



A simple  
disaster preparedness guidebook  
for living safely in Mitaka  
(Published April 2026)

Published by

Mitaka City Planning Department Peace and Human Rights Section

Cooperation

Mitaka City Disaster Preparedness and Safety Department, Disaster Preparedness Section  
Mitaka International Society for HOspitality (MISHOP)  
Mitaka International Roundtable (13th and 14th Sessions)  
Office for Mitaka Minnano Bousai

# For Living Safely in Mitaka

A Simple

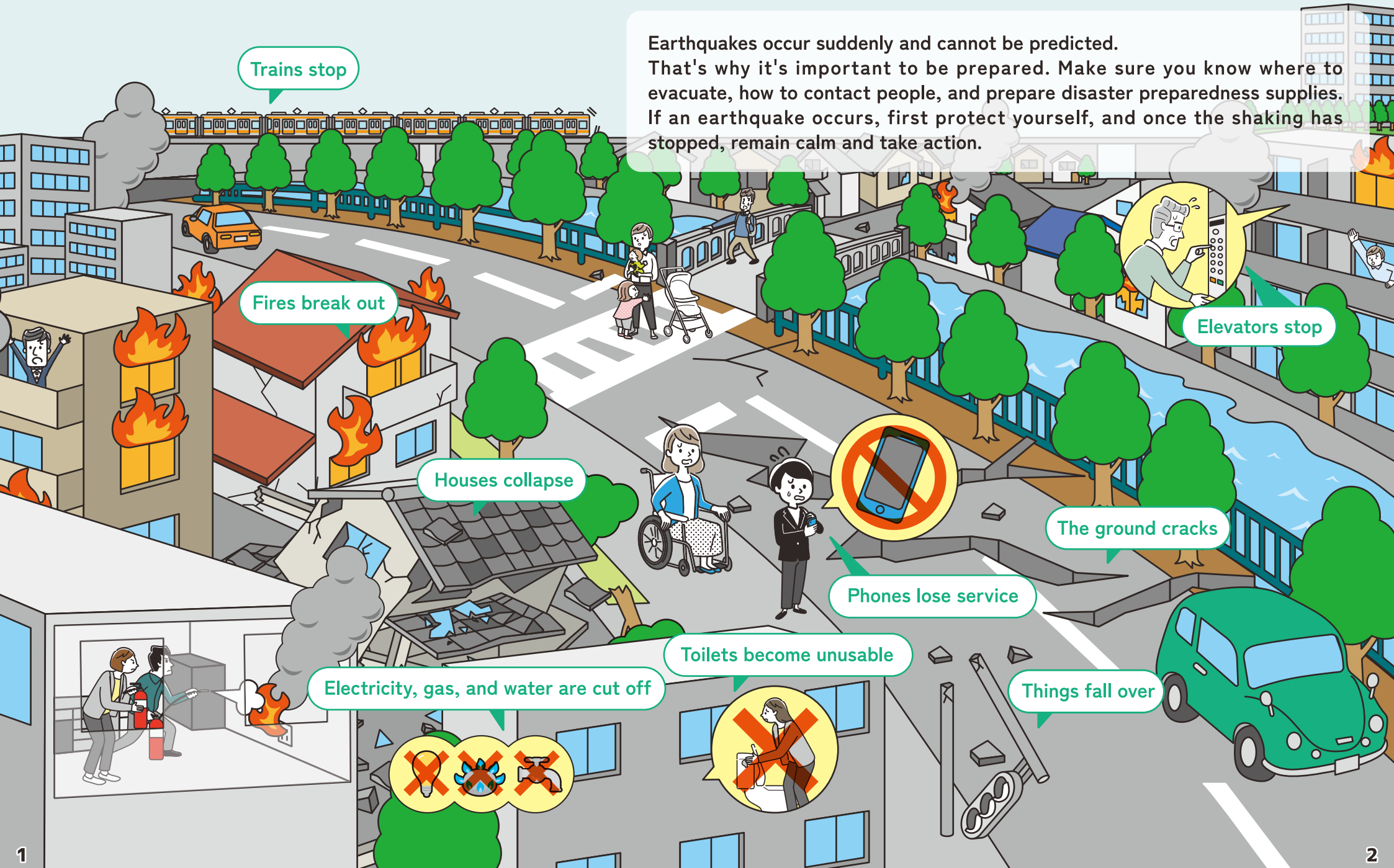
# ぼうさい 防災ガイドブック

Disaster Preparedness Guidebook



Disaster preparedness is about protecting lives and staying safe from disasters such as earthquakes and typhoons. Japan is a country prone to disasters. Prepare before a disaster strikes to protect yourself and your loved ones.

Earthquakes occur suddenly and cannot be predicted. That's why it's important to be prepared. Make sure you know where to evacuate, how to contact people, and prepare disaster preparedness supplies. If an earthquake occurs, first protect yourself, and once the shaking has stopped, remain calm and take action.



Trains stop

Fires break out

Houses collapse

Elevators stop

The ground cracks

Phones lose service

Toilets become unusable

Electricity, gas, and water are cut off

Things fall over

## Be prepared at home

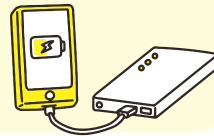
### You need to **prepare for three days!**

#### Things to prepare (examples)

- Water (3 liters per person per day)
- Food
- Lanterns, lights, batteries, mobile batteries
- Daily necessities (toilet paper, portable toilets, sanitary products, plastic bags, etc.)
- Things used for health and cleaning  
(Things to treat injuries, regular medications, wet wipes, disinfectants, etc.)
- Portable stove and gas

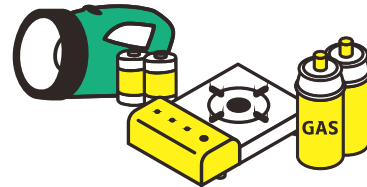
<People with babies>

- Diapers, wipes, milk



### Preparations for when electricity, water, and gas are cut off

Be sure to prepare lanterns, lights, mobile batteries, etc.  
With a portable stove and gas, you can heat water and cook food.



### You won't be able to use the toilet either!

Have a portable toilet ready.  
You can buy one at home improvement stores and drugstores.

- 5 uses per person per day
- For each family member
- Minimum 3-day supply (Recommended 7-day supply)

For a family of four, you'll need at least 60 uses!!



## Pack everything in a backpack so you can take it with you when you need it.

### Examples of things to take with you when evacuating:

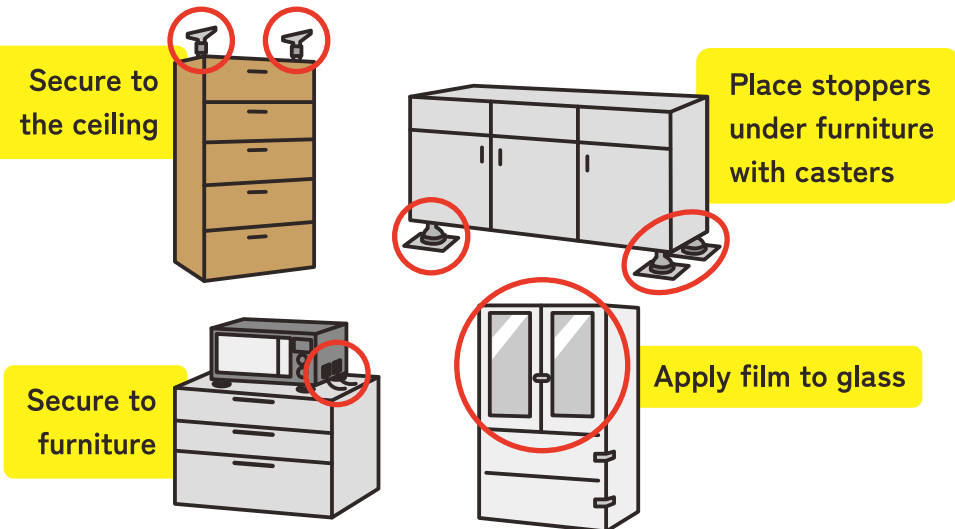
- |  |  |
|--|--|
| <input type="checkbox"/> Passport, residence card        | <input type="checkbox"/> Things for treating injuries<br>(Adhesive bandages, disinfectant, bandages, etc.) |
| <input type="checkbox"/> Masks                           | <input type="checkbox"/> Mobile battery  |
| <input type="checkbox"/> Helmet (foldable is convenient) | <input type="checkbox"/> Money (including coins)   |
| <input type="checkbox"/> Towels                          | <input type="checkbox"/> Regularly taken medicine  |
| <input type="checkbox"/> Water                           |  |
| <input type="checkbox"/> Food                            |  |

※If you have religious or other dietary restrictions, be especially careful when preparing your meals.



## Secure your furniture to make your home safe

Securing devices can be purchased at **home improvement stores**.



Discuss with your family and friends how to evacuate and contact each other.

**How do we get in contact?**

Decide how you will contact each other when you cannot use the phone.

**Where to evacuate?**

Make sure you know where to evacuate nearby.

**Which routes are safe to use?**

Avoid dangerous areas and take safe routes.



**What should I do if I'm home alone?**

Discuss what you will do if you are alone.

**What areas are dangerous?**

Check for dangerous areas in and around your home.

Participate in disaster drills

Participate in disaster drills so that you will be able to act calmly if something happens.

In Mitaka City, comprehensive disaster drills are held at schools and other locations every year from September to November.

It will be announced on the Mitaka City website and in the Mitaka Public Relations newsletter when they are held.

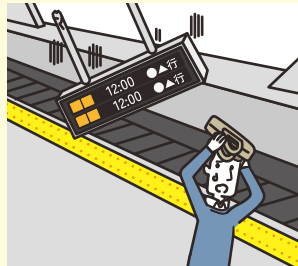


## If an earthquake occurs, protect your head and body.

Take cover under a desk, etc.  
Don't rush outside.



If you are outside, stay away from anything that may fall.



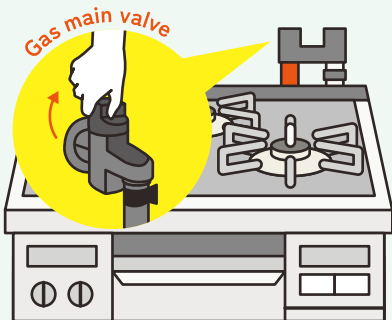
## Wait until the earthquake stops.

- Once the earthquake has stopped, calmly put out any fire.
- To avoid injury, wear shoes even indoors.
- Open doors and windows to create an escape route.

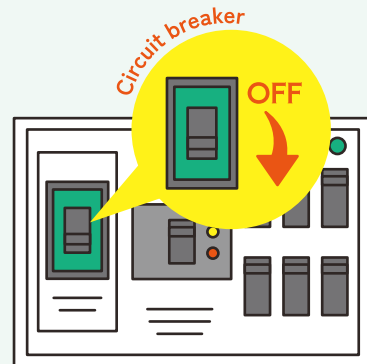


## Many fires occur after a big earthquake!

Close the gas main when leaving your house



Turn off the circuit breaker when leaving your house.



## What to do when an earthquake occurs

It's an Earthquake!  
Personal safety first



Risk of fire and house damage

Risk

No risk

### Temporary evacuation shelters

Parks, elementary and junior high school grounds, etc.



Return home once you have confirmed that your house and surrounding area are safe.

### Shelter at home



Living at home

**+** Supporting life at home

If you can't live at home, live in a evacuation shelter.

### Evacuation shelters

Elementary and junior high schools, community centers, etc.

\*See P15 for details.



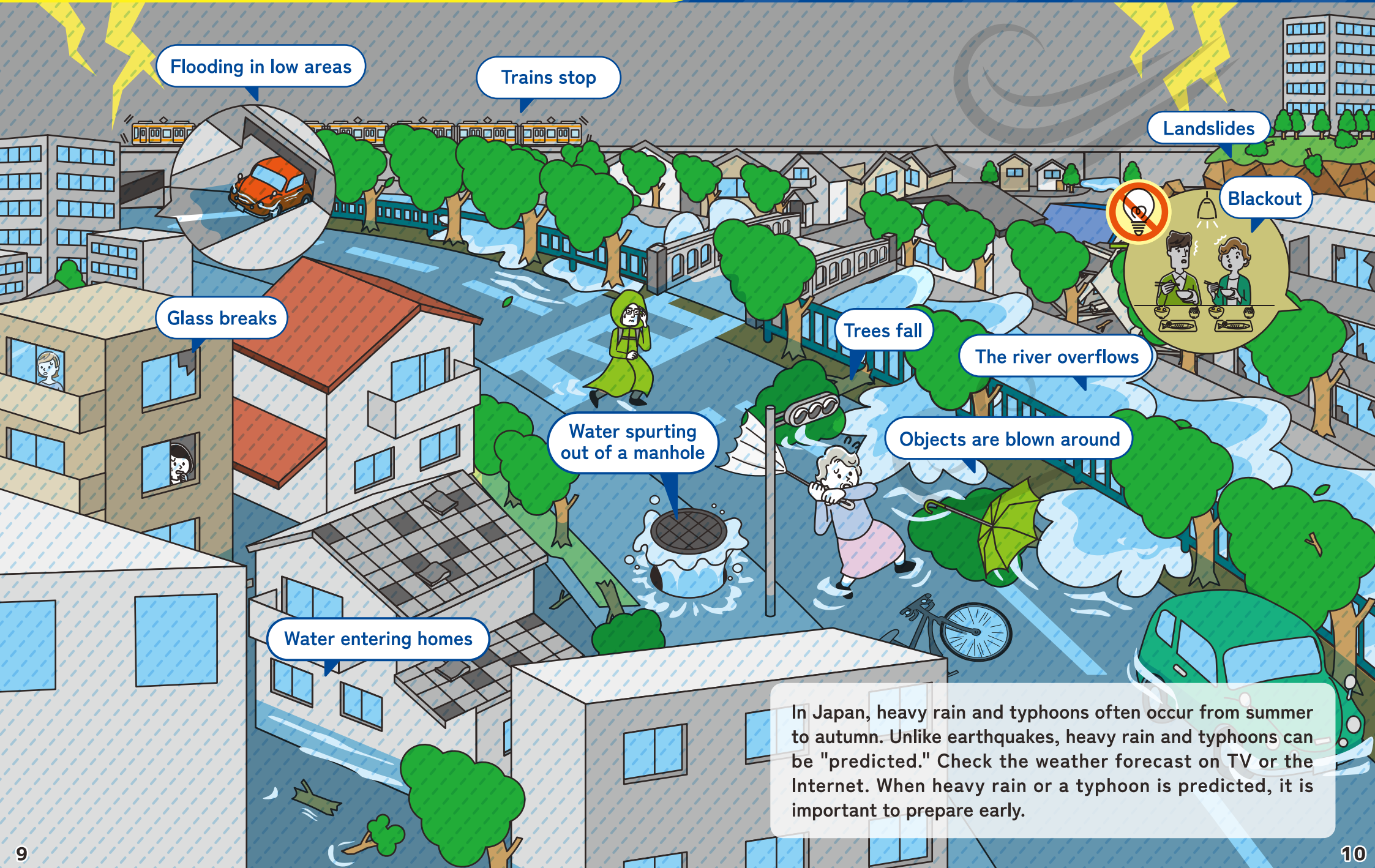
Disaster-response support facility

As a place for the local community to help each other, it serves hot meals and provides temporary toilets. (It can be built in parks, etc.)

## A story about the major earthquake on March 11, 2011

During the Great East Japan Earthquake in 2011, I struggled to adapt to life in an unfamiliar evacuation shelter. I felt that measures and preparations were necessary so that I could continue living in the home I was accustomed to.





Flooding in low areas

Trains stop

Landslides



Blackout

Glass breaks

Trees fall

The river overflows

Water spurring out of a manhole

Objects are blown around

Water entering homes

In Japan, heavy rain and typhoons often occur from summer to autumn. Unlike earthquakes, heavy rain and typhoons can be "predicted." Check the weather forecast on TV or the Internet. When heavy rain or a typhoon is predicted, it is important to prepare early.

## Things to prepare in advance

### Check the weather forecast

In Japan, the weather forecast for up to a week ahead can be viewed on TV or the Internet every day. Be sure to check the weather forecast, especially in summer and autumn when heavy rain and typhoons are frequent.



### Check the hazard map

A hazard map shows areas that are at risk from flooding and where evacuation shelters are located. Check for dangers around your home and in areas you frequent.



### Actual examples in the city



The Nogawa River swelled due to heavy rain (Osawa area)



Water may gush out from the drainage channels. (Shinkawa area)



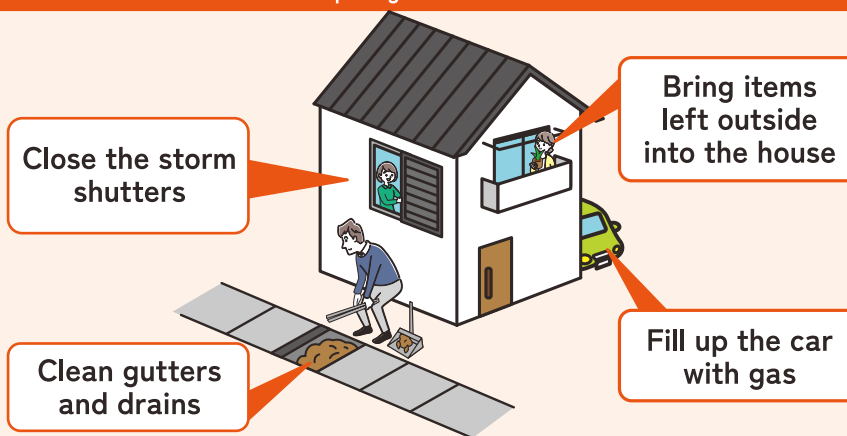
Landslides (Inokashira area)

## If you know that heavy rain or a typhoon is coming

### Ensure the safety of the inside and outside of your house

The weather in Japan is quite changeable. Rain or wind can suddenly become strong, making preparation difficult.

#### Preparing outside the home



#### Preparation inside the house

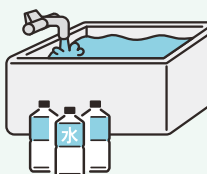


#### Check emergency supplies

Prepare the items listed on pages 3 and 4



#### Apply shatter-resistant film to window glass



#### Prepare water

In addition to drinking water, keep water in your bathtub. It can be used for the toilet if the water supply stops.

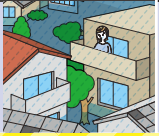






#### Fully charge your smartphone and computer

## When heavy rain or a typhoon occurs!

It is dangerous to go outside during heavy rain or typhoons. Please stay safe at home. Mitaka City will notify you if it is necessary to evacuate. However, if you feel it is dangerous to stay at home, please decide for yourself and evacuate even before the notification.

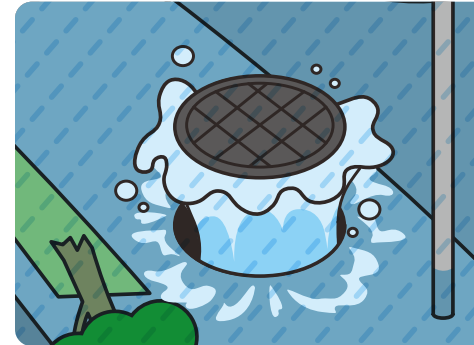
Evacuate to a safe place  
by alert level **4**.

Alert Level	Situation around you	Actions to take	Evacuation Information
<b>5</b>	A disaster has occurred or may occur 	Danger to life Hurry and ensure safety!	Emergency safety measures
<b>Be sure to evacuate by alert level 4</b>			
<b>4</b>	A disaster may occur soon 	Evacuate from dangerous areas	Evacuation order for everyone
<b>3</b>	A disaster may occur 	Older people and those who take longer to escape should evacuate from dangerous areas	Evacuation of the elderly and others requiring assistance
<b>2</b>	The weather is getting worse 	Check evacuation routes and locations on the hazard map	Heavy Rain, Flood, and Storm Surge Advisory (Japan Meteorological Agency)
<b>1</b>	The weather may deteriorate 		Early advisory information (Japan Meteorological Agency)

## Gather information!

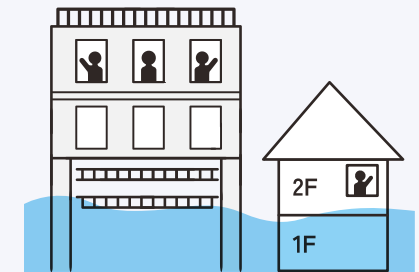
You can check the alert level for your area on the Mitaka City website, Mitaka City Official X, or LINE. Evacuation calls may also be broadcast via disaster-prevention radio or public information vehicles.

## Never go near dangerous places!



- It is dangerous to go near rivers or irrigation channels.
- Water may also gush out from manholes.
- Your car may become submerged in water and become unable to move.

If you are unable to evacuate in time or if it is at night, do not go outside if possible. Get to a **higher place**, such as the **second floor!**



Use a water-resistant backpack, or keep the contents in zippered plastic bags.



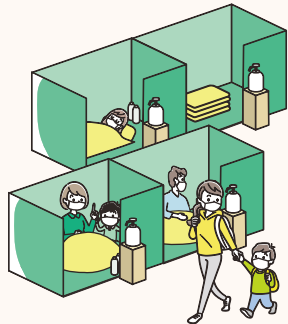
# Chapter 3 Evacuation Shelters

Even after a disaster occurs, if your home and the surrounding area are safe, you can stay home. If your house catches fire or is destroyed and becomes uninhabitable due to an earthquake, go to an evacuation shelter.

In the event of heavy rain or a typhoon, evacuate by alert level 4.

※Evacuation shelters may not open immediately depending on the situation of the disaster.  
Before going to a shelter, check the Mitaka City website, Mitaka City official X, LINE, etc. to see if it is open.

Observe the rules in the shelter.



Food and other items for daily life will be distributed.



※If you have religious or other dietary restrictions, be especially careful when preparing your meals.

You can bring pets with you.



※Bring a pet cage and necessary items

Observe the rules and manners

Take infection-prevention measures, such as wearing a mask.



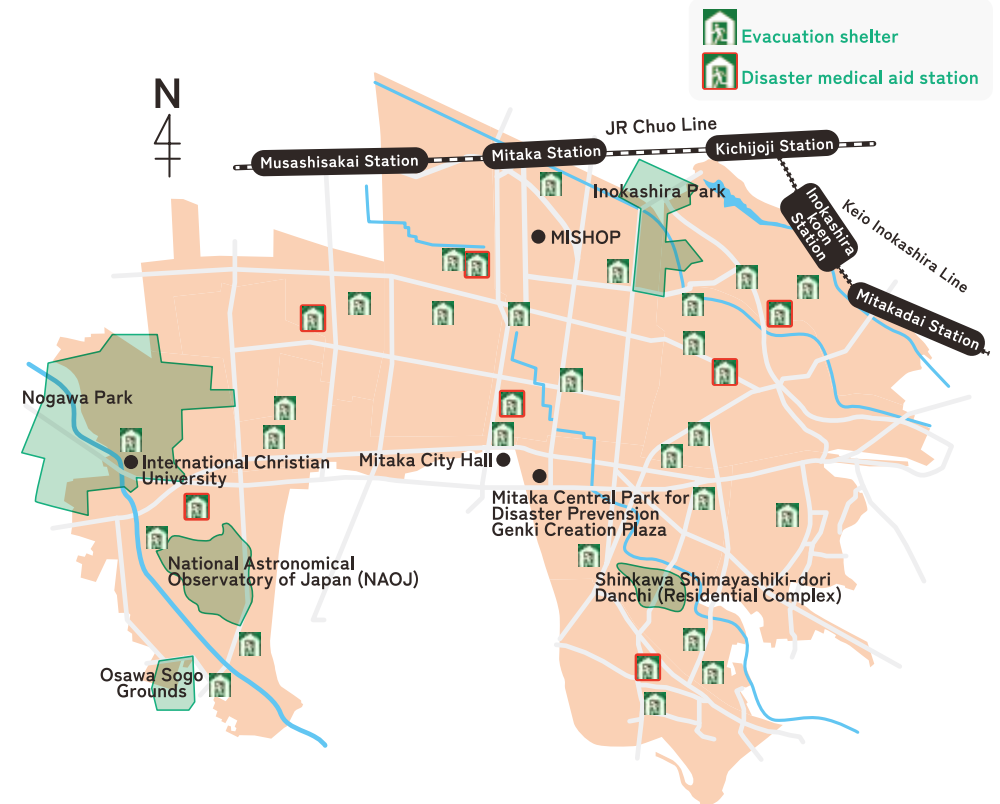
Be mindful of security.

Always keep your important items with you



## Check the nearest evacuation shelter

Evacuation shelters will be set up in elementary schools, junior high schools, community centers, etc. When necessary, volunteer interpreters and translators will be sent to evacuation shelters.  
\*Some evacuation shelters cannot be used during heavy rain or typhoons.



You can check the locations of evacuation shelters. (Mitaka City Disaster Preparedness Map)



If you are out and about, avoid moving around as much as possible, and go to a nearby safe place. You can check safe places here.



### A story about going to a shelter during heavy rain

It was my first time there and I didn't know many things, but someone I knew helped me. I realized that it is important to maintain good relationships with people living nearby.

### Attention!

Hospitals in the city will be closed. You will not be able to receive treatment. If you are injured and unable to treat yourself, or if you are feeling unwell, you can receive medical treatment at disaster medical aid stations set up in seven elementary schools in the city.

# Useful information in the event of a disaster

**Attention!** When a disaster occurs, there may be a lot of incorrect information! Check information from public institutions such as city hall.

## Stay in touch

The following are methods to contact family and friends when you cannot use your home phone or smartphone.

### Public telephones

Public telephones are easier to connect than other phones. At evacuation shelters, there are special public telephones that can be used only when a disaster occurs.



### Disaster Emergency Message Board (web171)

You can exchange messages online.

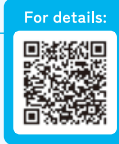
**Supported languages** English, Korean, and Chinese



### Google Person Finder

It is easy to connect from overseas. You can message that you are safe or check whether other people are safe.

**Supported languages** Approximately 80 languages



## Gather information

### Mitaka City website

You can check whether evacuation shelters are open and other information.

**Supported languages** English, Korean, Chinese (Simplified and Traditional)



### Safety Tips

This is an app for people visiting Japan from overseas. You will receive alerts such as earthquake early warnings and special weather alerts.

**Earthquake early warning** This is a warning that an earthquake is coming soon.

**Special weather alert** This is an alert that informs you that the weather will become extremely severe.

**Supported languages** 15 languages including English, Korean, Chinese, and Nepali



### VACAN Maps

You can check whether evacuation shelters are open and how crowded they are.

**If you need help:** Mitaka International Society for HOspitality (MISHOP)

They provide information necessary for foreign residents and offer daily life consultations. They also work with volunteers to support foreigners at evacuation shelters and other locations.

Phone No. **0422-43-7812**

## My Disaster Preparedness Note

Write down what you have researched and what you have decided after discussing it with your family.

A place where the family members gather in the event of a major earthquake

Temporary evacuation shelter:

\_\_\_\_\_

\_\_\_\_\_

Evacuation shelter:

\_\_\_\_\_

\_\_\_\_\_

Evacuation shelter during heavy rain or a typhoon

\_\_\_\_\_

Family contact information

Name	Phone number

How to contact each other when the phone is not working

LINE   
  Disaster Emergency Message Dial 171  
 Disaster Emergency Message Board web171   
  Others(    )