

Disaster Survival Card



Disaster Prevention Division,
Department of Risk Management,
General Affairs Bureau

How to use Disaster Message Boards

You can check on your family's safety even if your cellular phone companies differ.

【(DOCOMO) i-mode

[[iMenu]]>[[Disaster Message Board]]

【(au) Ezweb

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【(SoftBank) Yahoo! Keitai

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【(WILLCOM) H"LINK

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Message Boards are open for practice purposes on the 1st and 15th each month, so please practice regularly with your family.

If uncertain whether to go home...

First, gather information from the radio or other similar sources

- ◆ Make your way home after tremors have stopped (watch out for falling glass in the dark)
- ◆ Consider whether or not you can reach home before sunset (refer to sunrise/ sunset timetable)
- ◆ If it is difficult to get home before sunset, stay at your workplace, school, etc. or otherwise find temporary accommodations or an evacuation shelter.
- ◆ If you consider walking home, note the following:
 - at a walking speed of 2.5 Km /hour, 10 Km would take 4 hours
 - 10 Km is the limit in leather shoes
 - Keep a pair of sneakers with you at all times

When a disaster strikes

1. When an earthquake hits, stay calm and protect yourself.
2. When the shaking stops, put out any flames in use, turn off the breaker switch to prevent fires and secure an exit.
3. Put out any fires using a fire extinguisher and call 119.
4. After ensuring that you and your family are safe, contact such places as your embassy to let them know you are safe and if possible let them know the extent of the damage around you.
5. Let your friends know you are safe by recording a message through the Disaster Message Board service, etc.
6. Where possible, help prevent the spread of the disaster by extinguishing fires in your community, helping to rescue people from collapsed buildings and so on.

When an Earthquake strikes!

Or the 'Earthquake Early Warning' alarm goes off

→Shout "Jishin da"! (Earthquake!)

<When Indoors>

1. Move away from large furniture and heavy appliances and go under a table.
2. Turn off gas ranges, heaters, etc., once the shaking subsides.
3. Secure an exit by opening a door or window.
4. Do not rush outside.

<When Outdoors>

1. Protect your head with a bag, clothing, helmet, etc., and move to a safe, open space (broken glass from a building will fly a distance equivalent to half height of building).
2. Stay away from walls, gate pillars and the like.

Wait for the shaking to stop before doing anything!

Help friends and neighbors when it's safe to do so

<Evacuation Precautions>

1. Watch out for falling glass and outside walls. Also, cracked building walls and slanted pillars may fall.
2. Avoid narrow streets, cliffs, rivers or areas near the sea.
3. Take a mask or damp towel with you.
4. Cover your head with something such as a helmet.
5. In case of fire, go in the direction of the wind. If driving, pull over to the side of the road.
6. Do not touch or step on fallen power lines.

How to use the Disaster Emergency Message Dial

Dial 171

【Prompt】

Press 1⇒Record , Press 2⇒Play back

【Prompt】

Persons in the affected areas should dial their home number while persons outside the affected areas should dial the number of someone in the affected areas, starting from the area code.

【Prompt】

Press 1 then pound key (#)

【Prompt】

Record / Play back [up to 30 seconds]

Press 9 then pound key (#)

【Prompt】

Please check the link below in advance.
<http://www.ntt-east.co.jp/saigai/voice171/index.html>

- ◆ Travel in a group with other people going in the same direction.
- ◆ Use main roads when walking home.

Rather than insisting blindly on going home, check that conditions are safe first!

Estimated Times of Sunrise / Sunset

It gets dark 1 hour earlier during bad weather.

【Tokyo】

Mar. 20	0 5 : 4 5	1 7 : 5 3
Jun 20	0 4 : 2 5	1 9 : 0 0
Sept. 20	0 5 : 2 7	1 7 : 4 1
Dec. 20	0 6 : 4 6	1 6 : 3 1

【Saitama】

Mar. 20	0 5 : 4 6	1 7 : 5 3
Jun 20	0 4 : 2 5	1 9 : 0 1
Sept. 20	0 5 : 2 7	1 7 : 4 2
Dec. 20	0 6 : 4 7	1 6 : 3 1

Telephones in order of accessibility during a disaster

- ① Payphones (telephone cards cannot be used during a blackout so have 10 yen coins ready)
- ② PHS
- ③ Landline Telephones
- ④ Cellular Phones

It is difficult to make calls during a disaster so please make use of other resources such as the Disaster Emergency Message Dial, Emergency Message Board services, emails, website bulletin boards, Twitter, etc.

Routine Preparations

- Store at least 3 days worth of drinking water, food and batteries.
- Do not place furniture around your bed and sleep with shoes by your bedside.
- Find out locations of temporary evacuation sites and evacuation shelters.
- Know the locations of Shinsaiji Kitaku Shien Stations* (Disaster Get-Home Support Stations- convenience stores, family restaurants, fast food restaurants, etc.).

*Shops with this sticker



Contact Numbers for Saitama City

Saitama Call Center	048-835-3156 (8:00~21:00)
Saitama City Hall	048-829-1111
Nishi Ward Office	048-622-1111
Kita Ward Office	048-653-1111
Omiya Ward Office	048-657-0111
Minuma Ward Office	048-687-1111
Chuo Ward Office	048-856-1111
Sakura Ward Office	048-858-1111
Urawa Ward Office	048-825-1111
Minami Ward Office	048-838-1111
Midori Ward Office	048-874-1111
Iwatsuki Ward Office	048-790-0111

Saitama City Website
<http://www.city.saitama.jp>

Greater Tokyo Disaster Network
[9 Tokenshi (9 Prefectures and Cities)]
<http://www.9tokenshi-bousai.jp>

Disaster Preparedness Checklist

Areas to check	✓/×
Confirm location of evacuation areas (work/ home)	
Know route to evacuation areas	
Keep sneakers (athletic shoes) at work	
Check route to your home on foot	
Helmet	
Emergency food, water (3 liters/ day/ person)	
Flashlight and extra batteries	
Cellular phone and extra batteries	
Portable radio and extra batteries	
Household medicines	
First Aid kit	
Whistle	
Sleeping bag or blanket	

Prepare an Emergency Bag

- cash, seal, bankbook, health card
- drinking water, emergency food, blankets
- household medicines
- glasses
- cellular phone, extra batteries (charger)
- personal information (blood type, medical conditions, etc.)
- pictures of family (in case you are separated from them)
- plastic shopping bags, tissue, masks, newspaper, lighters (matches)
- some towels
- flashlight, extra batteries, candles
- portable radio, extra batteries
- pens, permanent markers, packing tape
- large-sized kitchen wrap (for warmth, first-aid)
- work gloves with rubber lining, toilet
- whistle
- rainwear, pocket heaters, plastic picnic sheets
- underwear, change of clothing

This list is only an example. Prepare whatever items you will need!

Contact Information

Name	
Date of Birth	Sex: M F
Address:	
Workplace:	
Emergency Contact	
① ()	
② ()	
③ ()	

Hospital Information

Illness under treatment:
Medicines
Hospital:
Doctor:
Allergies Food (+ -) Medicines (+ -)
Other
Blood Type:

Contact Info for Evacuation Shelter / Relatives

Evacuation Shelter :

Tel Number :

Relative's Address :

Tel Number :

Relative's Address :

Tel Number :

Have regular family discussions about the evacuation shelter your family will use if evacuation from home becomes necessary and decide on a contact number to reach each other in advance.