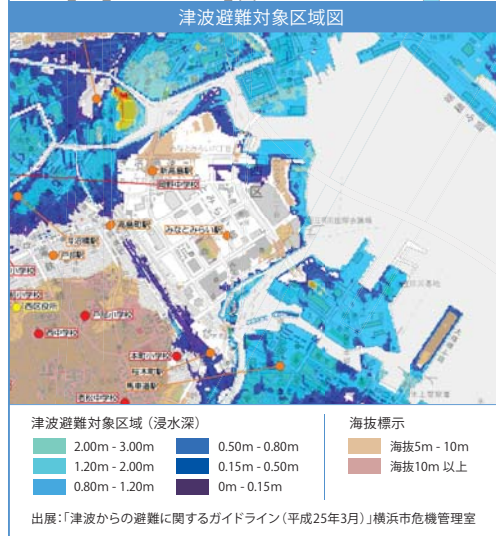
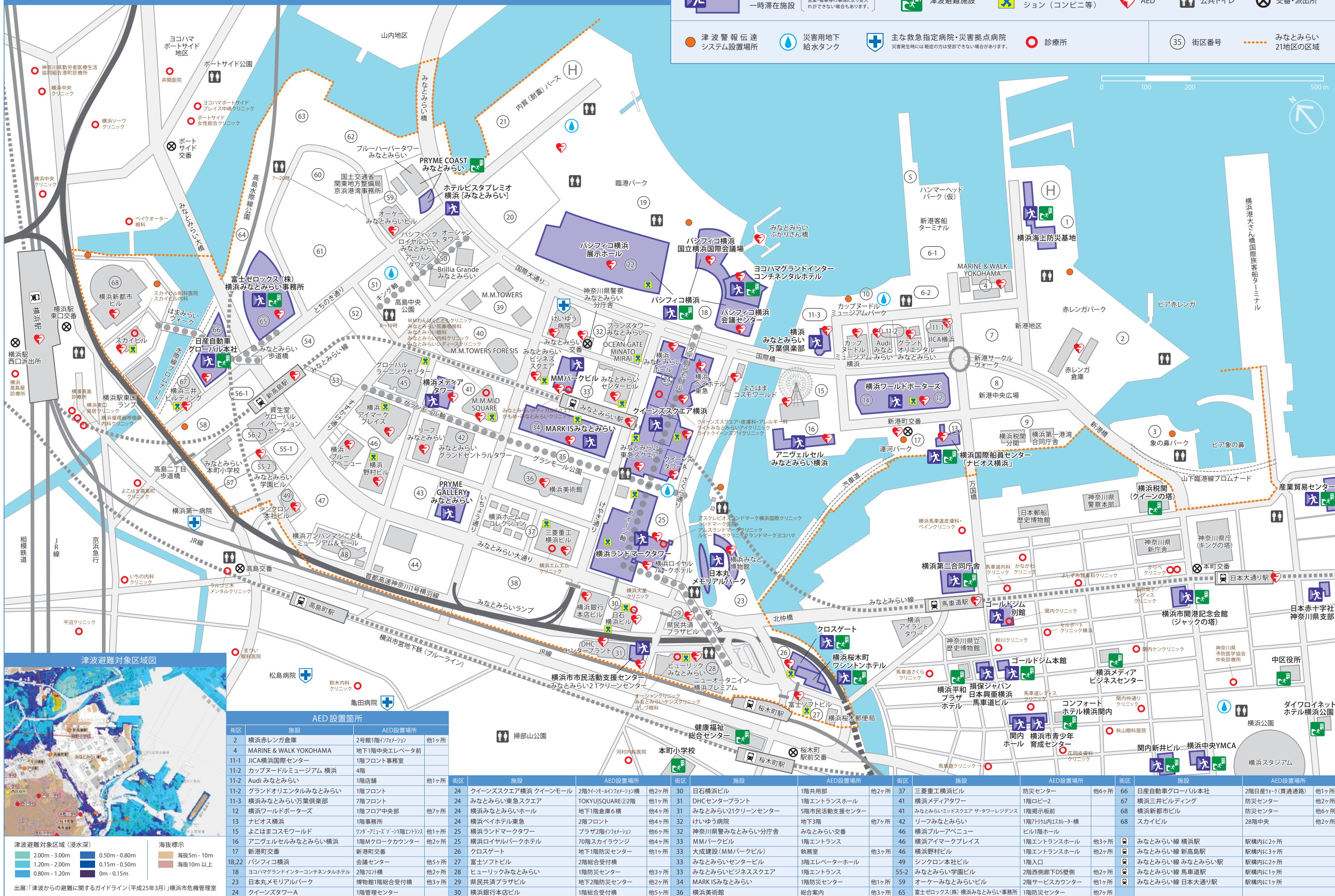


みなとみらい21地区防災マップ



AED 設置箇所			
街区	施設	AED設置場所	
2	横浜赤レンガ倉庫	2号館1階77号エントランス	他1ヶ所
4	MARINE & WALK YOKOHAMA	地下1階中央エレベーター前	
11-1	JICA横浜国際センター	1階フロント事務室	
11-2	カッパヌードルミュージアム 横浜	4階	
11-2	Audi みなとみらい	1階店舗	他1ヶ所
11-2	グランドオリエンタルみなとみらい	1階フロント	
11-3	横浜みなとみらい万葉倶楽部	7階フロント	
12	横浜ワールドポーターズ	1階フロア中央部	他7ヶ所
13	ナビオス横浜	1階事務室	
15	よこはまコスモワールド	77号エントランス1階エントランス	他1ヶ所
16	アニヴェルセルみなとみらい横浜	1階Mクローカウター	他2ヶ所
17	新港町交番	新港町交番	
18,22	パシフィコ横浜	会議センター	他5ヶ所
18	ヨコハマグランドインターコンチネンタルホテル	2階701号	他2ヶ所
23	日本丸メモリアルパーク	博物館階総合受付横	他3ヶ所
24	クイーンズタワーA	1階管理センター	

街区	施設	AED設置場所	街区	施設	AED設置場所
24	クイーンズスクエア横浜 クイーンモール	2階エントランス77号エントランス	30	日石横浜ビル	1階共用部
24	みなとみらい東急スクエア	TOKYU SQUARE 2階	31	DHCセンタープラント	1階エントランスホール
24	横浜みなとみらいホール	地下1階倉庫6機	31	みなとみらい21クリーンセンター	5階市民活動支援センター
24	けいゆう病院	地下3階	32	けいゆう病院	地下3階
25	横浜ランドマークタワー	プラザ2階77号エントランス	32	神奈川県警みなとみらい分庁舎	みなとみらい交番
25	横浜ロイヤルパークホテル	70階スカイラウンジ	33	MMパークビル	1階エントランス
26	クロスゲート	地下1階防災センター	33	大成建設 (MMパークビル)	1階エントランス
27	富士ソフトビル	2階総合受付横	33	みなとみらいセンタービル	3階エレベーターホール
28	ビューリックみなとみらい	1階防災センター	33	みなとみらいビジネススクエア	1階エントランス
29	県民共済プラザビル	1階防災センター	34	MARK ISみなとみらい	1階防災センター
30	横浜銀行本店ビル	1階総合受付横	36	横浜美術館	総合案内

街区	施設	AED設置場所	街区	施設	AED設置場所
37	三菱重工横浜ビル	防災センター	41	横浜メディアタワー	1階ロビー2
41	みなとみらいミッドスクエア ザ・タワーレジデンス	1階掲示板前	42	リーフみなとみらい	1階77号エントランス
46	横浜ブルーアベニュー	ビル1階ホール	46	横浜アイマークプレイス	1階エントランスホール
46	横浜アイマークプレイス	1階エントランスホール	46	横浜野村ビル	1階エントランス
49	シンクロン本社ビル	1階入口	55-2	みなとみらい学園ビル	2階西側廊下DS壁側
59	オーケーみなとみらいビル	2階サービスカウンター	65	富士ゼロックス (株) 横浜みなとみらい事務所	1階防災センター

街区	施設	AED設置場所	街区	施設	AED設置場所
66	日産自動車グローバル本社	2階日産タワー (貫通通路)	67	横浜三井ビルディング	防災センター
67	横浜三井ビルディング	防災センター	68	横浜新都心ビル	防災センター
68	スカイビル	28階中央			

街区	施設	AED設置場所	街区	施設	AED設置場所
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68	スカイビル	28階中央			

Minato Mirai 21 Assistance Guide 2019:

How to Get Home in the Event of a Disaster

How to respond if a disaster makes it difficult for you to get home



In the event of an earthquake or other disaster



March 2019 Published by Yokohama Minato Mirai 21, with the assistance of the City of Yokohama government

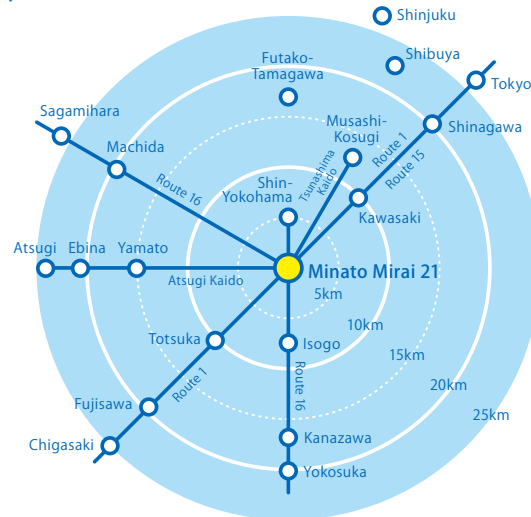
3 Considering walking home

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/normalTop.do?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

Earthquake Disaster Information Center for Foreign Residents in Yokohama (YOKE)

<http://yoke.or.jp/english/>

Disaster and emergency management information on the Yokohama City website

<http://www.city.yokohama.lg.jp/somu/org/kikikanri/index-e.html>

Yokohama City Disaster Prevention Twitter

[@yokohama_saigai](#) Search

Japan National Tourism Organization (JNTO)

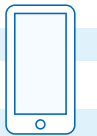
<https://www.japan.travel/en/>

Japan Safe Travel (JST) Twitter

[@JapanSafeTravel](#) Search

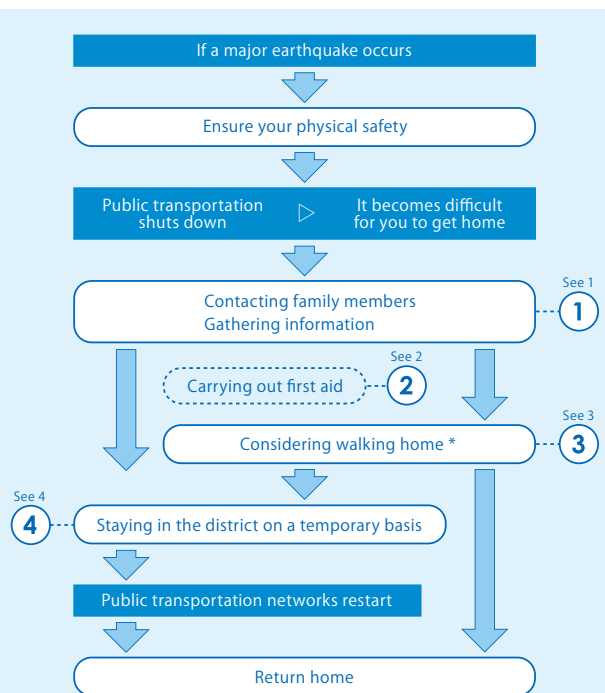
Japan Meteorological Agency

<https://www.jma.go.jp/jma/indexe.html>



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.

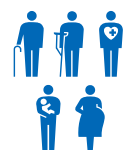
Facilities provided include:

- 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, foreigner 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.

See a map for the location of facilities



Things to remember when using temporary facilities for people unable to get home
From the City of Yokohama website

- 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.

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

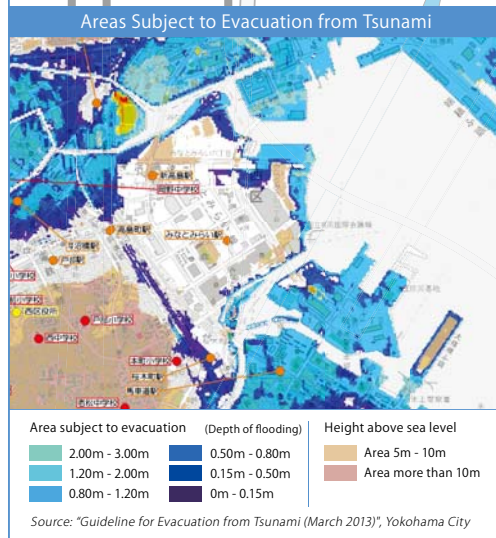
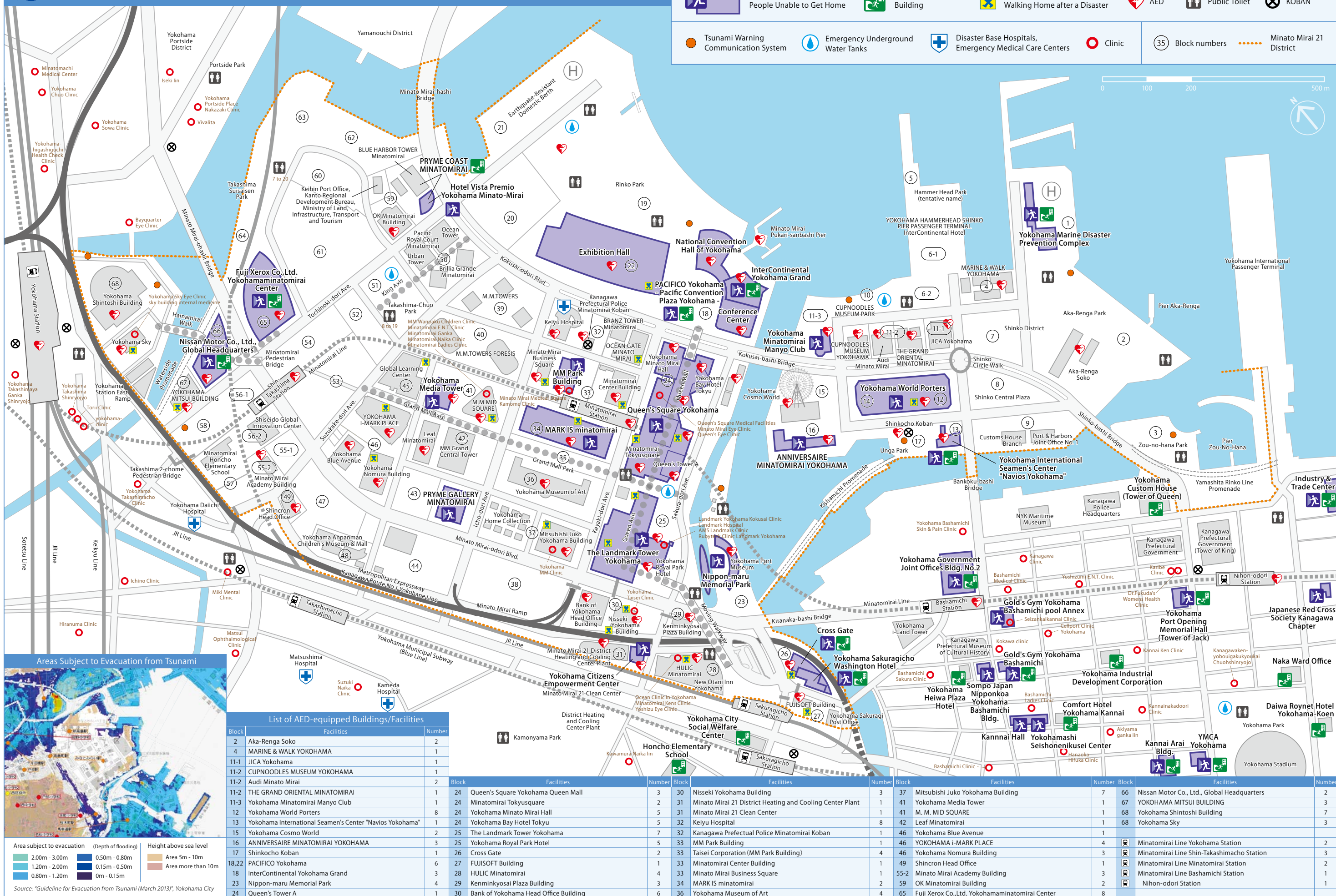
1. Place splints on both sides of the break to stabilize the joint.
2. Make the splints longer than the joints above and below the affected body part.
3. In the case of a broken arm, use a sling to immobilize the arm against the chest. Note that umbrellas, cardboard, and newspapers can be used as splints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

Minato Mirai 21 Map



List of AED-equipped Buildings/Facilities		
Block	Facilities	Number
2	Aka-Renga Soko	2
4	MARINE & WALK YOKOHAMA	1
11-1	JICA Yokohama	1
11-2	CUPNOODLES MUSEUM YOKOHAMA	1
11-2	Audi Minato Mirai	2
11-2	THE GRAND ORIENTAL MINATOMIRAI	1
11-3	Yokohama Minatomirai Manyo Club	1
12	Yokohama World Porters	8
13	Yokohama International Seamen's Center "Navios Yokohama"	1
15	Yokohama Cosmo World	2
16	ANNIVERSAIRE MINATOMIRAI YOKOHAMA	3
17	Shinkocho Koban	1
18,22	PACIFICO Yokohama	6
18	InterContinental Yokohama Grand	3
23	Nippon-maru Memorial Park	4
24	Queen's Tower A	1

Block	Facilities	Number
24	Queen's Square Yokohama Queen Mall	3
24	Minatomirai Tokyusquare	2
24	Yokohama Minato Mirai Hall	5
24	Yokohama Bay Hotel Tokyu	5
25	The Landmark Tower Yokohama	7
25	Yokohama Royal Park Hotel	3
26	Cross Gate	2
27	FUJISOFT Building	1
28	HULIC Minatomirai	4
29	Kenminkyo Plaza Building	3
30	Bank of Yokohama Head Office Building	6

Block	Facilities	Number
30	Nisseki Yokohama Building	3
31	Minato Mirai 21 District Heating and Cooling Center Plant	1
31	Minato Mirai 21 Clean Center	1
32	Keiyu Hospital	8
32	Kanagawa Prefectural Police Minatomirai Koban	1
33	MM Park Building	1
33	Taisei Corporation (MM Park Building)	4
33	Minatomirai Center Building	1
33	Minato Mirai Business Square	1
34	MARK IS minatomirai	2
36	Yokohama Museum of Art	4

Block	Facilities	Number
37	Mitsubishi Juko Yokohama Building	7
41	Yokohama Media Tower	1
41	M. M. MID SQUARE	1
42	Leaf Minatomirai	1
46	Yokohama Blue Avenue	1
46	YOKOHAMA i-MARK PLACE	4
46	Yokohama Nomura Building	3
49	Shincron Head Office	1
55-2	Minato Mirai Academy Building	3
59	OK Minatomirai Building	2
65	Fuji Xerox Co., Ltd. Yokohamaminatomirai Center	8

Block	Facilities	Number
66	Nissan Motor Co., Ltd., Global Headquarters	2
67	YOKOHAMA MITSUI BUILDING	3
68	Yokohama Shintosh Building	7
68	Yokohama Sky	3
	Minatomirai Line Yokohama Station	2
	Minatomirai Line Shin-Takashimacho Station	3
	Minatomirai Line Minatomirai Station	2
	Minatomirai Line Bashamichi Station	1
	Nihon-odori Station	1