

Meguro Disaster Survival Map

Disaster Prevention Section,
Meguro City Office

Published March 2024

Disaster Prevention Card

Full name: _____

Blood Type: _____

Address: _____

Date of Birth: _____

Phone: _____

Family doctor, chronic disease and medication history
Information of your family doctor and medication:

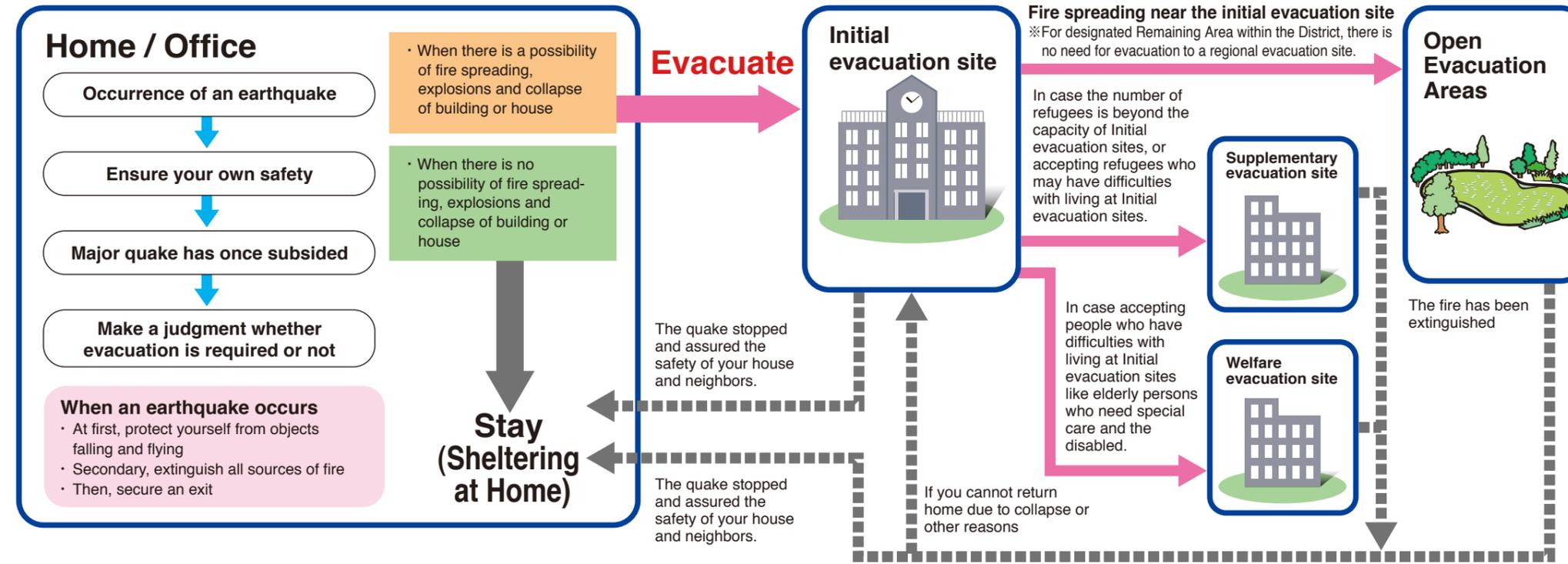
Emergency contact:

Full name: _____

Phone: _____

You prepare the list of your family doctor, chronic disease and medication history in case of the situation that you cannot reach your family member due to injury in disasters.

How to Evacuate



During an earthquake

If you are in an underground area of the building:

When a fire breaks out and smoke hangs over, cover your mouth with a handkerchief and get away along a wall with a low posture.

If you are in a multi-level building:

Do not use the elevator to evacuate. When in the elevator, get off at the nearest level and use the stairs.

If you are in the train/bus:

Follow the instructions given by the crew and evacuate. Do not disembark until advised.

Disaster Prevention App (English version available)

Meguro City's free disaster prevention app for smartphones and tablets provides information about disaster prevention in the city. Confirm the closest evacuation site from your current location in Meguro City or what evacuation sites have opened for a disaster. You can also view disaster prevention maps and various hazard maps, as well as receive notifications from the city about disaster prevention.

Even when internet service is not available in a disaster, you can use the app map and GPS function to confirm how to get to an evacuation site. Search for "Meguroku Bosai Map" in App Store on your smartphone to download it as part of your disaster preparation.



Regularly keep food and drinking water for at least three days (ideally for seven days).

- Rotate non-perishable food which can be eaten without using fire. Store drinking water for 3 liters per person per day.
- Offices are required to carry out a stock of food and drinking water for three days for employees with the Tokyo victim-unable-to-return-home measure ordinance stated by Tokyo Metropolitan Government.
- Pet owners regularly keep pet food and their toilet equipment for at least three days (ideally for seven days).

Evacuation Tips / Rules when you evacuate

- Switch off circuit breakers
- Take action based on accurate information
- Evacuate in group, more than one, as much as possible
- Call out to neighbors and evacuate in groups.
- Help your neighbors to evacuate the elderly or disabled persons.
- Stay away from building collapse and concrete block walls, and be careful of falling overhead signboards and glass.
- Take a safe route even though it's a detour. Do not return to dangerous place.
- Keep your pet in a cage or take it with you on leash/harness wherever you go.
- Turn off the main gas tap
- Do not use cars

➡Talk with your family or colleagues in advance about the private rules to get in touch each other (such as where to meet up and contact info) in case of disaster.

Items to Bring While Evacuating

Prepare necessities in advance just in case you need to evacuate.
Make it a practice regularly to check that the food and batteries are not expired.

Drinking water	One or two 500ml bottled water
Food	One or two meals that are edible without being cooked (biscuits, dietary supplement, canned food, etc.)
Flashlights	Flashlights, Portable LED lights (one for each person), etc.
Information collection tools such as portable radio or TV	Portable radio, cell phone, charger, etc.
Clothes	Gloves, winter clothes, raincoats, towels, underwear, head-protecting hood, helmets, etc.
Valuables	Cash, bank book, certificates of ownership, driver's license, health insurance card, etc.
Medicine	First Aid kit, daily medicines, Personal prescription record, etc.
Sanitary goods	Masks, thermometers, disinfectants, disposable gloves, etc.
Others	Lighter, multi-tool/army knife, cup, tissues, wet wipes, grooming kit, plastic wraps, oral care tools and antibacterial items (tooth brushes and antibacterial wet wipes/sanitizer), etc.
Necessities depending on family situation	Emergency card (helping card), sanitary napkins, diapers, skim milk, nursing bottle, baby carrier, glasses, artificial teeth, nursing care goods, pet supplies (pet food, pet gauge, toilet goods, regular medicines), etc.

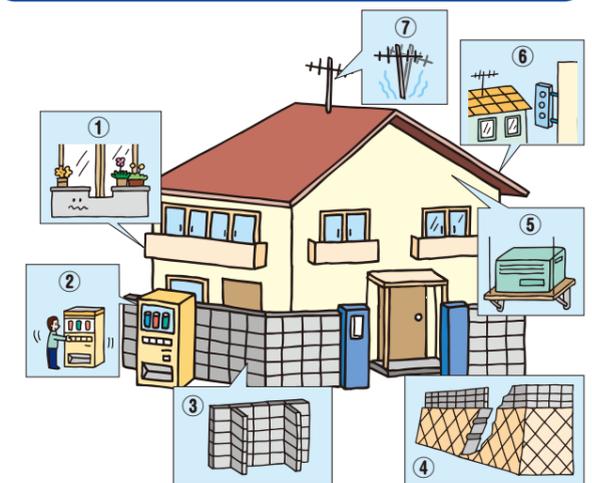
Where to keep your emergency bag

- Find a place where you can reach easily even when furniture is falling over or in blackouts.
- You may bring necessities with you in your bag in your daily life in case the disasters happen while you are out.

To prevent injuries and damages

When earthquake occurs, the most important thing is to ensure your own safety and survive. To minimize damages and evacuate smoothly, check outside and inside of your house and make a safe environment and ensure where to evacuate.

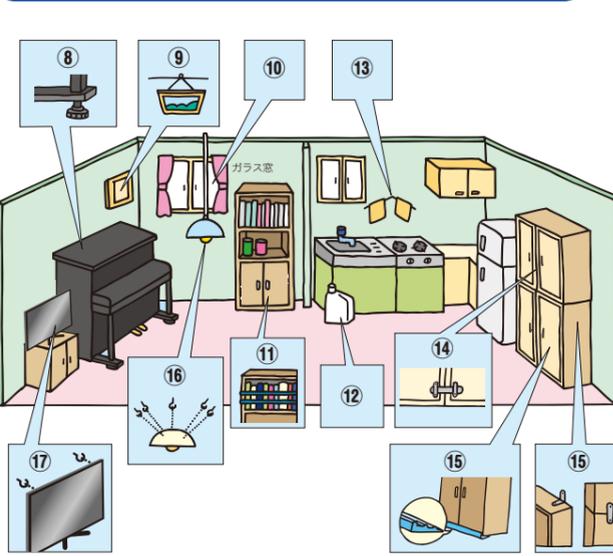
Checking safety outside of your house



Check points

- ① You do not place anything may drop off at porch.
- ② Keep fixed vending machines for not to fall down.
- ③ Check the stability of concrete-block walls.
 - Isn't the fence too high?
 - Does the fence have supports?
 - Are there any inclination and/or cracking?
- ④ Check the safety of cliffs and partitions.
- ⑤ Keep fixed air conditionings for not to fall off.
- ⑥ Keep fixed roof tiles, TV antennas and signs for not to fall off.
- ⑦ TV antenna
 - Whether or not there is any wobbling?
- ⑧ You need to fix heavy equipment which has wheels underneath on the floor/ground, using appropriate stoppers to prevent them from slipping. Ask the store staffs how to fix it when you buy the heavy equipment.

Checking safety inside of your house



- ⑨ Fix picture frames firmly against the wall
- ⑩ Use shatterproof film over the window
- ⑪ Use rubber bands for keeping books in bookshelf
- ⑫ Keep flammable materials away from frames
- ⑬ Do not leave flammable objects on the heating tools
- ⑭ Use bolts or locks for wide open shelf
- ⑮ Fix cupboards against the wall with brackets. Use brackets to fix boards in shelves.
- ⑯ Hold hanging lights against the ceiling with metals
- ⑰ Television sets are easy to fall down, so fix it against the wall

Preparing for Wind & Water Disasters

Prepare in advance for flood or storm disasters and pay attention to weather forecasts.

◆ To prevent water from coming into the semi-basement parking lot or lower level, use sandbags or wooden boards for stopping water.

→ There are 66 locations where residents can be provided with sandbags in case of emergency. A map of the sandbag placement locations can be viewed using the QR code on the right. If many sandbags are needed, contact Roads & Parks Service Office Meguro Area Service Subsection (Tel. : 3711-6825) Himonya Area Service Subsection (Tel. : 5721-7287).



Sandbag Installation Locations

◆ Remove dirt and fallen leaves clogged in gutters.

◆ If you keep objects that are easy to be blown away outside of your house, it is recommended to replace it into the house. If not, fix it in the place.

◆ Check the weather forecasts sometimes for sudden strong wind or sudden increase of the water level.

→ E-mail service for weather forecasts and flood information about Meguro river is available at Meguro city (See 'How to get disaster information')

Warning sirens at Meguro river

Water level is monitored with water level indicator and alarm which are equipped in the Meguro river. In case water reaches a warning level there will be a siren and an announcement to inform.

1 Warning alarm

(when water of Meguro river reaches the level of 2.5 meter)

Siren	Pause
15sec	5sec
Siren will sound 9 times	

announcement 「(chime) This is Meguro city office. Meguro river exceeded the warning water level and the alarm functioned. Please be cautious. I repeat. (repeat) (chime)」

2 Warning alarm

(when water of Meguro river reaches the level of 1 meter)

Siren	Pause
3min	1min
Siren will sound 2 times	

announcement 「(chime) This is Meguro city office. Meguro river exceeded the warning water level and the alarm functioned. Please be cautious. I repeat. (repeat) (chime)」

How to get disaster information

Disaster information from Meguro City

- 1 Disaster Prevention Wireless Broadcasts
 - Automatic voice answering service of municipal disaster prevention radio communication system
 - If you did not hear the disaster information on the radio broadcast, you can call the dedicated phone number to receive disaster information. (within 24 hours after the radio broadcast)
 - Dedicated phone number : 050-1807-3377
- 2 Homepage
- 3 X (formerly Twitter), LINE, Yahoo
- 4 Meguro City Disaster Prevention Map App
- 5 Disaster Prevention Weather Information Email
 - Urgent notices will be sent to those who have subscribed before the fact.
- 6 Urgent Regional Information Email Delivery (Docomo→Area Mail, au/Softbank/Rakuten Mobile →Urgent Bulletin Email)
 - Urgent notices can be delivered throughout Meguro City to residents who possess supported cell phones.
- 7 Disaster emergency information distribution service via telephone and fax
 - Disaster information will be distributed by phone (fixed line) or fax to those who do not own a mobile phone such as a smartphone. Advance registration is required to use this service.
- 8 Information Board for City Facilities
 - In the event of large-scale earthquake, communications from disaster response headquarters will be posted on a board in the entryway of city facilities.



Natural disaster information e-mail registration page

On the way home from work places and sites

Under the Difficulties in Returning Home Regulations, it is office' s responsibility to prevent people from having difficulties in returning home due to letting go home all at once, so that as long as the workplaces are in safe status, all have to stay at their own workplaces for three days after the large-scale earthquake occurs. In addition, on your way home, pay attention to traffic information, and try not to use vehicles which will be obstacles to ambulances or fire engines in traffic jams. Furthermore, when you need to go home by walk, it is better for you to go together with several people who are also going home toward the same direction.

Return-home Aid Stations

All facilities registered as Return-home Aid Stations (All Tokyo Metropolitan High Schools, Tokyo Budo-kan, and some post offices, convenience stores, fast food chains, family restaurants, Izakaya restaurants, Karaoke places and gas stations with the sign shown right) will supply survivors with: 1. Drinking water, 2. Using bathroom, 3. Map information, 4. Traffic information and of the availability of streets via radio news. They will cooperate with survivors as much as possible. Sign of Return-home Aid Stations

* You can check the locations of the facilities on the Tokyo Metropolitan Disaster Prevention Map. <http://map.bousai.metro.tokyo.jp>



Ways to check safety of your family members and friends (The phone service is operated in Japanese.)

Message dial

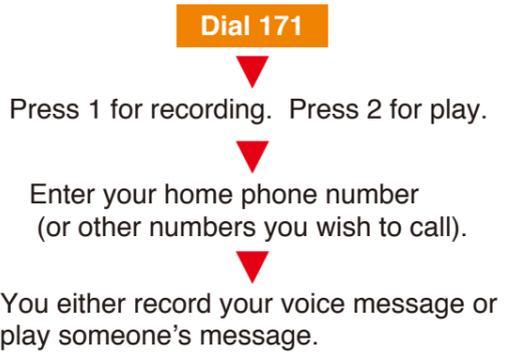
NTT Group will set up a voice message board service: NTT Emergency Message Dial, when communication traffic to the disaster-stricken area increases and it is difficult to get through. They also provide the Disaster Message Board service which is available by cell-phone and PC.

*Each message can be recorded for 30 seconds, and 1 to 20 messages can be stored for each phone number. (A notification will be sent when the service is provided.)

The recorded content will be stored until the Disaster Emergency Message Dial (171) ends its operation.

*You can make a trial for the service on 1st and 15th of every month , the first three days of the New Year, during the Disaster Preparedness Week (from on August 30th to September 5th), and during the Disaster Preparedness and Volunteers' Week (from January 15th to 21st)

How to access (You will hear guidance after dialing.)



Disaster Message Board Service for cellular phone users

For docomo users, access to "i-mode". For au users, access to "ezWeb". For Softbank users, access to "Yahoo! Keitai". You will follow the instructions from main page on each mobile device.

For smartphone users

For docomo smartphone users, start "d-menu" or download/open "docomo Disaster Kit" app. For au smartphone users, start "Disaster Message Board" from main page (au portal) or download/open "Disaster Countermeasure" app. For Softbank smartphone users, download/open "Disaster Message Board" app. You will follow the instructions on each screen.

Disaster Message Board Service (web171)

NTT Group provides Disaster Message service for internet user. Go to: <https://www.web171.jp> and you can set up your contact info to register, update and delete on the web171. You can post 100 letters per message. The service starts as the same way as NTT Disaster Emergency Message Dial does.

* The registered messages will be automatically deleted after 6 months has passed or when the term of service expires.

*You can make a trial for the service on 1st and 15th of every month , the first three days of the New Year, during the Disaster Preparedness Week (from on August 30th to September 5th), and during the Disaster Preparedness and Volunteers' Week (from January 15th to 21st)