

Introduction

This manual specifies actions to take in the event of an earthquake with a seismic intensity of 5-Lower or greater.

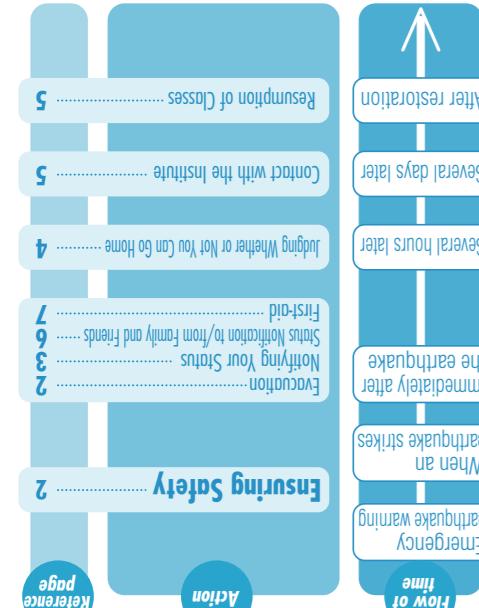
According to tables explaining the JMA (Japan Meteorological Agency) Seismic Intensity Scale, intensity 5-Lower is explained as follows.

People	Many people are frightened and feel the need to hold on to something stable.
Indoor situation	Hanging objects such as lamps swing violently. Dishes in cupboards and items on bookshelves may fall. Many unstable ornaments fall. Unsecured furniture may move, and unstable furniture may topple over.
Outdoor situation	In some cases, windows may break and fall. People notice electricity poles moving. Roads may sustain damage.
Wooden houses	Slight cracks may form in walls of low-earthquake-resistant houses.
Ground situation	Small cracks may form and liquefaction may occur.
Slopes, etc. situation	Rock falls and landslips may occur.
Lifelines	Gas, electricity and water services may be interrupted.

In preparation for an earthquake with a seismic intensity of 5-Lower or greater, this manual summarizes what you should do to protect yourself during an earthquake, overcome the several hours of confusion after the earthquake, and cope with post-quake situations until minimum social infrastructures are restored several days later.

Tokyo 152-8550
2-12-1 Ookayama, Meguro-ku,
Ookayama Campus

Map of facilities to help people walking home



Large Earthquake Response Manual

TOKYO SCIENCE INSTITUTE

From Earthquake Occurrence to Evacuation

- Emergency earthquake warning
- When an earthquake strikes
- When the shaking subsides

Protect yourself

Stay calm and check the situation around you.

- Check to see that there are no fires.
- Check for injured persons around you.

As soon as the shaking stops, Institute of Science Tokyo will set up local emergency headquarters at evacuation sites.

Evacuate from the building

When evacuating, check the following:

- Make sure that all possible sources of fire are extinguished.
- Call out to each other to make sure no one has been left in the building.

Institute of Science Tokyo will collect information on traffic conditions and surrounding circumstances and give instructions to faculty and staff stationed at the evacuation sites on whether students can return home or not.

Public transport services do not operate.

Take refuge at the nearest, pre-designated evacuation site.

Put your Safety Confirmation Card into the collection box, or report your status to your instructors/advisors or other faculty or staff.

Return home only after receiving instruction to do so.

Can you walk home?

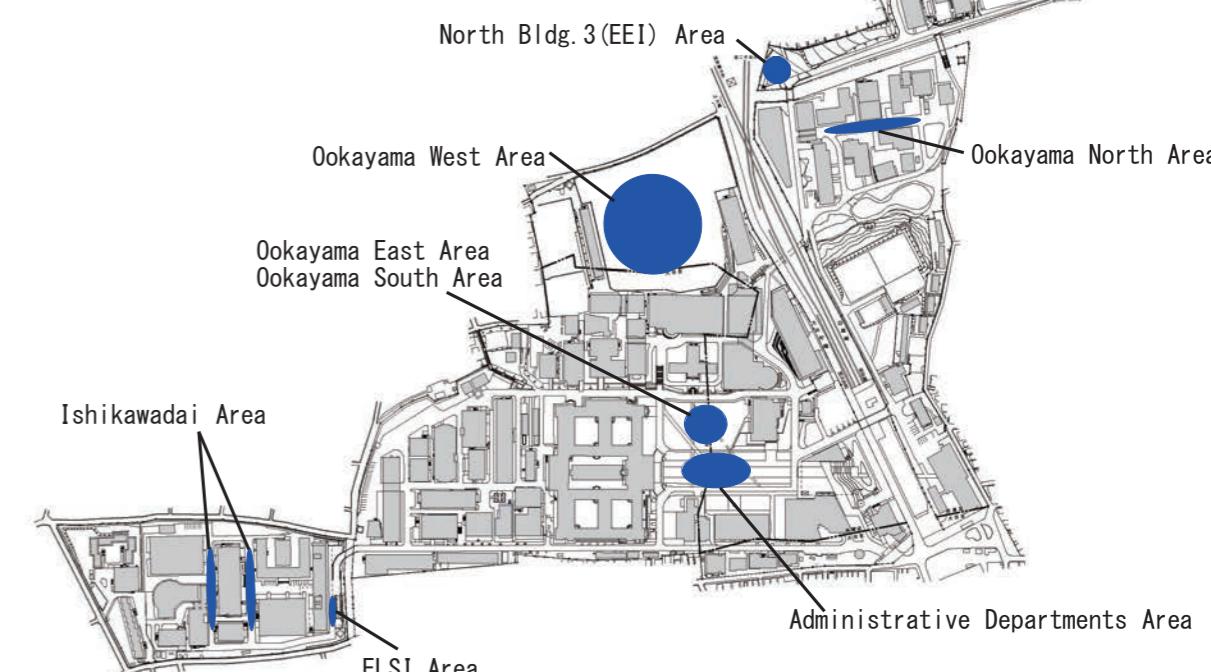
- Yes → Go home.
- No → Move to the place designated by the Institute.

- Wait at the designated place for information provided by the Institute.

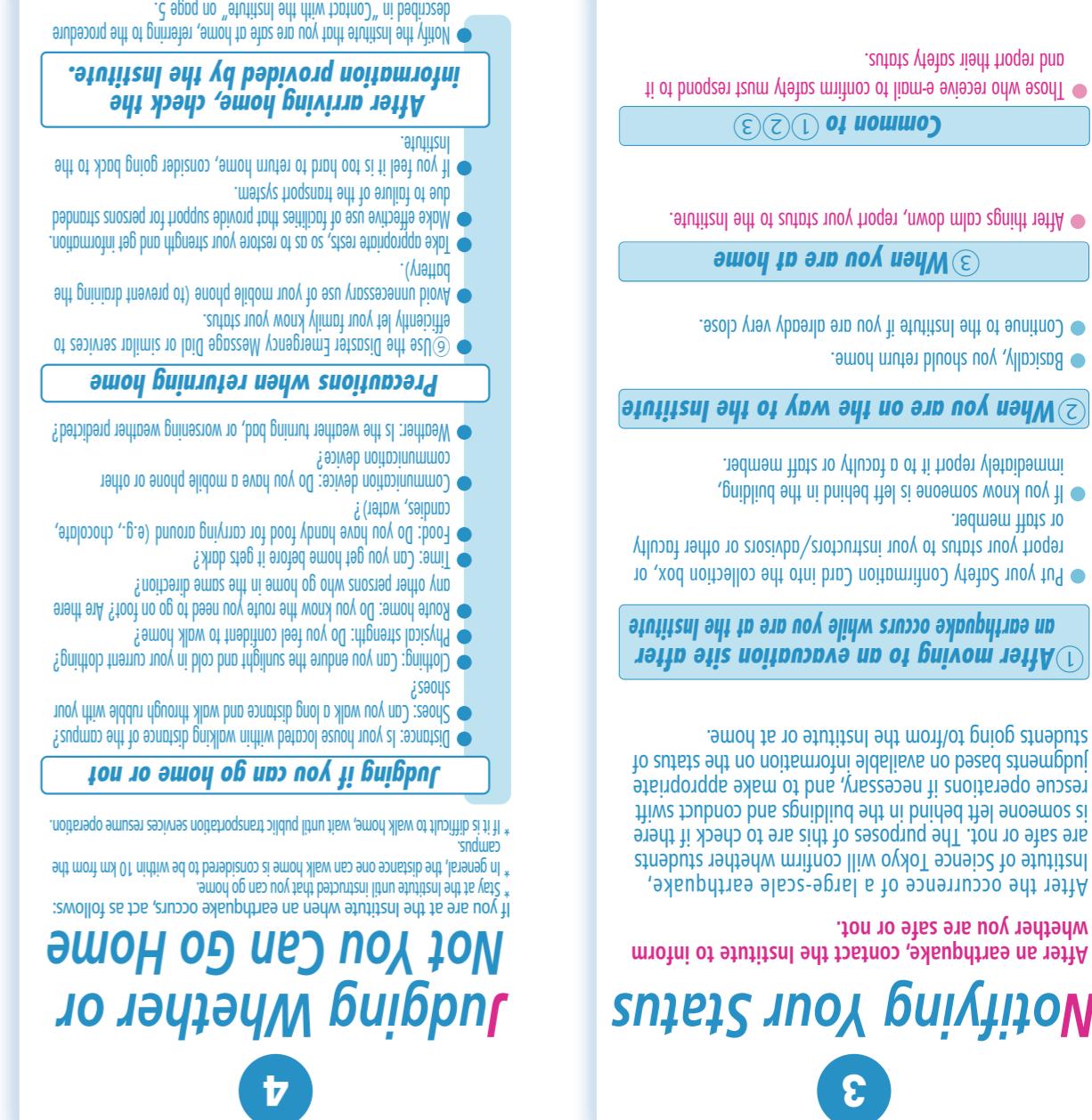
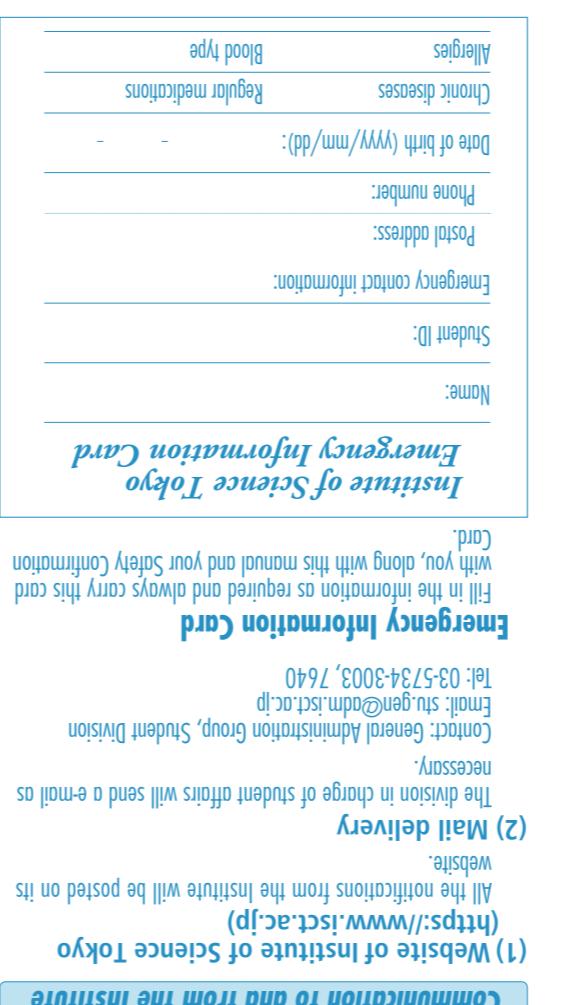
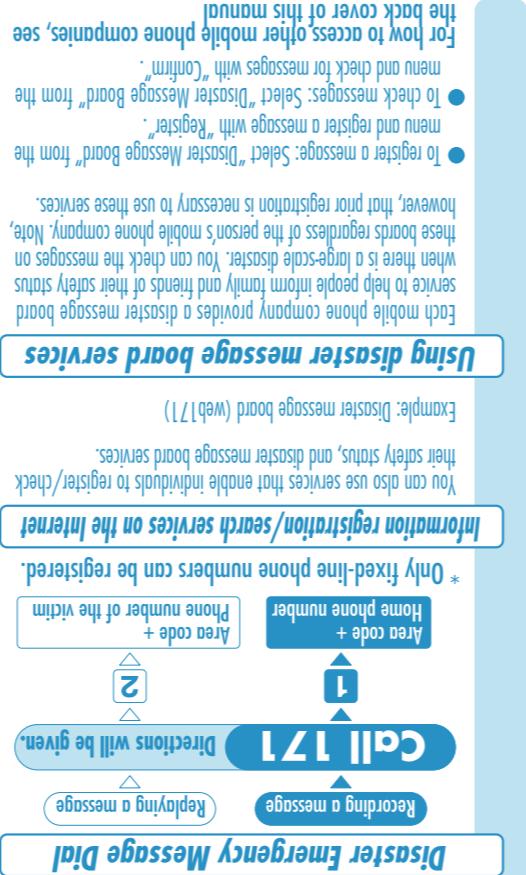
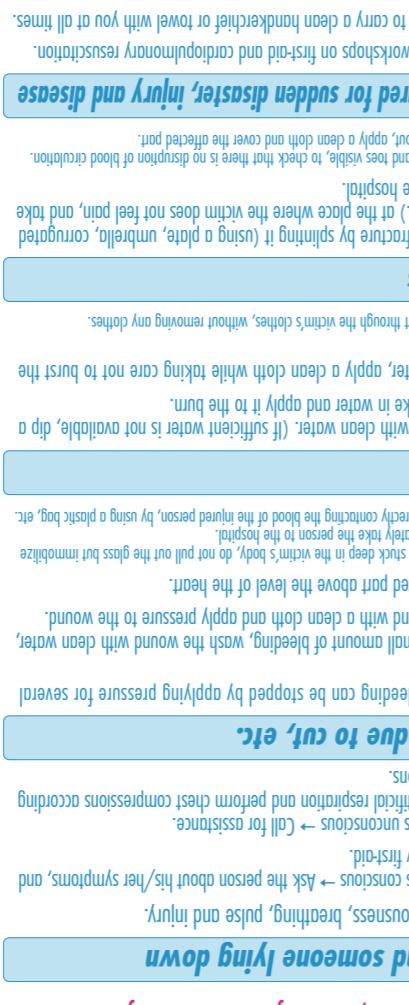
- Stay away from windows and shelves.
- Take cover under a sturdy desk.
- Protect your head with a bag, etc.
- Stay away from chemical substances.
- If you are outdoors, keep away from buildings.

Ookayama Area

Evacuation site



Each year, Institute of Science Tokyo holds a disaster prevention drill. You are encouraged to participate in the drill and confirm the locations of evacuation areas and routes.



Give top priority to returning home safely.

Even if you are confident of your physical strength, it is important to never overreach yourself. Give top priority to returning home safely, and be mindful of maintaining appropriate pacing, giving yourself space. First, get information on the direction you will go and make sure it is a route that you can walk home. You should plan a leisurely journey to ensure that your physical and mental strengths are maintained until you reach home, by periodically taking a break.

Also, it can be dangerous to move around after sunset, when the town is plunged into darkness by power failure. Do not move around during nightime but spend the night at a safe place. Then begin walking home again after the sun comes up the next morning.

Take time and periodically take a break.

Never be in too much of a hurry. Especially when first starting your walk home, you should start slowly while watching your physical condition. On the way home, take a break periodically according to your pace. It is generally recommended to take a break of 10 minutes every hour. Whenever you feel any pain or discomfort, provide early care. If foot blisters form, you will have difficulty walking. We recommend that you prepare high-calorie, pocket-size food and drinks, so that you can eat food and stay hydrated while walking.

During the hot season, drink more water. When it rains, wear a rain cape, raincoat or poncho to keep both hands free. Since you can become easily exhausted in these weather conditions, it is better not to walk too much.

Walk along arterial roads or roads you are familiar with. It is also important to set a short distance as a goal for each leg of your journey. If you have a traveling companion who walks at a pace similar to yours, you can mutually encourage and enjoy conversation with him/her to make the walk go easier.

Gas stations and convenience stores with the following stickers have agreed to serve as support stations to help people walking home due to failure of the transport system in a disaster. Specifically, these stations offer water and toilet facilities, as well as provide traffic information based on maps, information on accessible roads obtained from radio or other media, and information on evacuation areas in the vicinity.



Emergency support station
(Gas stations in Tokyo)



Station that supports people walking home in disaster situations
(convenience stores, etc.)



Station that helps people get home in disaster situations
(convenience stores, etc.)

Disaster message board services (message registration/replay)

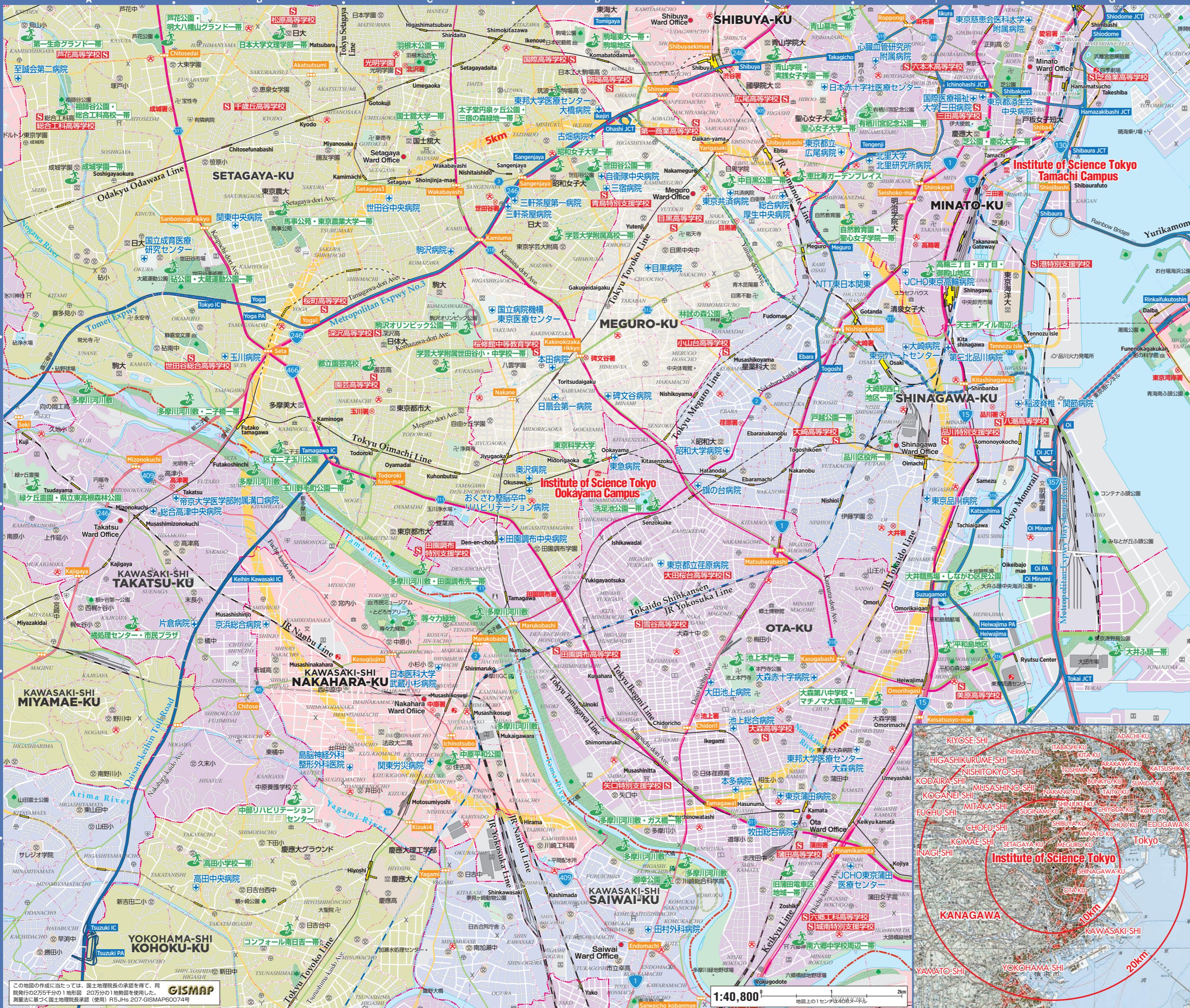
NTT docomo
<http://dengon.docomo.ne.jp/Etop.cgi>

au by KDDI
<http://dengon.ezweb.ne.jp/>

SoftBank
<http://dengon.softbank.ne.jp/E>

Legend

- S Station providing support for those walking home (Tokyo only)
- W Wide-area evacuation site
- + Major designated emergency hospital or disaster-response headquarter hospital
- Tokyo-designated road with support for those walking home
- X Police station
- F Fire station



1:40,800