

Disaster Prevention in Nakano City

Preparation for Earthquakes



Keeping Our Community Safe From Natural Disasters

With densely packed houses, narrow streets, and few parks and open spaces, the town of Nakano is vulnerable to natural disasters such as earthquakes. To protect our community, we are strengthening Nakano City's infrastructure against natural disasters, by fireproofing basic city facilities like roads and parks, and promoting earthquake resistant architecture. At the same time, however, it is vitally important to raise the level of disaster awareness among each and every one of our city's residents, and improve the ability of the ward community to respond to hazards and limit their damage. The Nakano City authorities are working together with all city residents to realise this aim and keep our town safe from disasters. This pamphlet explains how the cooperation of everybody in the area can limit damage and stop a hazard from becoming a disaster, and what you, as a resident of the city, should know and do to help keep us all safe. By talking about what to do in an emergency, both in homes and in the community, and taking active steps to prepare for the possibility, we can be well prepared for when we really need to act.

Nakano City Disaster Prevention Section
2014.3

Organizations Concerned With Disaster Prevention

Duty	Department	Address	Telephone
Road/Bridge	Nakano City	Nakano 4-8-1, Nakano City	3389-1111
	Tokyo Metropolitan No.3 Public Works Office	Nakano 4-8-1, Nakano City	3387-5132
	Nakano Police Station	Chuo 2-47-2, Nakano City	3366-0110
	Nogata Police Station	Nakano 4-12-1, Nakano City	3386-0110
	Nakano Fire Station	Chuo 3-25-3, Nakano City	3366-0119
	Nogata Fire Station	Maruyama 2-21-1, Nakano City	3330-0119
Drinking Water	Waterworks Department, Nakano Office	Nakano 1-5-7, Nakano City	5925-2921
Sewerage	Sewerage Department, Seibu 1st Sewerage Office	Arai 3-37-1, Nakano City	5343-6200
Telephone	NTT East-Tokyo Co.Ltd.,	Kita-Shinjuku 1-5-1, Shinjuku City	116
Electricity	Tokyo Electric Power Company Ltd, Ogikubo Branch	Minami-Ogikubo 4-10-11, Suginami City	0120-995-006
Gas	Tokyo Gas Ltd, Central Branch	Meguro 3-1-3, Meguro City	0570-002211

The Bosaikai(Local Residents' Disaster Prevention Associations)

In order to keep damage at a minimum, it is vital that all local residents cooperate systematically to respond to the emergency and protect their area. For this purpose, Local Residents' Disaster Prevention Associations (Bosaikai) have been established in Nakano City since 1976, supported by the city authorities. The bosaikai are autonomous disaster prevention organisations to which all residents in a locality belong. They are organised primarily into units for each administrative area (i.e. according to the jurisdictions of town councils and local authorities). This means that everybody living in a particular area becomes a member of that area's Bosaikai. At time of writing (March 2014) 115 of these organisations have been established, and are carrying out disaster prevention training etc. We thank all residents for cooperating with their Bosaikai to actively take part in disaster prevention activities in their locality.

IN A DISASTER, YOU HELP YOURSELF; ALL OF YOU ARE EXPECTED

Nakano City will take action as quickly as possible after a disaster occurs. on the track. So whether you can minimize damage from a disaster or not

TO PROTECT YOURSELVES AND YOUR COMMUNITIES ON YOUR OWN.

However, it takes time to establish the administrative measures for an emergency is largely dependent on how you act during the first few hours and days!

Nakano City takes in an emergency.

Summons disaster prevention staff members and other people in charge.

Starts collecting information.

Establishes Disaster Prevention Headquarters.

Starts emergency operations.

An earthquake has occurred!

Five minutes later

Ten minutes later

A half day later

Second day

Third day and after

First thing you should do: protect yourself from falling objects!
As soon as you feel an earthquake, take action to protect yourself from falling objects; for example, get under a desk or a table and get away from furniture.

It is advisable for you to check the safety of your rooms regularly. You can prevent furniture from falling by taking simple measures.

Turn off gas, oil heaters, etc. immediately after the tremors have stopped to prevent fire.
You have three chances to put out a fire:
1 When you feel an earthquake;
2 When the first strong tremors stop; and
3 Immediately after a fire breaks out.

Before you leave your room, be sure to switch the circuit breaker off and unplug TV sets and other electric appliances.

Don't panic and stay calm!

After putting out a fire, check your house to see that it is safe!
Once you have made sure you are safe, help your family members secure their safety!

Check the safety of your neighbors and help each other!
Avoid being misled by false rumors and try to act on correct information obtained from news organs and municipalities.

To inform your friends and relatives of your safety, learn how to use the disaster message telephone line. If you want to record your telephone message: Dial 171-1-0000-0000 (Home telephone number etc.). If you want to play back a telephone message: Dial 171-2-0000-0000. It will be relatively easy for you to call friends or relatives far from the disaster area. So if you in a stricken district and cannot contact family members, friends, and relatives near the area, call someone you know who lives far from the district and ask them to inform your family and friends of your safety.

Try to take care of yourself and your family for the first two to three days.
Lifelines including water, gas, electricity, and telephone service, as well as food distribution are suspended for several days after an earthquake. Always make the necessary preparations to live for two or three days by yourself.

Days needed for the total restoration of services after the Great Hanshin-Awaji Earthquake on January 17, 1995:

- Water service: 90 days (completely restored on April 17)
- Electric power: 7 days (completely restored on January 23)
- City gas: 84 days (completely restored on April 11)

Full-scale restoration activities started.
Emergency and restoration activities of disaster prevention organizations will be put into action and repair work will begin in earnest. Volunteer activities will be started, too. Residents, companies, and municipal governments will unite to reconstruct the city.

Let's all work together!

Countermeasures to be taken in advance(1)
Check the safety of your house!
(1) Inspect your house and reinforce it if necessary. Replace concrete block walls with hedges if possible (Some wards and municipalities offer a subsidy to residents who convert a concrete block wall into a hedge).
(2) Secure furniture and avoid piling many objects on it. In particular, secure adequate safe space in the bedroom.
(3) Take sufficient care over the management and custody of oil heaters and other appliances using naked flames, as well as of dangerous objects.

Subject your house to an earthquake-resistance test.

Check concrete block walls. Secure bookshelves.

Secure piano and refrigerator. Secure a chest of drawers.

Countermeasures to be taken in advance(2)
Let's take part in disaster drills regularly so that you can put out a fire in an emergency.

Store water in a bathtub or other containers.

Countermeasures to be taken in advance(3)
Hold a family meeting on disaster prevention at least once a month!
● Decide how to divide work among family members, where to take refuge, and how to communicate with one another in an emergency.

Responsible for securing emergency supplies and information. Take charge of fire-fighting. Responsible for opening doors for evacuation.

Protect and help elderly or handicapped members.

● Protect yourself from injuries caused by broken glass. Have slippers, sneakers, and the like ready for emergency use! To prepare for a power failure at night, store these at a predetermined place.

● Prepare rescue equipment, such as crowbars, saws, shovels, jacks, and flashlights.

Countermeasures to be taken in advance(4)
Let's establish a cooperation system with neighbors to prepare for an emergency.

1 Discuss rescue and preventive activities.
2 Take part in a citizens' disaster prevention team.
3 Participate in disaster drills.

Countermeasures to be taken in advance(5)
Prepare for an emergency to protect your life.

● Emergency supplies:
(1) Drinking water
(2) Food supplies and powdered milk for babies (if any)
(3) First-aid medical supplies (including household medicines)
(4) Portable radios, flashlights, batteries
(5) Cash
(6) Insurance certificate and telephone directory (address book)
(7) Underwear, towels, tissues, working gloves, etc.

Store these emergency supplies according to your family's needs!

In an emergency, your safety will depend on how you have prepared for it!

This page quotes from "Tokyo Disaster Prevention Centres", published by the Tokyo Metropolitan Government Bureau of General Affairs Disaster Prevention Division (Tokyo-to Sōmukyoku Saigai Taisaku-bu Bōsai-ka).

Earthquake danger measurement study results list (corresponds to numbers on map on reverse of page)

No.	Town name	Difficulties in getting about in times of disaster					
		Risk of falling objects Rank	Risk of fire Rank	General danger Rank	Risk of falling objects Rank	Risk of fire Rank	General danger Rank
1	Arai 1	3	3	3	3	3	3
2	Arai 2	2	2	2	2	2	2
3	Arai 3	2	2	2	2	2	2
4	Arai 4	2	2	2	2	2	2
5	Arai 5	2	2	2	1	1	1
6	Egota 1	2	2	2	1	1	1
7	Egota 2	2	2	2	2	2	2
8	Egota 3	1	1	1	1	1	1
9	Egota 4	2	2	2	1	2	1
10	Eharacho 1	2	1	1	1	1	1
11	Eharacho 2	2	2	2	1	1	1
12	Eharacho 3	2	2	2	2	2	2
13	Kamisagamiya 1	2	2	2	2	2	2
14	Kamisagamiya 2	1	1	1	2	2	2
15	Kamisagamiya 3	1	1	1	2	2	2
16	Kamisagamiya 4	2	1	2	2	2	2
17	Kamisagamiya 5	2	2	2	2	2	2
18	Kamitakada 1	2	3	3	3	4	3
19	Kamitakada 2	3	4	3	3	4	4
20	Kamitakada 3	3	3	3	3	3	3
21	Kamitakada 4	2	2	2	2	3	2
22	Kamitakada 5	2	2	2	2	2	2
23	Saginomiya 1	2	3	3	3	3	3
24	Saginomiya 2	2	1	2	1	1	1

No.	Town name	Difficulties in getting about in times of disaster					
		Risk of falling objects Rank	Risk of fire Rank	General danger Rank	Risk of falling objects Rank	Risk of fire Rank	General danger Rank
25	Saginomiya 3	2	2	2	3	3	3
26	Saginomiya 4	2	2	2	3	3	3
27	Saginomiya 5	2	3	2	3	3	3
28	Saginomiya 6	2	3	2	2	3	3
29	Shirasagi 1	2	2	2	2	2	2
30	Shirasagi 2	2	2	2	2	2	2
31	Shirasagi 3	2	3	2	2	3	3
32	Chuo 1	2	2	2	2	2	2
33	Chuo 2	2	3	2	3	3	3
34	Chuo 3	3	3	3	3	4	4
35	Chuo 4	2	3	3	3	4	4
36	Chuo 5	2	3	3	3	3	3
37	Nakano 1	3	4	4	4	5	4
38	Nakano 2	1	1	1	2	2	2
39	Nakano 3	2	2	2	3	3	3
40	Nakano 4	1	1	1	1	1	1
41	Nakano 5	2	3	3	3	3	3
42	Nakano 6	2	3	2	3	3	3
43	Numabukuro 1	3	3	3	3	3	3
44	Numabukuro 2	2	3	2	3	3	3
45	Numabukuro 3	3	4	3	4	4	4
46	Numabukuro 4	2	3	3	3	3	3
47	Nogata 1	3	4	3	3	4	4
48	Nogata 2	3	5	3	4	5	4

No.	Town name	Difficulties in getting about in times of disaster					
		Risk of falling objects Rank	Risk of fire Rank	General danger Rank	Risk of falling objects Rank	Risk of fire Rank	General danger Rank
49	Nogata 3	3	4	3	4	4	4
50	Nogata 4	2	3	2	3	3	3
51	Nogata 5	2	3	3	3	3	3
52	Nogata 6	2	4	3	2	4	3
53	Higashi-Nakano 1	3	3	3	3	3	3
54	Higashi-Nakano 2	2	3	2	3	4	3
55	Higashi-Nakano 3	2	3	2	3	3	3
56	Higashi-Nakano 4	2	4	3	3	4	3
57	Higashi-Nakano 5	2	2	2	2	2	2
58	Honcho 1	3	4	3	3	4	3
59	Honcho 2	2	3	3	3	4	4
60	Honcho 3	2	2	2	2	3	2
61	Honcho 4	2	4	3	3	4	3
62	Honcho 5	2	3	3	3	3	3
63	Honcho 6	2	4	3	3	4	3
64	Matsugakura 1	2	2	2	2	2	2
65	Matsugakura 2	2	2	2	2	2	2
66	Maruyama 1	2	1	2	1	1	1
67	Maruyama 2	2	2	2	1	2	2
68	Minamidai 1	2	3	2	2	3	3
69	Minamidai 2	3	4	3	4	4	4
70	Minamidai 3	2	3	2	2	3	3
71	Minamidai 4	3	3	3	4	4	4
72	Minamidai 5	2	3	3	3	3	3

No.	Town name	Difficulties in getting about in times of disaster					
		Risk of falling objects Rank	Risk of fire Rank	General danger Rank	Risk of falling objects Rank	Risk of fire Rank	General danger Rank
73	Yamatocho 1	3	4	3	4	4	4
74	Yamatocho 2	2	4	3	3	4	4
75	Yamatocho 3	3	4	3	3	4	4
76	Yamatocho 4	3	4	3	3	5	4
77	Yayoicho 1	2	3	3	3	3	3
78	Yayoicho 2	3	2	2	3	2	2
79	Yayoicho 3	3	3	3	4	4	4
80	Yayoicho 4	2	2	2	3	2	2
81	Yayoicho 5	1	1	1	2	2	2
82	Yayoicho 6	1	2	1	1	2	2
83	Wakamiya 1	2	4	3	4	4	4
84	Wakamiya 2	2	3	3	4	4	4
85	Wakamiya 3	2	3	2	3	3	3