

In the event of an earthquake or other disaster



By following these instructions, you can help to minimize crowding and confusion in the event of a disaster.



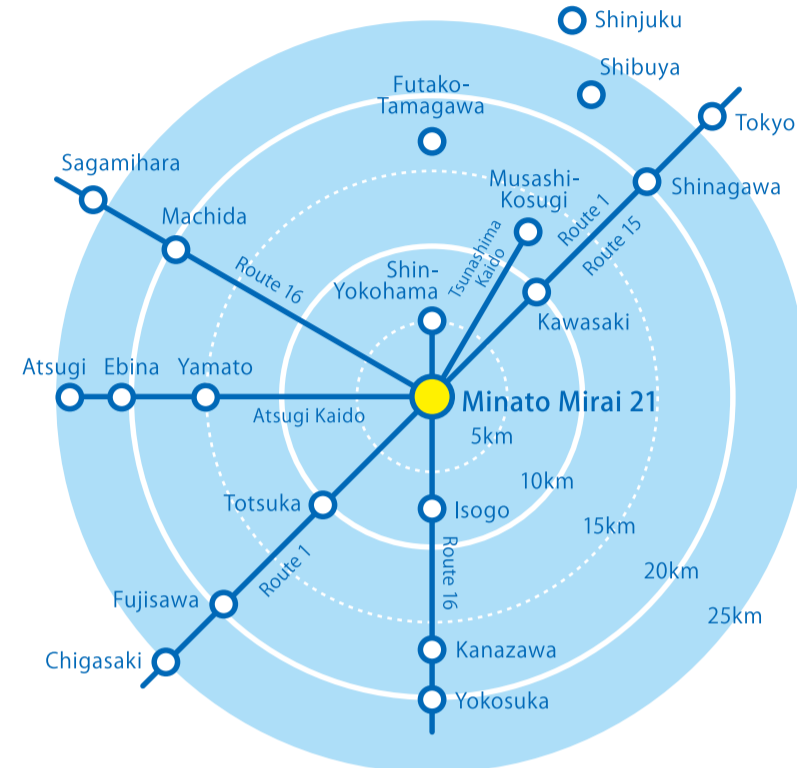
3 Considering walking home

It is important to gather accurate information and remain calm at all times. Do not start moving without a clear plan. First, consider whether it is realistic for you to walk home in your present circumstances.

Estimated walking time

As a general guideline, the distance that an average person can walk in an hour is said to be around 5 kilometers.

Approximate direct distances



Support stations for people walking home after a disaster

Look for these stickers at convenience stores, family restaurants, gas stations, and similar places throughout the city. Places displaying these stickers will serve as support stations to help people walking home in the event of a disaster.



- They will provide assistance by:
- Providing access to tap water and toilet facilities
 - Offering maps and road information
 - Providing disaster information obtained from radio broadcasts, etc.
 - Providing temporary rest places

What to carry with you when walking home

- Map
- Flashlight
- Comfortable clothes for walking in
- Warm clothing
- Sneakers
- Snacks
- Gloves
- Waterproofs
- Drinking water
- Portable radio
- Towel
- Portable phone charger

Safety considerations and good conduct when walking home

Safety considerations

- Protect yourself against adverse weather (cold, heat, rain)
- Regularly replenish supplies of drinking water and snacks (candies, etc.)
- Wear comfortable shoes for walking in
- Avoid walking alone if possible
- At night, visibility is often poor and walking can be dangerous (because of power cuts, rubble, and other damage caused by the earthquake)
- Major roads are likely to be crowded with people walking home (On roads heading to Tokyo there will also be many people walking in the opposite direction, returning home toward Yokohama.)

Good conduct

- Remember to help others and give them priority when necessary
- Never walk on the roads (this causes traffic congestion)

1 Contacting family members Gathering useful information

Disaster message board WEB 171

<https://www.web171.jp/web171app/disasterTop/?english>

You can use text messages (enter up to 200 single-byte characters) to let people know you are safe and to check on the safety of others.

Disaster information

Disaster and emergency management information on the Yokohama City website

<https://www.city.yokohama.lg.jp/lang/residents/en/emergencies/>

Yokohama City Disaster Prevention Twitter

@yokohama_saigai



Japan National Tourism Organization (JNTO)

WEB <https://www.japan.travel/en/>

Hotline 050-3816-2787

App <https://www.jnto.go.jp/smartapp/eng/about.html>

Japan Safe Travel (JST) Twitter

@JapanSafeTravel



NHK WORLD-JAPAN



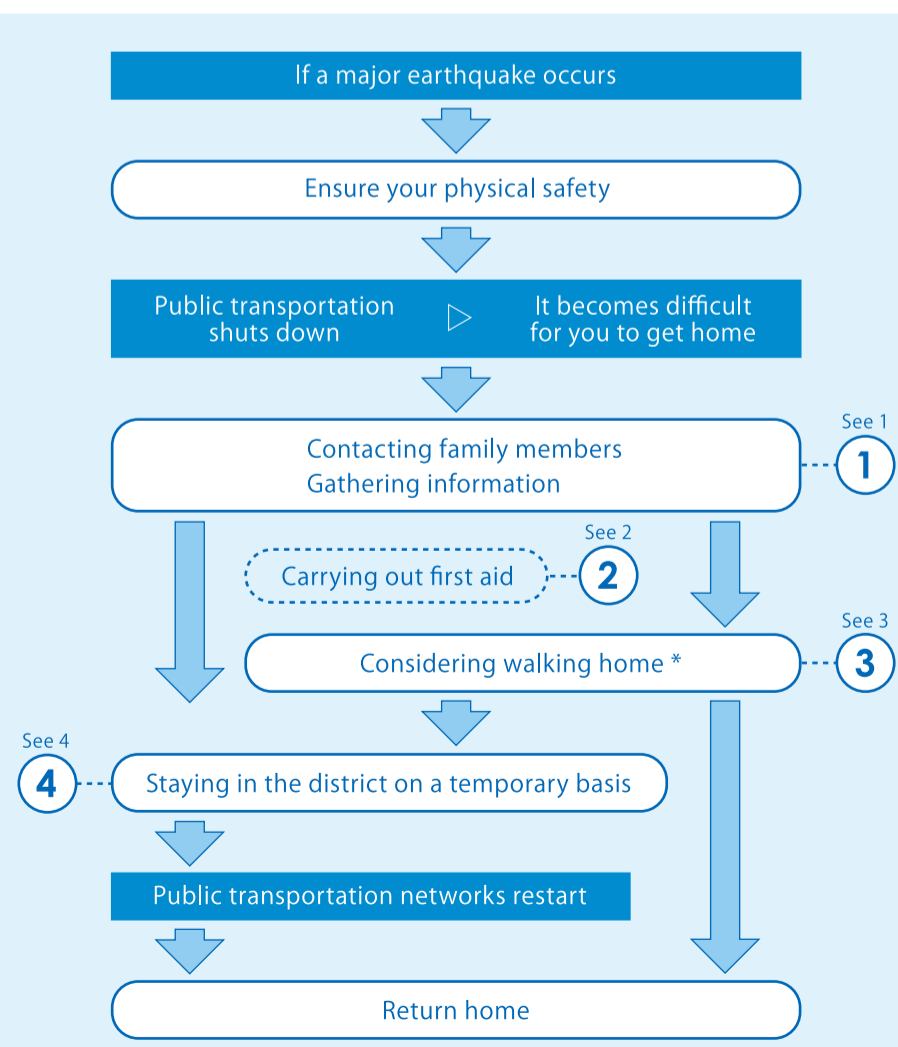
QR Code



In the event of a severe, large-scale disaster, in addition to the SSID "YOKOHAMA Free Wi-Fi" that Yokohama City currently provides free of charge, the SSID "00000JAPAN," which does not require user registration, will also become available.

What Happens If You Can't Get Home in the Event of a Disaster

This district has a high resistance to earthquakes and other disasters. The buildings in the district have disaster prevention measures in place and feature high levels of seismic resistance technology. It is widely recognized as a safe area in the event of a disaster.



* If everyone tries to return home at once, it will cause massive congestion on roads and in stations. This could lead to a dangerous situation.

4 Staying in the district on a temporary basis

Using temporary stay facilities for people unable to get home

Temporary facilities for people unable to get home provide a place to rest, as well as toilet and tap water facilities and information, to the extent that businesses can provide these services, depending on conditions after the disaster.

See a map for the location of facilities



Facilities provided include:

A place to rest

Access to tap water

Toilets

Information



Please offer help to people who may need special assistance (the elderly, people with disabilities, those with young children, pregnant women, children, foreign visitors, etc.).

When a disaster happens, the spirit of mutual assistance is more important than ever. Remember to help other people and give priority to others where necessary.

Things to remember when using temporary facilities for people unable to get home

- Temporary stay facilities for people unable to get home will not open immediately after a disaster. In the first instance, you should wait in the station or other facility you are using when disaster hits.
- Not all designated facilities may be available, owing to disaster damage, or circumstances relating to the business or special events. Some facilities may already be full.
- Temporary stay facilities offer access to tap water and toilet facilities, but it may not be possible depending on conditions after the disaster.
- Preparations to open the facilities will take some time.
- Make sure to use the facilities in an appropriate manner, and follow the instructions of the person in charge.
- You may stay in a temporary facility overnight until the morning after the disaster.

Please help prevent the spread of COVID-19 by taking steps including the following:

- Wear a mask, disinfect your hands, monitor your temperature.
- Maintain social distance, wash your hands regularly, and ensure that you practice good cough etiquette (when you cough or sneeze, cover your mouth and nose with a mask, a tissue or handkerchief, or your sleeve)
- If you have a fever or cough, or feel unwell in any other way, immediately inform the person in charge at the facility, and follow instructions.

Measures to take during a stay at a temporary facility

Dealing with cold

- Wrap a towel around your neck
- Use a body warmer ("kairo") to keep the small of your back warm.
- Place plastic bottles filled with warm water under your armpits.
- Use newspaper to conserve heat (by placing it over your body or wrapping it around your belly or your feet).
- Use cardboard or other materials as sheets.

Dealing with heat and preventing heatstroke

- Make sure to drink enough water to avoid heatstroke and dehydration.
- If you feel hot, try to cool the areas around your neck and under your armpits.



Other safety considerations

- Conserve energy; do not wander around unnecessarily.
- Put your smartphone or mobile device in energy-saving mode, and make sure that it is always ready to receive calls or messages.

Areas around stations with crowd of people

At the time of the Great East Japan Earthquake in 2011, all railway services stopped immediately after the earthquake, and many people were unable to get home. Areas around stations were crowded and chaotic until the following morning with people waiting for trains to start running again.



The area around Yokohama Station with crowd of people immediately after the March 11 earthquake, 2011
Photo provided by City of Yokohama government

2 Carrying out first aid

CPR (Cardiopulmonary resuscitation)

1. Check to see if the affected person is responsive and conscious.
2. Ask for assistance.
3. Check breathing.
4. Carry out chest compressions.
5. Carry out artificial respiration. In case of doubt, carry out chest compressions only.
6. Use an AED (automated external defibrillator).



Cardiopulmonary resuscitation using an AED (automated external defibrillator)

1. Turn on the machine. The AED will instruct you to attach the electrode pads to the patient's chest.
2. The AED will automatically analyze whether an electric shock is necessary. Do not touch the injured person while the machine is making this analysis.
3. If an electric shock is necessary, make sure that no one is touching the patient. The automated instructions will tell you to press the Shock button.
4. After the shock is administered, immediately resume cardiopulmonary resuscitation, starting with chest compressions.

See a map for the location of an AED



Broken bones

1. Place splints on both sides of the break to stabilize the joint.
2. Make the splints longer than the joints above and below the affected body part.
3. In the case of a broken arm, use a sling to immobilize the arm against the chest. Note that umbrellas, cardboard, and newspapers can be used as splints in an emergency.



Bleeding

1. Stop the bleeding by applying pressure using a clean gauze, cloth, or towel that completely covers the wound.
2. Keep the affected area clean and wrap it tightly with a bandage.
3. Holding the wound above the heart will help to slow the bleeding.