors of sturdy reinforced concrete buildings is also effective!



When you want to know information

Japan Meteorological Agency Disaster Information

Reliable information is available for each type of disaster



Ministry of Land, Infrastructure, Transport and Tourism Disaster Prevention Portal

A collection of websites providing disaster information! You can jump to various sites from this page



NHK WORLD-JAPAN

From everyday preparedness to essential information you'll want to know when disaster strikes—we have a wide range of articles covering it all.



Safety Tips

A convenient app for obtaining information on disasters in Japan.

Stockpiling and Preparation ①

Items to Take With You

Whistle, Mobile battery, Flashlight, Drinking water, Portable food, Identification Card, Cash, Writing Utensils, Towel, Wet wipes, Cold weather set, Tissues, Portable toilet, First aid kit, Rain gear, Slippers, My number card ...

You may also want to add anything else you particularly need to your list.

Stock Rotation Method

A method of maintaining a constant supply of food at home by regularly purchasing slightly more groceries and processed goods than needed, replenishing only what is used. This ensures you can eat familiar foods even during disasters.

When a fire occurs

Report

- Shout "KAJIDA!" ("Fire!") to alert those around you
- Call 119
- Use a fire extinguisher



Evacuate

- Move in a low position
- Cover your mouth and nose with a cloth
- Open doors carefully
- Evacuate downwind if possible
- Use stairs, not elevators



Wait

- Signal for help from a balcony or window
- Seal gaps around doors with towels or similar items
- Stay calm and wait safely in a secure location

◆ Evacuation Area on Campus

Open-air Concert Hall / Back yard in Lecture Hall (Us) and Lecture Hall 7 (Ed) / Multi-purpose Sports Ground / Athletics Field / Kokudai-nishi Bus Roundabout / North Gate Side Road / Around Institutes for Advanced Research Bldg.2 (former Around the Science and Technology Library)

◆ Campus Facilities Available for Public Use

Lecture Hall 1 & 2 (Bus. Admin) / Lecture Hall 1 & 2 (Econ) / Lecture Hall (Us) / Lecture Hall 7 (Ed) / Lecture Hall A, B, C (Eng) / Central Library / Gymnasium

The above is official information provided by the university regarding earthquake response procedures. In the event of a disaster, follow on-site instructions and take life-saving evacuation actions!

Stockpiling and Preparation ②

Emergency Supplies (Per Person)

Prepare at least 3 days' worth, ideally 7 days' worth!

① Food

Beverages Water, packaged rice, retort pouch meals, instant noodles are essential. Also include vegetable juice and canned fruit!

② Hygiene Supplies

Portable toilets, wet wipes, tissues, sweat-wiping sheets

③ Household Supplies

Cassette stove, garbage bags, batteries, plastic wrap, aluminum foil

On the Tokyo Metropolitan Government website, you can check the list of necessary emergency supplies based on your household size and attributes. Be sure to check it and use it as a reference!



Alert Level

Always check the latest information.

Level 5	Immediately move to a safer location than where you are now.
~ Evacuate by Levels 3 and 4 ~	
Level 4	Everyone evacuate from the dangerous area.
Level 3	Elderly individuals and others who require time to evacuate.
Level 2	Re-confirm disaster risks, evacuation routes, and local government evacuation information. (including how to obtain it)
Level 1	Stay tuned for further updates.

Personal Timeline

An evacuation action plan is a chronological outline detailing when, who, and what actions to take when a disaster occurs. Preparing this plan in advance allows for calm and orderly evacuation actions when a disaster strikes.

This is Yokohama City's Personal Timeline Creation Worksheet. Please print it out and give it a try!

You can also learn various other things about disaster preparedness.

