

My Family's
Disaster
Preparedness
Memo

Write down your places of refuge and its contact details. This will help you stay safe even if you are unable to use your cell phone. Also, write down any pre-existing medical conditions, prescriptions, or allergies you have in the memo section to help you in case of an emergency.

Places of Refuge in the event of Storm/Flood Disaster
(The Home of your Relatives or Acquaintances etc.)

Evacuation Sites at Times of Flood

Evacuation Sites at Times of Landslide Disaster

Contact Details of Your Family

Name	Phone Number	E-mail	Blood Type
Name	Phone Number	E-mail	Blood Type
Name	Phone Number	E-mail	Blood Type
Name	Phone Number	E-mail	Blood Type

Emergency Contact

Name	Phone Number	E-mail
Name	Phone Number	E-mail

Memo

Emergency
Phone
Numbers

When calling, clearly state your location, name, etc., and be as detailed as possible when describing your situation and any measures you have taken.

Nakano City	Nakano City Office: 03-3389-1111 For inquiries regarding the Emergency Broadcast, call 03-3228-5726
Fire Despatch & Emergencies	Tokyo Fire Department: 119 If you're unsure of the need for an ambulance, call the Emergency Telephone Consultation Center on #7119
Accidents/Incidents	Metropolitan Police Department: 110 For non-emergencies, call the Metropolitan Police Department Help Desk on #9110
Landline Telephone	NTT East: 113 or 0120-444-113
Electricity	TEPCO Power Grid Customer Center: 0120-995-007 or 03-6375-9803
Gas	Tokyo Gas Customer Center: 0570-002211 or 03-3344-9100
Water	Bureau of Waterworks: 03-5326-1101

Nakano City

Hazard Map
(Storm, Flood, or Landslide Disasters)



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Flood
Disaster

● Be Aware ● Be Vigilant

Flood Disaster in Nakano City

Characteristics of Nakano City's Flood-control Measures

In the past, typhoons and torrential rains have frequently inundated river basins such as that of Kanda River, Zenpukuji River, Myoshoji River, and Egota River, causing major damage across Nakano City. In recent years, river improvements and the development of underground reservoirs along the Kanda River and Loop Road No.7 (Kan-nana Dori) have prevented major damages from river overflows, however, urban flood disasters such as the flooding of roads and inundation of houses

due to inland flooding of sewage systems continue to occur frequently. Also, due to the onset of climate change in recent years, record-breaking heavy rains, including typhoons and torrential rains that exceed the flood control capacity, have been observed in many areas, and the damages are becoming more extensive. We, therefore, must have a greater sense of urgency about the occurrence of flood disasters in our city.

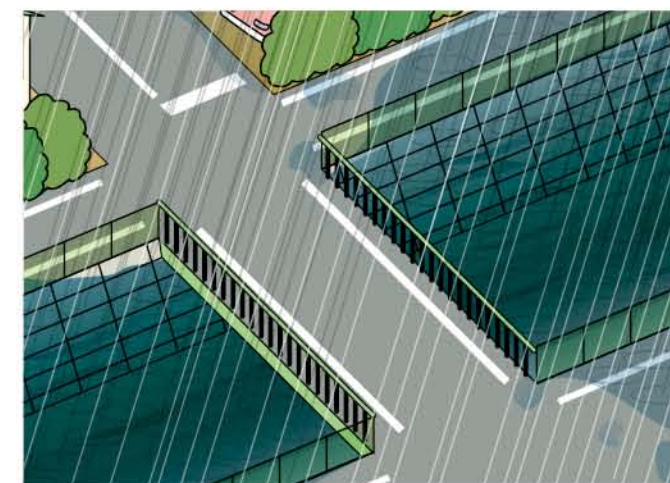
Expected Flood Damage in Nakano City

■ River Flood
(Kanda River, Zenpukuji River, Myoshoji River, Egota River Basin)

"River Water" is the body of water that flows between levees. River Floods occur when the water level of a river rises due to heavy rains and other factors, causing large amounts of River Water to spill into urban areas due to breaches in levees and overflows. It can harm humans and damage properties in a short space of time.

Note of Caution

Even if there is no heavy rainfall nearby your location, heavy rainfall in the upper reaches of a river can cause the water level downstream to rise, resulting in river flooding. Be aware of weather and river information across a wide area if heavy rain persists.



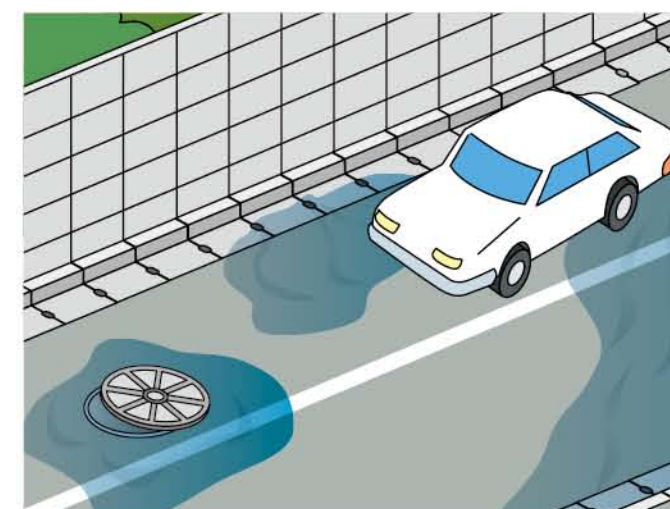
■ Inland Flood (Across the entire city)

As opposed to "River Water", water present in urban areas and other areas protected by levees is called "Inland Water". An Inland Flood occurs when heavy rainfall exceeds the drainage capacity of the sewerage system and rainwater reservoirs, or when "Inland Water" cannot drain due to a rise in river water level, or when water overflows from manholes and floods the surrounding land and roads.

Note of Caution

Because there is less exposed soil due to urban development, rainwater is unable to infiltrate the ground in urban areas. As a result, localized heavy rains, such as torrential rains, are more likely to cause inland flooding.

Inland flooding is a disaster that can occur even if there are no rivers nearby.



Flood Disaster

Types of Disaster & Evacuation Information / How to Obtain Information

Weather and River Information

Alert Level	Weather Special Warnings/ Warnings/Advisories	Designated River Flood Forecasts	Recommended Action
Level 1	Early Warning Information (Possibility of Warning-Level Weather)	—	Heighten your preparedness for disasters by checking the latest disaster and weather information.
Level 2	Heavy Rain Advisory Flood Advisory	Flood Warning Information (Flood Advisory)	Using the hazard map along with other resources, check for possible disaster areas, evacuation sites, and evacuation routes.
Level 3 (Equivalent)	Heavy Rain Warning Flood Warning	Flood Caution Information (Flood Warning)	Please pay attention to the "Evacuation of the Elderly, Etc." notice issued by Nakano City. For those who require extra time to evacuate, please make your own decision to evacuate early.
Level 4 (Equivalent)	—	Flood Hazard Information (Flood Warning)	Please pay attention to the "Evacuation Instruction" notice issued by Nakano City. Even without the issuance of the "Evacuation Instruction", start evacuating if you determine that you are in danger.
Level 5 (Equivalent)	Heavy Rain Special Warning	Flood Occurrence Information (Flood Warning)	Disaster has already occurred or is imminent (This information may not always be issued) Your life is at risk/Seek safety immediately

*For Kanda and Myoshoji Rivers, only the Flood Hazard and Flood Occurrence Information are announced.

Evacuation Information Issued by the City

Alert Level	Evacuation Information, etc.	Recommended Action
Level 3	Evacuation of the Elderly, Etc.	Elderly etc. should evacuate from hazardous places*
Level 4	Evacuation Instruction (Issued at the same timing as the former evacuation recommendation)	Everyone should evacuate from hazardous places
~~~~~ <Be sure to evacuate by Alert Level 4!> ~~~~~		
Level 5	Emergency Safety Measures (May not always be issued)	Your life is at risk Seek safety immediately!

*If necessary, people other than the elderly, etc. should also halt what they are doing or evacuate on their own accord.

Nakano City will decide to issue the evacuation information based on the above-mentioned weather and river information. Therefore, evacuation information of the same level may not be issued at the same time as the weather and river information.

Be aware that you are responsible for your own life. Take appropriate evacuation measures using the available weather information.

### How to Obtain Disaster/Evacuation Information

#### Information Issued by Nakano City (Evacuation Information, etc.)

##### Nakano City Official Website

<https://www.city.tokyo-nakano.lg.jp/>

In the event of a major disaster, the website will automatically show a special webpage for times of disaster.



##### Nakano City Official X Account (former Twitter)

Account Name: Nakano City, Tokyo (Public Relations), User ID: @tokyo_nakano

The account will broadcast information on disasters during emergencies, as well as PR information about the city.



##### Nakano City Official Facebook Page

Account Name: Nakano City Office, User ID: @nakano.city.tokyo

The account will broadcast information on disasters during emergencies, as well as PR information about the city.



##### Disaster Preparation & Crime Prevention Information E-mail Magazine <Advanced Registration Required>

Disaster and emergency information will be sent to your registered e-mail address.

To register, please scan the QR code on the right and follow the instructions.



##### Nakano City Emergency Broadcast System

Evacuation information such as evacuation instruction will be announced on the Emergency Broadcast System. If you are unable to listen to the audio, call the number on the right.

☎ 03 - 3228 - 5726

##### Yahoo! Disaster Preparedness Alert

By registering Nakano City as your area, you will be able to receive "Evacuation Information" as well as other information issued by the city.



##### Area Mail/Emergency Mail Service/Urgent News

No advance registration is required. Disaster information, such as flood hazard and flood occurrence information, will be broadcasted to all mobile phones and smartphones of NTT Docomo, au, Softbank, and Rakuten Mobile in Nakano City.

#### Information Issued by Public Institutions (Weather Information, etc.)

##### Japan Meteorological Agency Official Website

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

Latest weather information, information on typhoons, heavy rains, landslides, and tornadoes, as well as future trends.



##### MLIT "River Hazard Information"

<https://www.river.go.jp/>

National wide information on water levels, rainfall, rivers at increased risk, and flood forecasts.



##### Tokyo Metropolitan Government Disaster Prevention Information

<https://www.bousai.metro.tokyo.lg.jp/>

Comprehensive Disaster Prevention Information Website by the Tokyo Metropolitan Government. Refer to page 8 of the My Timeline.



##### Digital Television Broadcasting

You can check for evacuation information such as warnings and evacuation instruction issued by Nakano City in text.



### Preparation of Ready-to-go Supplies, etc.

Have minimum necessary ready-to-go supplies, personal belongings, and emergency stockpiles in case of evacuation.

**You should have a minimum of 3 days' worth of drinking water (3 liters per person per day) and food.**

#### Ready-to-go Supplies and Personal Belongings

- |                                                                                 |                                                                                    |                                                |
|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------|
| <b>Food</b>                                                                     |   | <b>Valuables, etc.</b>                         |
| <input type="checkbox"/> Portable Food (Dietary Supplements)                    |                                                                                    | <input type="checkbox"/> Cash                  |
| <input type="checkbox"/> Drinking Water                                         |                                                                                    | <input type="checkbox"/> Identity Documents    |
| <b>Daily Necessities</b>                                                        |  | <b>If Necessary</b>                            |
| <input type="checkbox"/> Portable Radio                                         |                                                                                    | <input type="checkbox"/> Contact Lens Solution |
| <input type="checkbox"/> Chargers, Batteries                                    |                                                                                    | <input type="checkbox"/> Spare Glasses         |
| <input type="checkbox"/> Flashlight, Batteries                                  |                                                                                    | <input type="checkbox"/> Household Medicine    |
| <input type="checkbox"/> Work Gloves                                            |                                                                                    | <input type="checkbox"/> Paper Diapers         |
| <input type="checkbox"/> Towels, Wet Wipes                                      |                                                                                    | <input type="checkbox"/> Milk Powder           |
| <input type="checkbox"/> Mask, Hand Sanitizer, Thermometer (Anti-Infection Kit) |                                                                                    | <input type="checkbox"/> Baby Bottle           |
| <input type="checkbox"/> Change of Clothes                                      |                                                                                    | <input type="checkbox"/> Anti-Allergy Food     |
|                                                                                 |                                                                                    | <input type="checkbox"/> Sanitary Napkin       |
|                                                                                 |                                                                                    | <input type="checkbox"/> Pet Food              |
|                                                                                 |                                                                                    | <input type="checkbox"/> Pet Supplies          |

#### Emergency Stockpile

- |                                                                                     |                                                                                      |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>Food</b>                                                                         | <b>Other</b>                                                                         |
| <input type="checkbox"/> Rice, Instant Rice                                         | <input type="checkbox"/> Portable Stove                                              |
| <input type="checkbox"/> Instant Food, Instant Noodles, Canned Food                 | <input type="checkbox"/> Gas Cartridge                                               |
| <input type="checkbox"/> Snacks                                                     | <input type="checkbox"/> Paper Plates, Paper Cups, Throwaway Chopsticks              |
| <input type="checkbox"/> Drinking Water (3 liters per person per day for 7 days)    | <input type="checkbox"/> Food Wraps                                                  |
|  | <input type="checkbox"/> Plastic Water Tank                                          |
|                                                                                     | <input type="checkbox"/> Portable Toilet                                             |
|                                                                                     |  |

*Ready-to-go supplies may include items that could be considered as part of an emergency stockpile.

### Protecting Your Home from Flooding

#### Clean Your Gutters and Rainwater Gullies

- Do not let your roadside gutters or rainwater gullies get clogged up to avoid the flooding of roads, etc.
- Do not place blocks or other objects on top.
- Please cooperate by regularly cleaning up your area.

#### Precautionary Measures for Underground Facilities

- If flooding is expected in your underground car park, place water sealing plates or sandbags.
- Drainage equipment such as pumps should regularly be inspected and maintained.

#### Prevent Flooding with a Simple Water Bag

You can make a simple water bag by doubling up a garbage bag, half-filling it with water, and tying the mouth of the bag.



The locations of the "sandbags" provided by Nakano City are shown on the hazard map (page 12 onwards). For information on how to use the sandbags, please check the city's website via the QR code on the right.



How to use sandbags

#### Reduce water use (River Basin Disaster Resilience and Sustainability by All)

During heavy rain, those who live far away from rivers or live on the upper floors of buildings should also reduce water use.

- Reducing household waste water such as from laundry or baths, etc., can help reduce flood damage during heavy rainfall.
- The community-wide initiative to protect your town from heavy rainfall by being mindful of water use is known as "River Basin Disaster Resilience".

### Preparing for Typhoon and Storm Damages

When a typhoon or strong winds are expected, check the weather forecast regularly. If necessary, stay indoors and do not go out. Tornadoes and other strong gusts are more likely to occur when typhoons are approaching or passing through.



#### What to Do Before the Strong Winds Arrive

- Plant pots, ornaments, and clotheslines outside your home could get blown away by strong winds, injuring pedestrians and damaging neighboring homes. Store them inside your home or secure them with ropes or chains in advance.
- If your windows do not have shutters, cover the glass with shatterproof film and close the curtains.

### How to Stay in Contact During a Disaster

Twice a month, you can try out the Disaster Emergency Message Dial (171), the Disaster Message Board (web171), and the Mobile Phone Disaster Message Boards, which are introduced below. It's a good idea to practice its use with your family during normal times in case of a disaster.

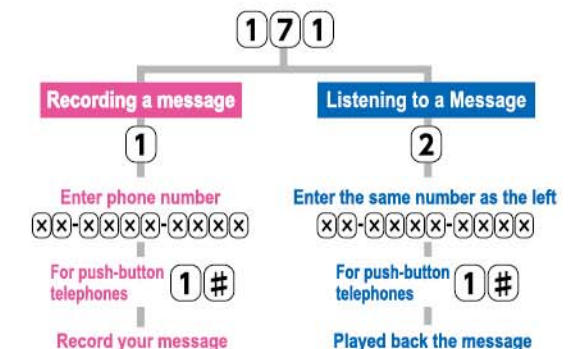
#### Disaster Emergency Message Dial (171)

The Disaster Emergency Message Dial is a "voice message board" for people in disaster-affected areas. People not affected by a disaster can exchange recorded voice messages with those in disaster-affected areas regarding their safety, etc. Even when a disaster strikes, it should be relatively easy to get through to people outside the disaster-affected area via telephone. Decide who will be the point of contact in advance so that you can exchange information with your relatives and friends that live far away from you.

*You can register for this service using all phone numbers, including mobile phones, subscriber phones, ISDN, Hikari Denwa(optical phones), IP phones, etc.

#### Trial Period

- 1st and 15th of Every Month
- First 3 days of January
- Disaster Preparedness Week (August 30 - September 5)
- Disaster Preparedness and Volunteer's Week (January 15 - 21)



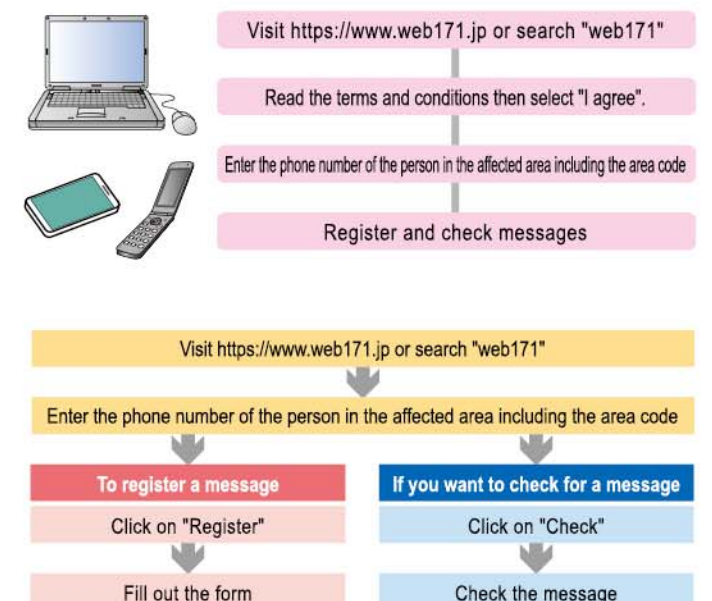
If you are in a disaster-affected area, please enter your home telephone phone number. If you want to contact the person in a disaster-affected, please enter their phone number. (In both cases, include the area code)

#### Disaster Message Board (web171)

The Disaster Message Board (web171) is an Internet message board for safety confirmation. It can be used with any device with an Internet connection, including computers, smartphones, and mobile phones.

#### Disaster Message Board (A Service Provided by Mobile Phone Companies)

This is a service provided by mobile phone companies that allow you to register your safety information on the Disaster Message Board operated by your mobile phone company, which can be viewed by people all over Japan. Although you can only register on the message board of the mobile phone company you have a contract with, you can also view the information on the message board from your computer or phones of different telephone operators.





## Family Meeting / How to use the Hazard Map

### Family Meeting

You should discuss disaster preparedness with your family regularly and make sure you know where to evacuate to, the evacuation routes, communication methods, and rendezvous points. Write down your plan on the back cover of your "My Family Disaster Prevention Memo" or "My Timeline".



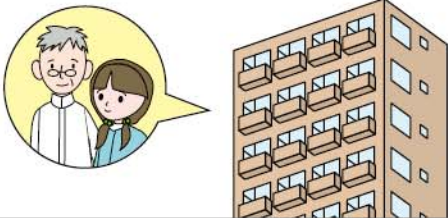
#### What a Family Meeting Looks Like (example)

- How to stay in touch with family members
- The role of each family member during disasters
- Check for hazard areas near your home or school with the Hazard Map
- Confirming the safe route to evacuation sites at times of flood
- Confirming which evacuation site will be the final meeting place
- A place other than evacuation sites at times of flood in Nakano City (A friend's or relative's house, etc.)
- What to pack, managing your ready-to-go supplies and belongings.

### Planning Your Evacuation

#### Five Points to Consider

Evacuation means to [avoid] [accidents]. It is not necessary to go to an evacuation site if you are in a safe place.



Try to take as much personal supply of masks, disinfectants, a thermometer, food, etc.



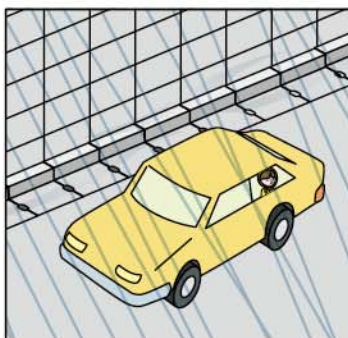
Evacuation sites are not the only places to evacuate to. Consider evacuating to the house of a relative or friend that's safe.



The evacuation sites designated by Nakano City may have been changed or expanded since this brochure was made. Please check the Nakano City's website in case of a disaster.



It is dangerous to be outdoors during heavy rains. If you have no choice but to drive or stay in your car, be vigilant of the situation around you to avoid flooding.



Take appropriate evacuation actions by being aware that "you are responsible for protecting your own life"



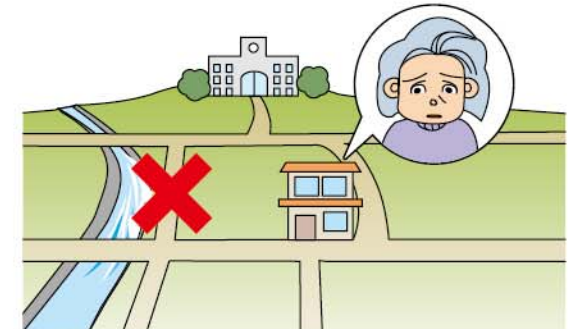
### How to use the Hazard Map

#### 1 Knowing the Risks of Flooding that Could Occur Near You

Check the Hazard Map that lists the areas near you, such as your home, schools, and stations, to see the kinds of disasters that could be expected.

##### Things to Check For

- Are you in a flood-prone area?
- How much inundation will there be?
- How long will the inundation last (see pages 32 and 33)



#### 2 Considering Your Evacuation Options

Make sure that your evacuation method is appropriate for the risks you have identified in #1. The safety of your evacuation method will vary depending on your area or your family composition.

##### Things to Check For

- If you are within the expected zone of danger, you must start evacuating as soon as possible because the evacuation sites are outside the zone.
- Families with people who require more time to evacuate should start their evacuation as early as possible.

#### 3 Check Your Evacuation Site

Check the evacuation sites near your home for times of flood disaster by actually walking the evacuation routes that you think are safe.

##### Things to Check For

- Avoid dangerous routes such as those that involve crossing bridges or walking along rivers.



#### 4 Creating "My Timeline"

"My Timeline" will help each person to think and decide in advance the actions to take in preparing for evacuation so that you will not be in a panic during an emergency. Learn the necessary knowledge for evacuation using the Hazard Map and plan your evacuation actions. You should then discuss it with your family and create your own "My Timeline" sheet.



##### What Can "My Timeline" Help You Do

- It can help you learn the characteristics of storm and flood disasters, such as river inundation and landslides, and also help you to interpret weather and evacuation information that can be used to guide your evacuation.
- It will make your evacuation safer by helping you to recognize the nearby dangers and dangerous behaviors.
- It will help you recognize the correct course of action in response to the disaster/evacuation information issued.



## Timing of Evacuation

### Making Use of Tokyo's My Timeline

In Tokyo,

- When a typhoon is approaching!
- When heavy rain persists!
- When there is a brief but sudden downpour!

There are three types of "My Timeline" sheets available for each of these situations. For those who are creating their own "My Timeline" for the first time, we also provided a "My Timeline Creation Guide".



Tokyo's My Timeline

<https://www.bousai.metro.tokyo.lg.jp/mytimeline/index.html>



### ■ Nakano City Residents' Storm and Flood Disaster Timeline

Tokyo's My Timeline ("My Timeline" henceforth) by the Tokyo Metropolitan Government has been in distribution since June 2019 as a guide to help the evacuation of Tokyo's residents during times of storm and flood disaster. It helps residents have a better understanding of disaster preparedness information so that they can take appropriate evacuation actions according to their environment and local characteristics.

"My Timeline" is an action plan that each individual should prepare in advance for evacuation. It is essential for taking evacuation action in the event of a storm or flood disaster.

We have created a "Storm and Flood Disaster My Timeline for Nakano City Residents (see the next page)" so that the residents of Nakano City can create their own "My Timeline".

Please make the most of it.

Nakano City Disaster Preparedness and Weather Information  
You can check the precipitation of your district. Please make use of it.



### ■ How to Create "My Timeline"

You can create your personalized "My Timeline" by collecting the information you need and writing it down on the sheet.

It is also a good idea to write down items that are difficult to stockpile at the evacuation site (emergency medications, pet supplies, etc.), as well as information regarding your neighbors who need help with evacuation, and the roles of your family member during an evacuation, so that you won't be disorganized in the event of an emergency.

#### How to Create "My Timeline"

- ① Check and write down possible risks nearby in the event of a storm, flood, or landslide disaster using the Hazard Map (see page 7)
- ② Check and write down the weather and evacuation information that you will need (see pages 2 and 3)
- ③ Consider and write down the safe evacuation actions, keeping in mind the timing of the start of evacuation (see pages 10 and 11)



# Nakano City Residents' Storm and Flood Disaster Timeline

This table is an action plan (timeline) that shows what you need to do to protect yourself from a storm and flood disaster.

(2025 Edition)

Weather Conditions	Information from the Japan Meteorological Agency	River Information		Alert Level	Information from Nakano City	Actions of City Residents
Several Days to a Day Before Heavy Rain	Typhoon Forecast, etc			Alert Level 1		Check the weather Information and the Hazard Map. Frequently check the latest information. Confirm your personalized evacuation plan.
Half a Day to Several Hours Before Heavy Rain	Advisory	Kanda River Zenpukuji River Myoshoji River	Egota River	Alert Level 2	*If the "Evacuation of the Elderly, Etc." is expected to take place at night or early in the morning, the order may be issued before dark.	
Several Hours to Two Hours Before Heavy Rain	Advisory that's Likely Turn into a Warning			Alert Level 3		Those who require more time to evacuate (the elderly, those requiring special care and support, etc.) should begin evacuation. Other people should also prepare for evacuation according to the situation and start evacuating on their own accord.
Heavy Rain	Heavy Rainfall Warnings (Landslide/Inundation)			Alert Level 4	Evacuation of the Elderly, Etc. *Designated Evacuation Site is Notified	Evacuate from dangerous areas to an evacuation site as soon as possible. If the route to the evacuation site is unsafe, find a safe place close by.
Intensification of Heavy Rain	Flood Warning Very Dangerous (A life-threatening disaster may occur at any time)	Flood Hazard Water Level (Flood Hazard Information)	Flood Hazard Water Level	Alert Level 5	Evacuation Instruction *Designated Evacuation Site is Notified	Emergency Safety Measures (May not always be issued)
Once in a Several Decade Extensive Heavy Rain	Heavy Rain Special Warning Extremely Dangerous (A life-threatening disaster may have already occurred)	Inundation	Inundation			If a disaster has already occurred, take decisive action in order to protect your own life.

※ This timeline is an overview of the actions that city residents should take in response to the information the city and other organizations provide based on the weather conditions at the time. It is taken from the "Nakano City Storm and Flood Disaster Timeline" specified in the Nakano City Local Disaster Prevention Plan. Please note that depending on weather information and geographical factors, the information may not be issued in this particular order. Even without the issuance of such information, you should evacuate to a safe place if you feel at risk.



# How to Evacuate / Daily Life under Evacuation

## How to Evacuate in Case of a Flood Disaster

As a general rule, evacuate and secure your safety indoors during an emergency. Even if an evacuation instruction has not been issued, you should start evacuating if you feel that remaining in your area is unsafe.



### How to Evacuate in Case of a Flood

If an evacuation instruction has been issued, follow the instructions and quickly evacuate to your designated evacuation site or a place of safety such as a relative's or friend's house.

### ■ Cautionary Points for when Evacuating

#### Act on Your Own Accord

- Check TV and radio for the latest weather and evacuation information.
- If you feel that you are in danger, evacuate on your own accord instead of waiting for an evacuation instruction to be issued.
- If there are people in your neighborhood who require special attention and need more time to evacuate, such as the elderly, help them by evacuating together.
- If you are evacuating to a relative's or friend's house, try to evacuate as soon as possible while public transportation is still running.



#### Recommended Dress/Action

- Do not act independently.
- Wear clothes that are easy to move about in.
- Don't forget to bring your supplies.
- Boots can be dangerous as they can get caught in the water. Wear sneakers.



#### Before Leaving Your House

- Did you turn off the gas?
- Did you turn off the power breaker?
- Have you notified your relatives and friends that you are evacuating?



### Securing Safety Indoors (Vertical Evacuation)

If you are in imminent danger and there is no time to evacuate to a safe place, or if the route to the evacuation site is difficult or dangerous, evacuate to the second or higher floor of your building.

"Securing Safety Indoors" is not a guaranteed way to stay safe. It is an emergency measure of last resort. If there is no imminent danger, you should evacuate your building as soon as possible to ensure your safety!

#### Know Which Evacuation Route and Evacuation Site are Safe.

- Make sure you have checked the safe route to the evacuation site as you planned for during the family meeting (see page 7).

#### Cautionary Points for when Evacuating by Foot

- The maximum depth of water that a person can walk in is approximately 50cm. If the current is strong, even shallow waters can be dangerous!
- Using a long stick or umbrella as a walking stick, check for any gutters and manhole covers that may have come off so that you do not fall inside.



#### Do Not Evacuate by Car

- Cars can lose mobility on flooded roads. Also, as the water level rises, you can be swept away in your car.
- There is a risk that you will be stuck in traffic jams and miss your chance to escape the disaster if you evacuate by car.
- You should avoid evacuating by car except for in special circumstances, such as when evacuating early with those that are sick or require special assistance.
- The evacuation sites at times of flood designated by the city do not have parking lots. There are no evacuation sites designed for vehicles.

## Taking Refuge in Your Own Home (If Your Home is Safe)

If your home is not in danger, taking refuge in your home should be the primary approach. If you are familiar with your home, you can prevent yourself from becoming ill due to the stress of a change in the environment and living with a group of people. Get the right information and live off the food you have stockpiled at home.

- If water or sewerage service is cut off, you will not be able to use a flush toilet. Prepare enough portable toilets for your family to last several days.
- In the case of electricity or gas outage, prepare a portable stove, gas cartridges, flashlight, etc. as an alternative.



## Living at an Evacuation Site (If Your Home is Dangerous)

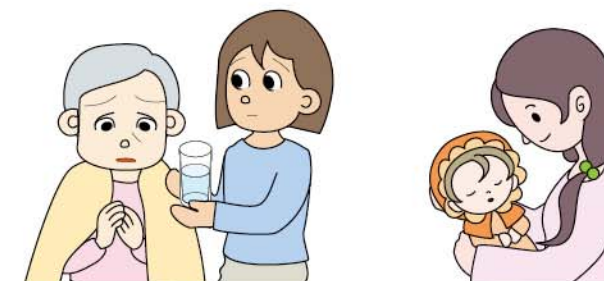
Living at an evacuation site away from home is very inconvenient. Also, since strangers are living together in a limited space, some may fall ill due to stress or overfatigue in a harsh environment. At an evacuation site, it is important to follow the rules and help care for each other.



Live cooperatively by sharing responsibilities such as cleaning and cooking. Physical activity in moderation can help prevent economy class syndrome (see below).

### ■ Be Considerate to Those Around You

- Take care of your physical and mental health.
- Take care of your personal information. Keep your driver's license, insurance card, etc. in a safe place.
- Please be considerate and supportive of pregnant women and infants.



#### Considerations for Evacuating with Pets

- It is the owner's responsibility to look after and manage their pets. At an evacuation site, your pet will have to be kept away from the living spaces of people.
- Prepare a carry-bag or cage and food and goods for your pet.
- Be sure that your pet is wearing a collar, identification tag, and or is microchipped, and has various vaccinations done in advance.



#### What to Do for a Person Who Needs Special Assistance

A person in need of special assistance is someone who needs the help of those around him or her to protect themselves from a disaster. (For more information on Consideration and support, see page 31)

### ■ Taking Care of Your Health

If living under evacuation is prolonged, there is a high possibility that you may fall ill, have a pre-existing illness get worse, or suffer from a serious condition due to major changes in your living environment. Try to be extra careful with your health and lifestyle.



#### How to Avoid Economy Class Syndrome

If you stay in the same physical position for a prolonged amount of time, your blood can clot easily from poor circulation, which can lead to potentially fatal diseases such as pulmonary embolism. Avoid this by moving your feet and toes frequently and doing light exercises and stretches. Also, be aware that many people are choosing to evacuate by vehicle for privacy and the prevention of infectious diseases, but this can in turn increase the potential for Economy Class Syndrome.



# Flood Disaster Hazard Map / Index Map

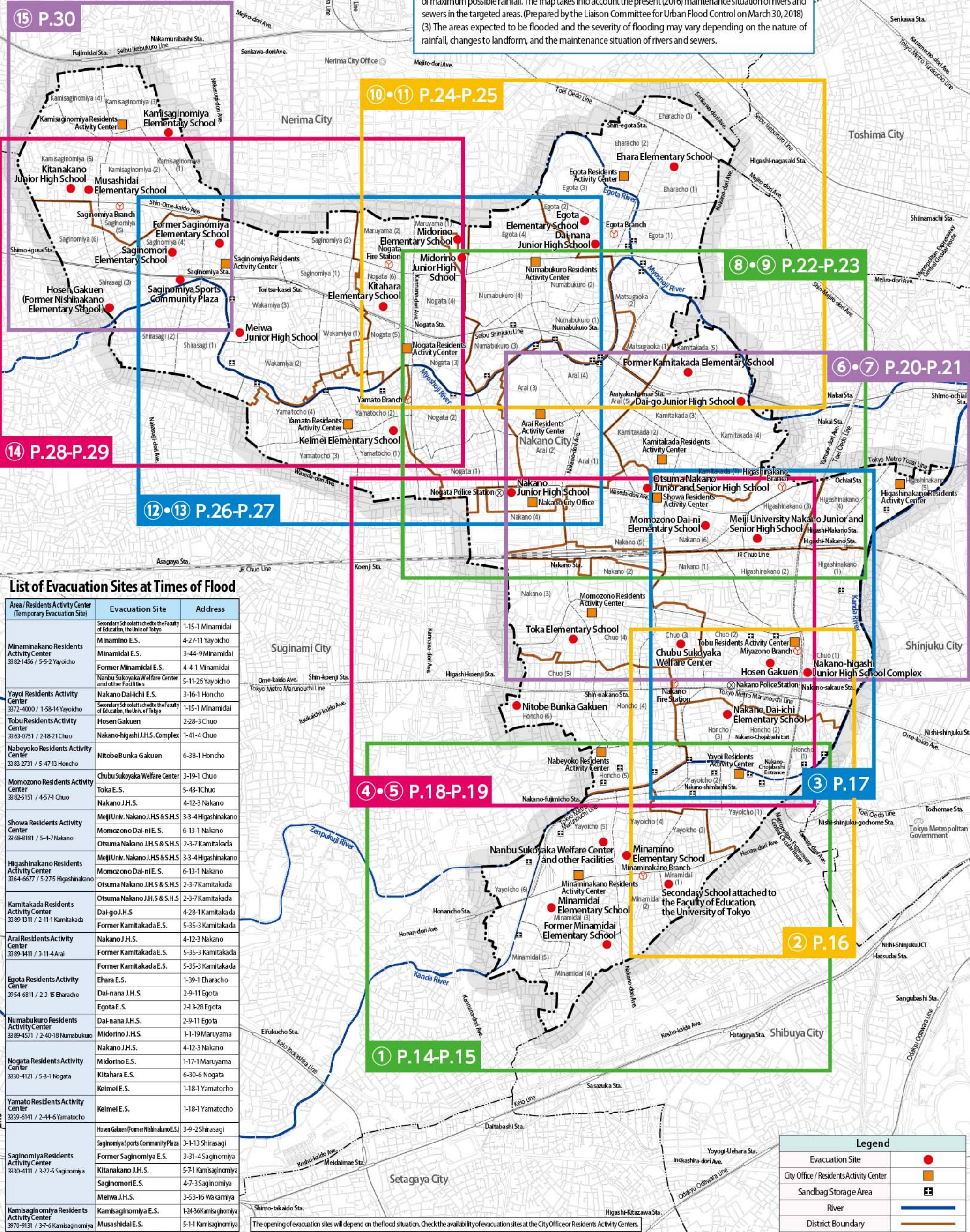
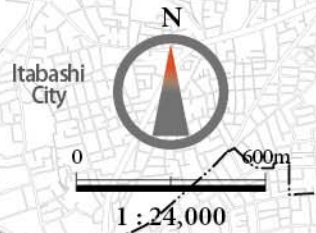
This Flood Disaster Hazard Map shows the expected area of flood inundation, inundation height, and designated evacuation sites for each district, in the event of heavy rainfall in the river basins around that of the Kanda River.

The previous Inundation Simulation Area Maps defined "heavy rain" as rainfall of similar severity to that of "The September 2000 Torrential Rain Disaster in the Tokai Region". However, the newly revised Inundation Simulation Area Map now defines "heavy rain" as "the assumed maximum possible rainfall".

(1) Target rainfall event: Assumed maximum possible rainfall (Maximum hourly rainfall: 153 mm, Total rainfall over 24 hours: 690 mm)

(2) The revised Inundation Simulation Area Map uses simulation to show the expected inundation in the event of maximum possible rainfall. The map takes into account the present (2016) maintenance situation of rivers and sewers in the targeted areas. (Prepared by the Liaison Committee for Urban Flood Control on March 30, 2018)

(3) The areas expected to be flooded and the severity of flooding may vary depending on the nature of rainfall, changes to landform, and the maintenance situation of rivers and sewers.



## List of Evacuation Sites at Times of Flood

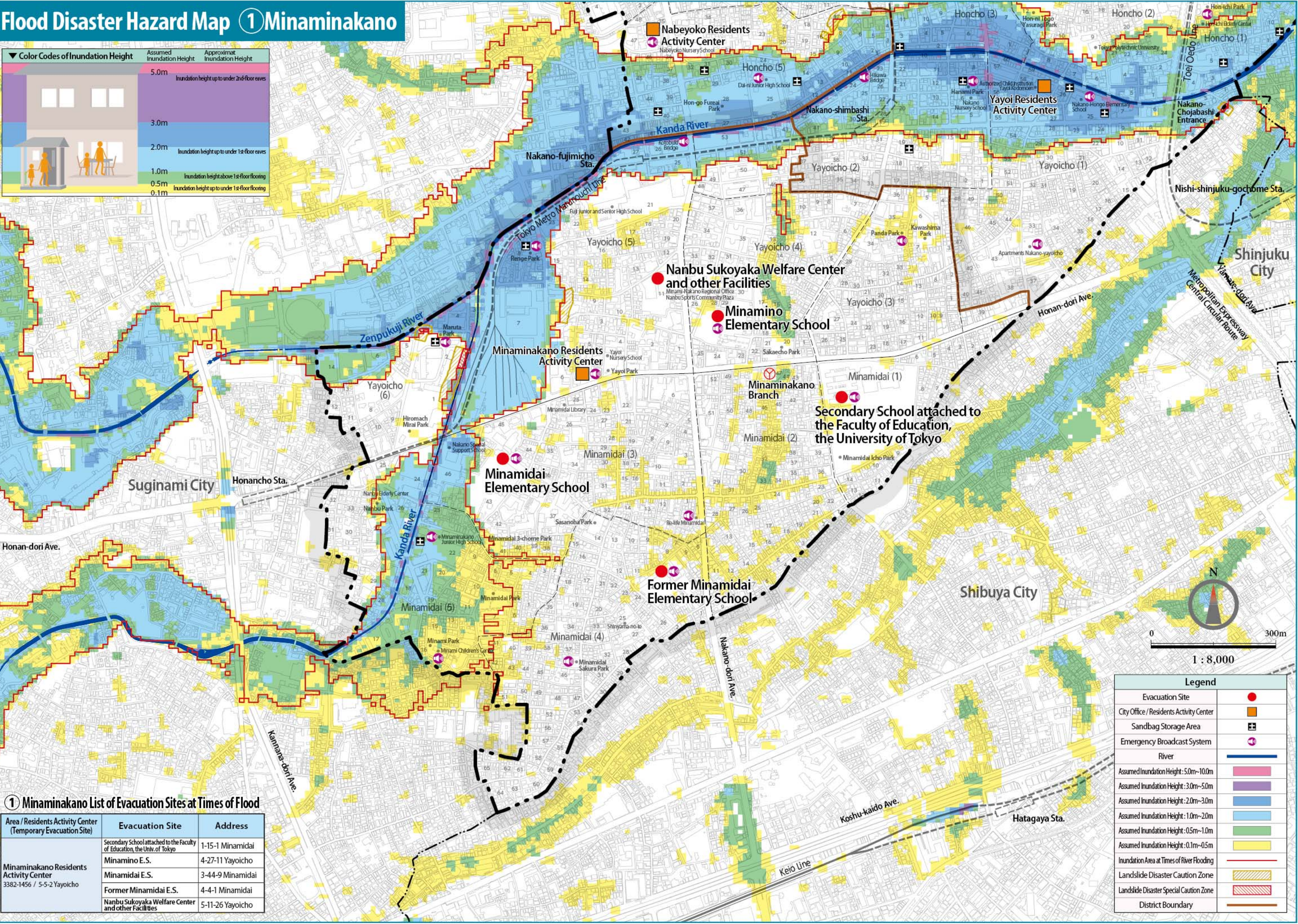
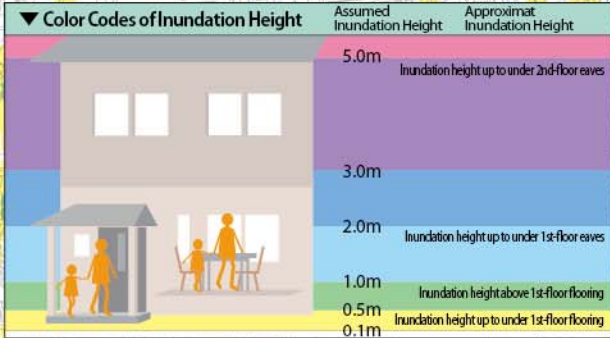
Area / Residents Activity Center (Temporary Evacuation Site)	Evacuation Site	Address
Minaminakano Residents Activity Center 3382-1456 / 5-2 Yayoi-cho	Secondary School attached to the Faculty of Education, the University of Tokyo	1-15-1 Minamidai
	Minamino E.S.	4-27-11 Yayoi-cho
	Minamidai E.S.	3-44-9 Minamidai
	Former Minamidai E.S.	4-4-1 Minamidai
Yayoi Residents Activity Center 3372-4000 / 1-58-14 Yayoi-cho	Nambu Sukoyaka Welfare Center and other Facilities	5-11-26 Yayoi-cho
	Nakano Dai-ichi E.S.	3-16-1 Honcho
Tobu Residents Activity Center 3363-0751 / 2-18-21 Chuo	Secondary School attached to the Faculty of Education, the University of Tokyo	1-15-1 Minamidai
	Hosen Gakuen	2-28-3 Chuo
Nabeyoko Residents Activity Center 3383-2731 / 5-47-13 Honcho	Nakano-higashi J.H.S. Complex	1-41-4 Chuo
	Nitobe Bunka Gakuen	6-38-1 Honcho
Momozono Residents Activity Center 3382-5151 / 4-57-1 Chuo	Chubu Sukoyaka Welfare Center	3-19-1 Chuo
	Toka E.S.	5-43-1 Chuo
	Nakano J.H.S.	4-12-3 Nakano
Showa Residents Activity Center 3368-8181 / 5-4-7 Nakano	Meiji Univ. Nakano J.H.S. & S.H.S.	3-3-4 Higashinakano
	Momozono Dai-ni E.S.	6-13-1 Nakano
	Otsuna Nakano J.H.S. & S.H.S.	2-3-7 Kamitakada
	Meiji Univ. Nakano J.H.S. & S.H.S.	3-3-4 Higashinakano
Higashinakano Residents Activity Center 3364-6677 / 5-27-5 Higashinakano	Momozono Dai-ni E.S.	6-13-1 Nakano
	Otsuna Nakano J.H.S. & S.H.S.	2-3-7 Kamitakada
	Otsuna Nakano J.H.S. & S.H.S.	2-3-7 Kamitakada
	Dai-go J.H.S.	4-28-1 Kamitakada
Kamitakada Residents Activity Center 3389-1311 / 2-11-1 Kamitakada	Former Kamitakada E.S.	5-35-3 Kamitakada
	Nakano J.H.S.	4-12-3 Nakano
	Former Kamitakada E.S.	5-35-3 Kamitakada
Arai Residents Activity Center 3389-1411 / 3-11-4 Arai	Former Kamitakada E.S.	5-35-3 Kamitakada
	Ehara E.S.	1-39-1 Ehara-cho
	Dai-nana J.H.S.	2-9-11 Egota
Egata Residents Activity Center 3954-6811 / 2-3-15 Ehara-cho	Egata E.S.	2-13-28 Egota
	Dai-nana J.H.S.	2-9-11 Egota
	Midorino J.H.S.	1-1-19 Maruyama
Numabukuro Residents Activity Center 3389-4571 / 2-40-18 Numabukuro	Nakano J.H.S.	4-12-3 Nakano
	Midorino E.S.	1-17-1 Maruyama
	Kitahara E.S.	6-30-6 Nogata
Nogata Residents Activity Center 3330-4121 / 5-3-1 Nogata	Keimei E.S.	1-18-1 Yamatocho
	Keimei E.S.	1-18-1 Yamatocho
Yamato Residents Activity Center 3339-6141 / 2-44-6 Yamatocho	Hosen Gakuen (Former Nishinakano E.S.)	3-9-2 Shirasagi
	Saginomiya Sports Community Plaza	3-1-13 Shirasagi
	Former Saginomiya E.S.	3-31-4 Saginomiya
Saginomiya Residents Activity Center 3330-4111 / 3-22-5 Saginomiya	Kitanaka J.H.S.	5-7-1 Kamisaginomiya
	Saginomori E.S.	4-7-3 Saginomiya
	Meiwa J.H.S.	3-53-16 Wakamiya
	Kamisaginomiya E.S.	1-24-36 Kamisaginomiya
Kamisaginomiya Residents Activity Center 3970-9131 / 3-7-6 Kamisaginomiya	Musashidai E.S.	5-1-1 Kamisaginomiya

Legend	
Evacuation Site	●
City Office / Residents Activity Center	■
Sandbag Storage Area	⊞
River	—
District Boundary	—

The opening of evacuation sites will depend on the flood situation. Check the availability of evacuation sites at the City Office or Residents Activity Centers.



Flood Disaster Hazard Map ① Minaminakano

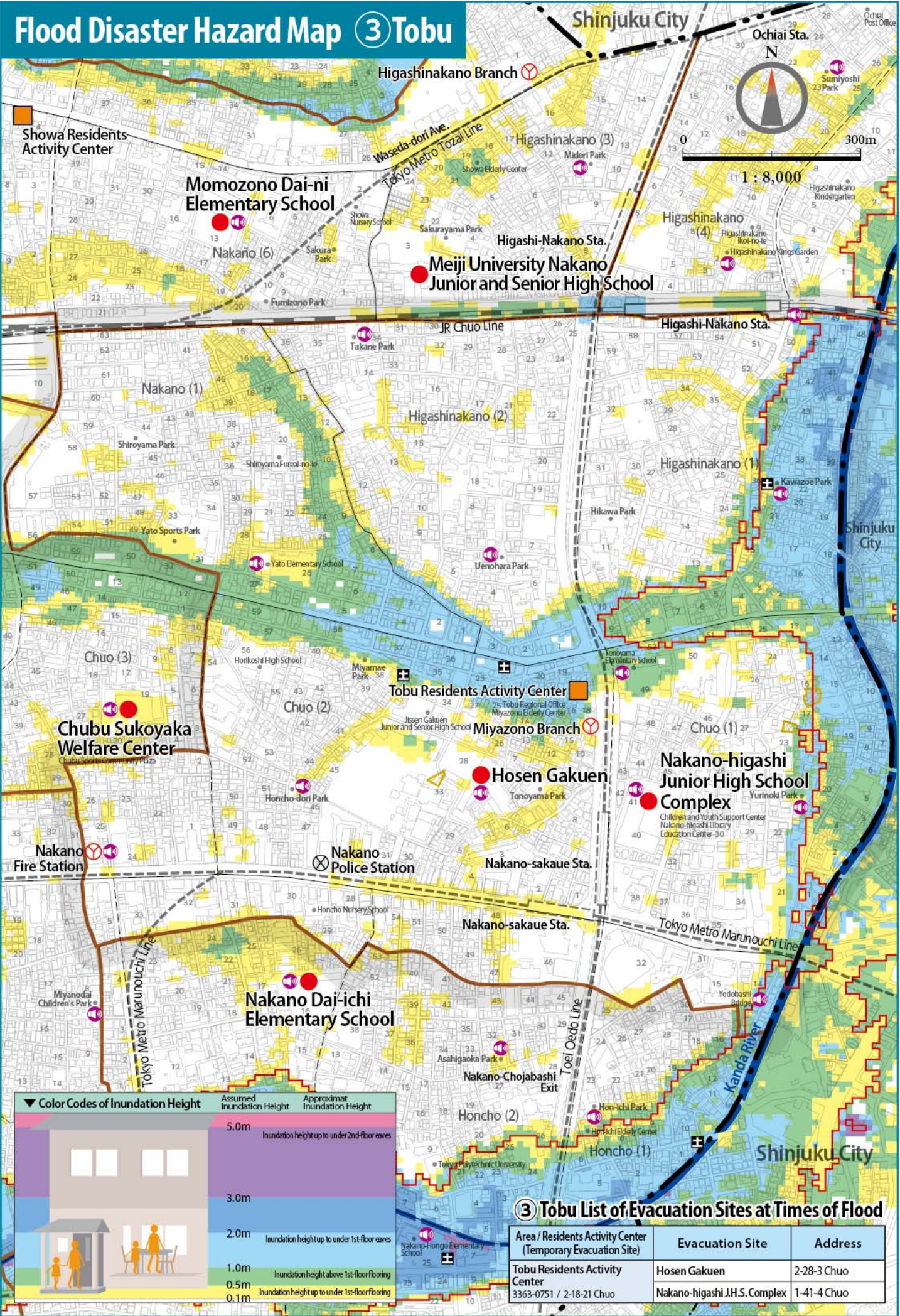
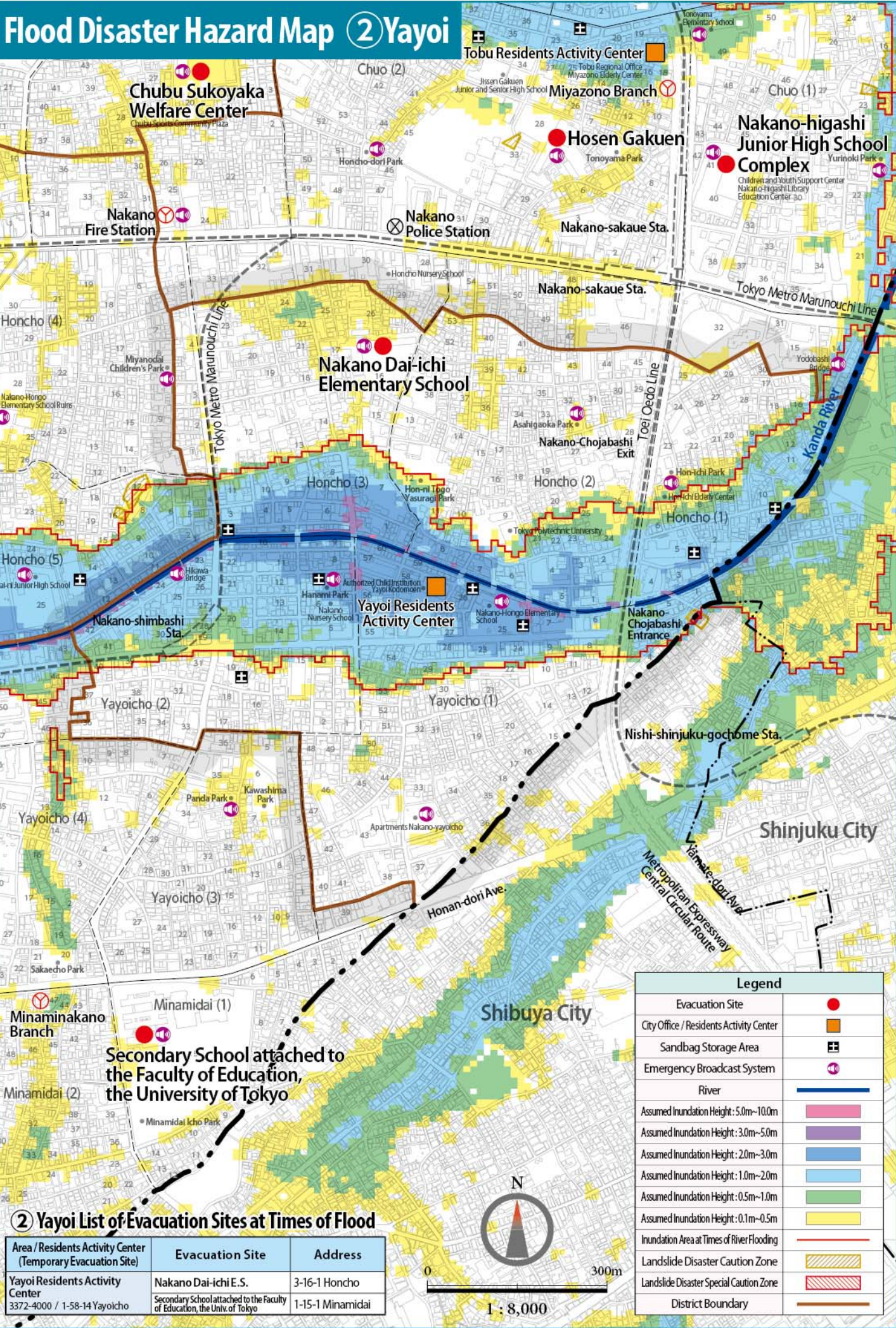


① Minaminakano List of Evacuation Sites at Times of Flood

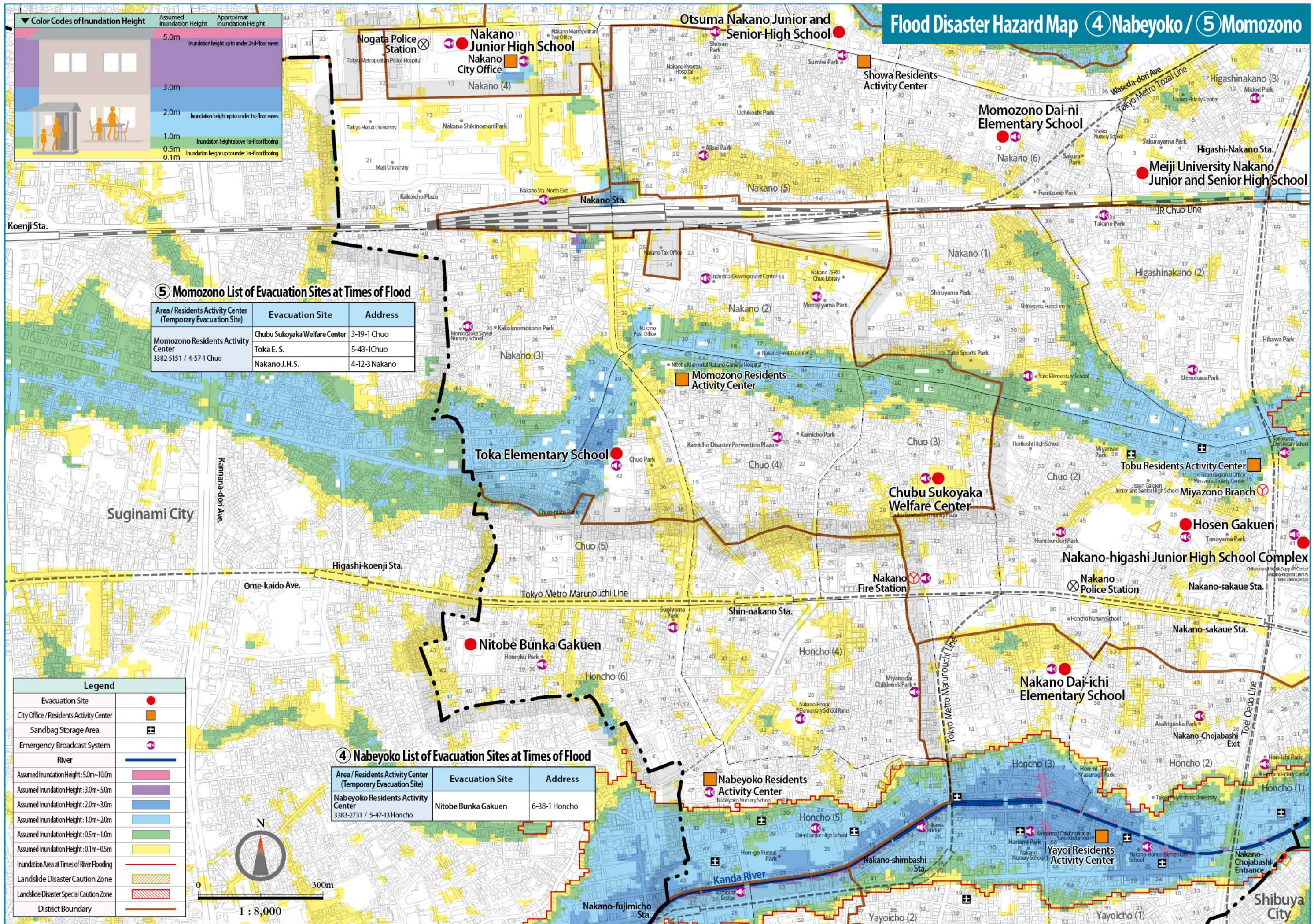
Area / Residents Activity Center (Temporary Evacuation Site)	Evacuation Site	Address
Minaminakano Residents Activity Center 3382-1456 / 5-5-2 Yayoicho	Secondary School attached to the Faculty of Education, the Univ. of Tokyo	1-15-1 Minamidai
	Minamino E.S.	4-27-11 Yayoicho
	Minamidai E.S.	3-44-9 Minamidai
	Former Minamidai E.S.	4-4-1 Minamidai
	Nanbu Sukoyaka Welfare Center and other Facilities	5-11-26 Yayoicho

Legend	
Evacuation Site	●
City Office / Residents Activity Center	■
Sandbag Storage Area	■
Emergency Broadcast System	●
River	—
Assumed Inundation Height: 5.0m~10.0m	■
Assumed Inundation Height: 3.0m~5.0m	■
Assumed Inundation Height: 2.0m~3.0m	■
Assumed Inundation Height: 1.0m~2.0m	■
Assumed Inundation Height: 0.5m~1.0m	■
Assumed Inundation Height: 0.1m~0.5m	■
Inundation Area at Times of River Flooding	—
Landslide Disaster Caution Zone	■
Landslide Disaster Special Caution Zone	■
District Boundary	—







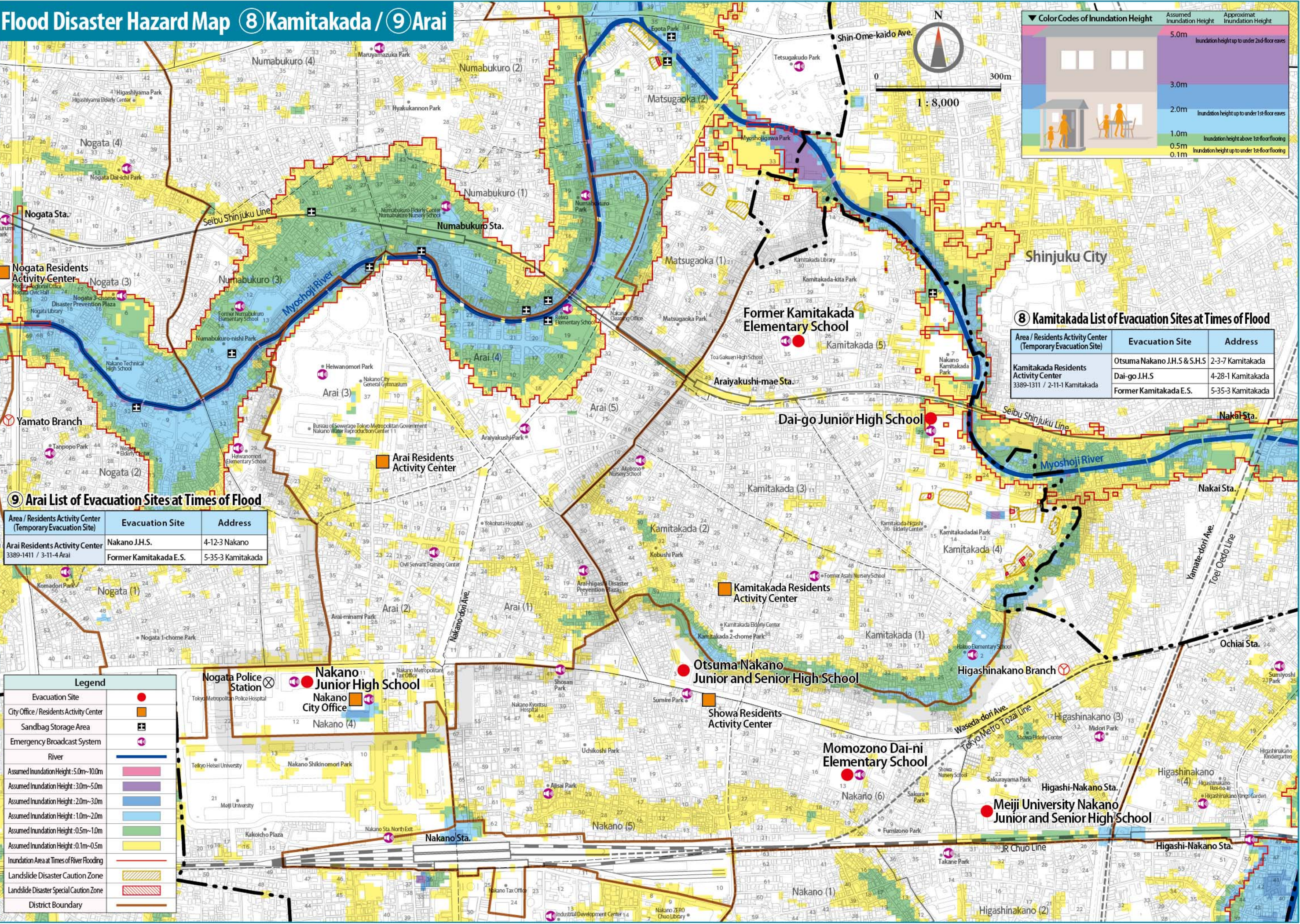




[illegible]

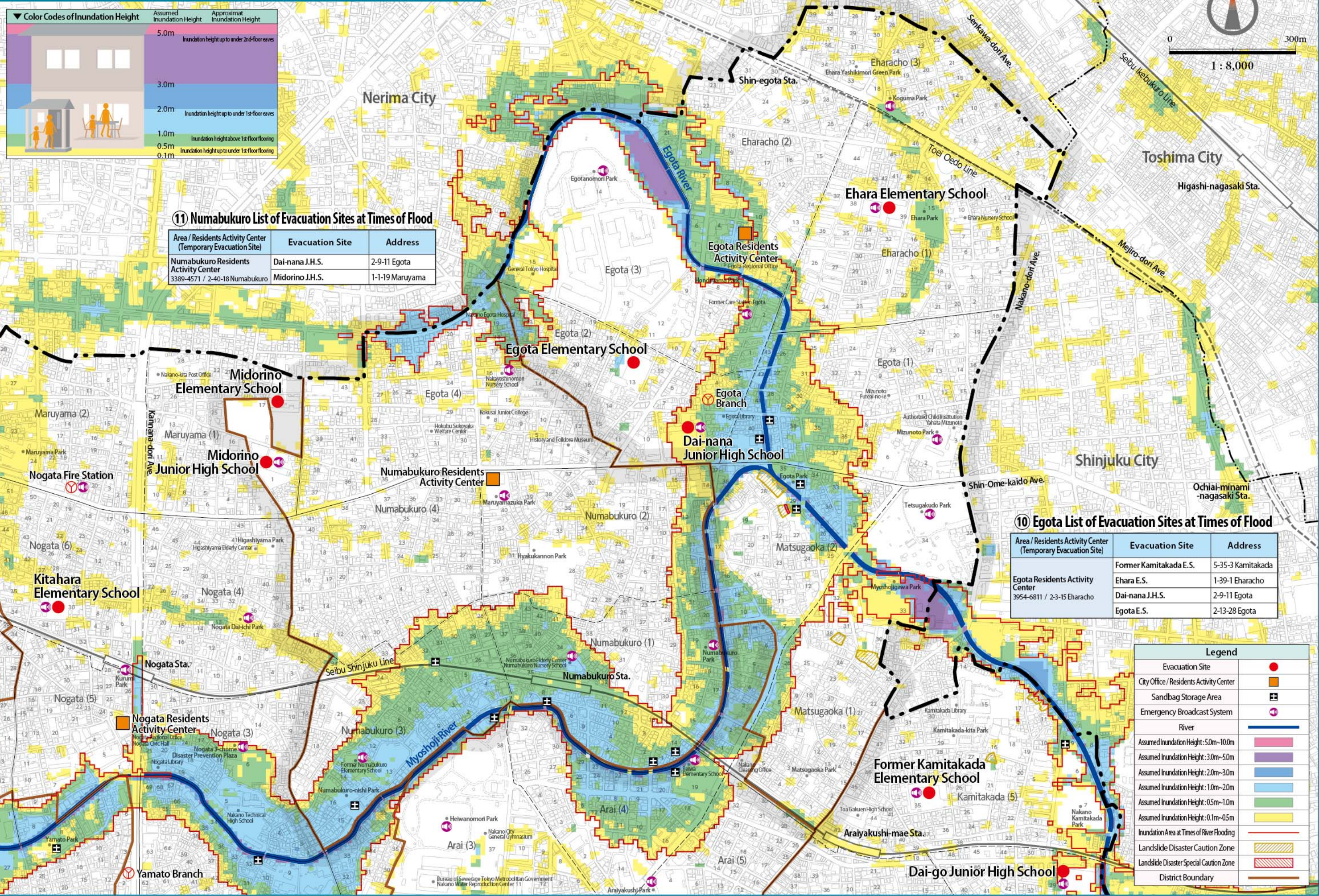


Flood Disaster Hazard Map ⑧ Kamitakada / ⑨ Arai



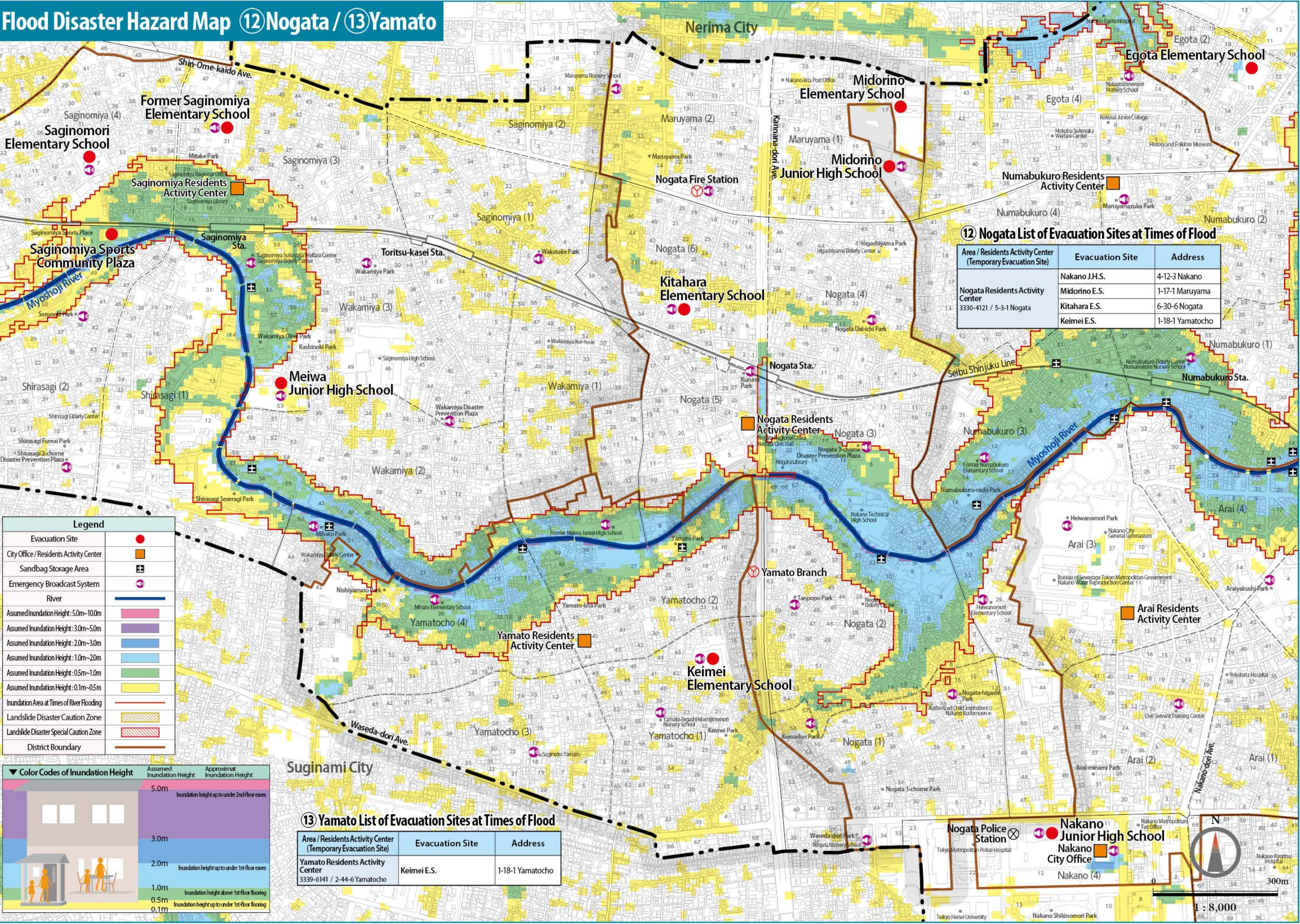


Flood Disaster Hazard Map ⑩Egota / ⑪Numabukuro





Flood Disaster Hazard Map ⑫Nogata / ⑬Yamato

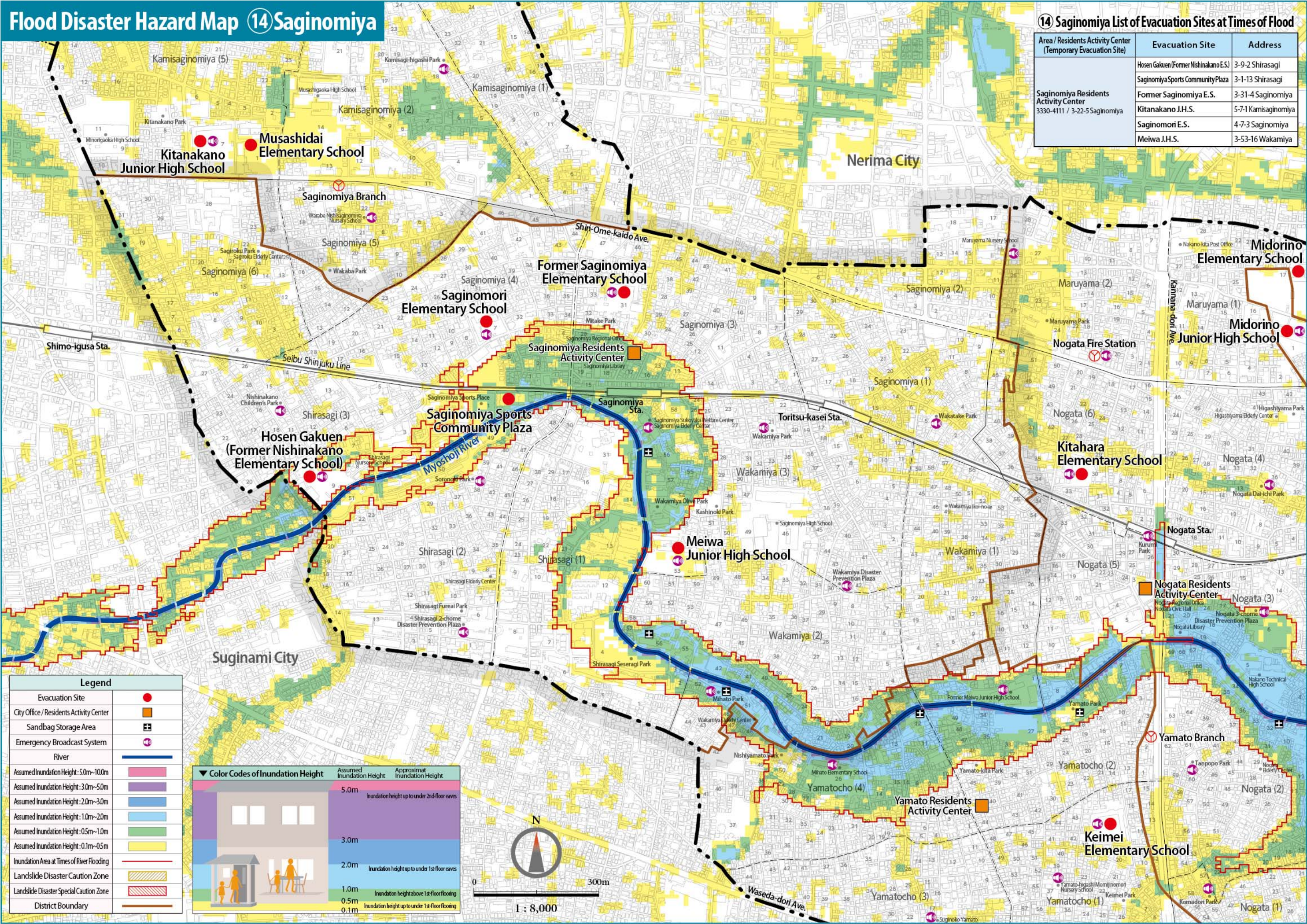




Flood Disaster Hazard Map 14 Saginomiya

14 Saginomiya List of Evacuation Sites at Times of Flood

Area / Residents Activity Center (Temporary Evacuation Site)	Evacuation Site	Address
Saginomiya Residents Activity Center 3330-4111 / 3-22-5 Saginomiya	Hosen Gakuen (Former Nishinakano E.S.)	3-9-2 Shirasagi
	Saginomiya Sports Community Plaza	3-1-13 Shirasagi
	Former Saginomiya E.S.	3-31-4 Saginomiya
	Kitanakano J.H.S.	5-7-1 Kamisaginomiya
	Saginomori E.S.	4-7-3 Saginomiya
	Meiwa J.H.S.	3-53-16 Wakamiya

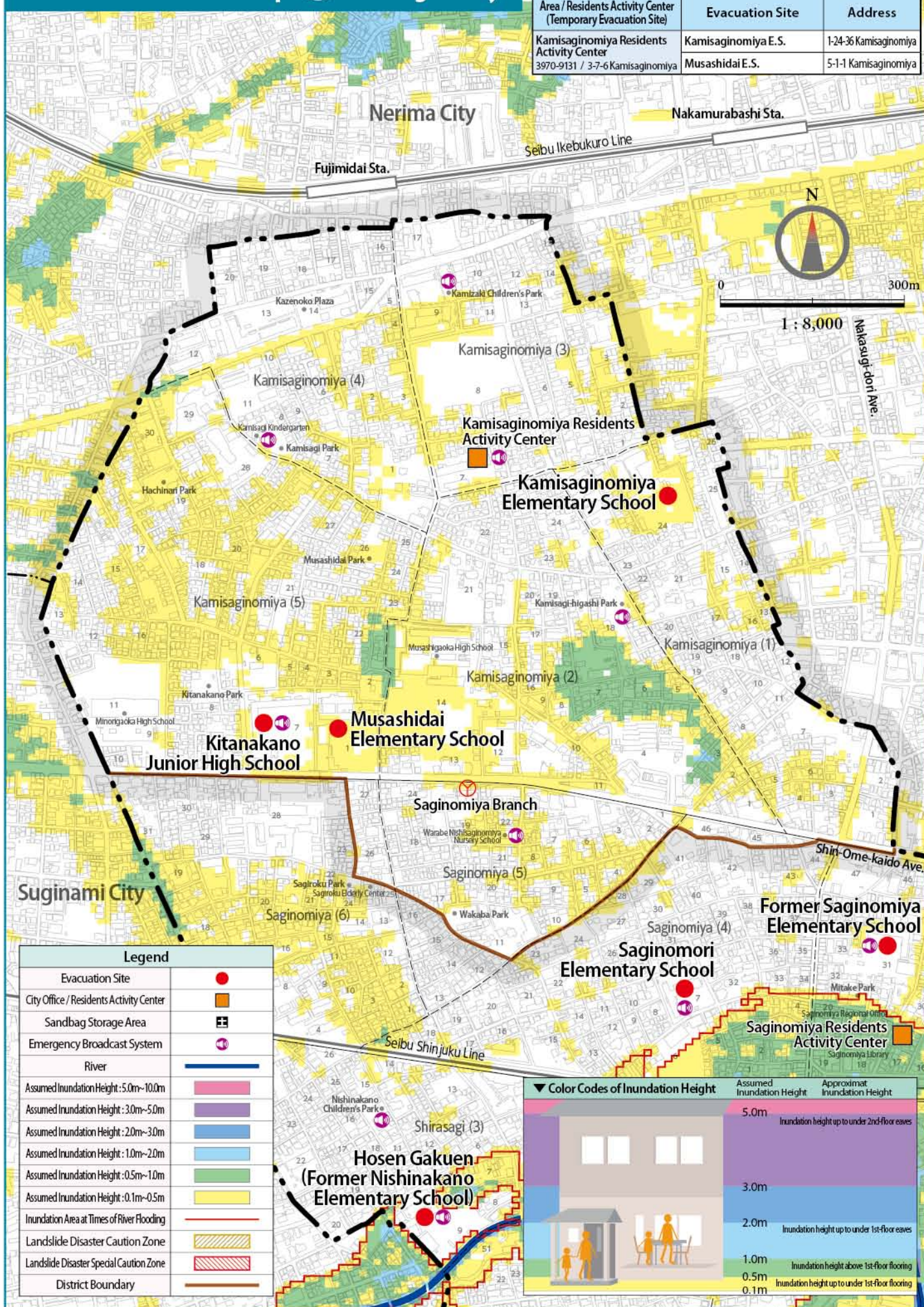




# Flood Disaster Hazard Map ⑮Kamisaginomiya

## ⑮ Kamisaginomiya List of Evacuation Sites at Times of Flood

Area / Residents Activity Center (Temporary Evacuation Site)	Evacuation Site	Address
Kamisaginomiya Residents Activity Center	Kamisaginomiya E.S.	1-24-36 Kamisaginomiya
3970-9131 / 3-7-6 Kamisaginomiya	Musashidai E.S.	5-1-1 Kamisaginomiya



# Flood Disaster

● Be Aware

## For People in Need of Special Consideration

### Caring and Helping Each Other

Some people need the support of those around them to protect themselves from a disaster or to evacuate. Please work together to support such people. If you need assistance, please register in advance with the List of People Who Need Assistance with Evacuation (see below).

#### For the Elderly, Pregnant Women, Infants, the Handicapped, and Non-Japanese Speakers

One should help the elderly, pregnant women, and infants by holding hands or carrying them on their backs during evacuation. Have more than one person to help. If you need to evacuate in an emergency, use a strap to carry them on your back and evacuate to a safe place. If you cannot communicate with foreigners, call out using hand gestures to guide them to safety.



#### For the Hearing-impaired

When speaking to those with hearing disabilities, stand close, look straight at their face, and move your mouth wide and clear. If you can't understand the person verbally, use a pen to write on a piece of paper or in the palm of the other person's hand.

#### For the Visually-impaired

First, approach them verbally by saying something like, "Would you like me to help you?". Speak clearly, slowly and loudly. When guiding the person, stand in front of the blind person, ask the blind person to lightly grab the top of his or her elbow, and slowly walk about half a step in front of them.

#### For Those Who Use Wheelchairs

Have three people work together when going up or downstairs. The person in the wheelchair should be faced forward on the way up and backward on the way down, so as not to cause fear.

### To Receive Support

#### Plan for Supporting the Evacuation of Individuals during Disasters

In preparing for a disaster or a threat of a disaster, we recommend that you create a plan for those who have difficulty evacuating on their own and especially for those who require special assistance (People Who Need Assistance). Write down your plan by noting down the items you will need during the evacuation, your situation, and the details of the people (supporters) who will assist you in the evacuation.

#### Contact

Community Activities Division, Community Support Promotion Department  
TEL: 03-3228-5582 FAX: 03-3228-5620

#### Who is Eligible

- 1 70 years old or older and living alone
- 2 Households with people only over 75 years old
- 3 Those with a physical disability certificate
- 4 Those with a mental disability certificate
- 5 Those who have been issued a handbook for the mentally disabled
- 6 Children and their guardians who are recognized by the city mayor as needing special support
- 7 Those recognized by the city mayor to be in equivalent conditions to one of the above

### Help Mark and Help Card

#### Help Mark

This tag was created to make it easier for people needing special assistance, who appearance-wise may not easily be recognized as so, to get help.



#### Help Card

It is a card the size of a business card with emergency contact details and a description of the person's needs for consideration and support.



The Help Mark and Help Card are designed to help people recognize those who need assistance and communicate the kind of help they need. If you see a person with one, please provide appropriate support and assistance.

#### Where To Obtain

The Disability Welfare Consultation Desk at the City Office, Sukoyaka Welfare Centers, Regional Offices, and Residents Activity Centers (Help Mark only, except for Residents Activity Centers adjoining Regional Offices)



# Inundation Duration Simulation Area Map

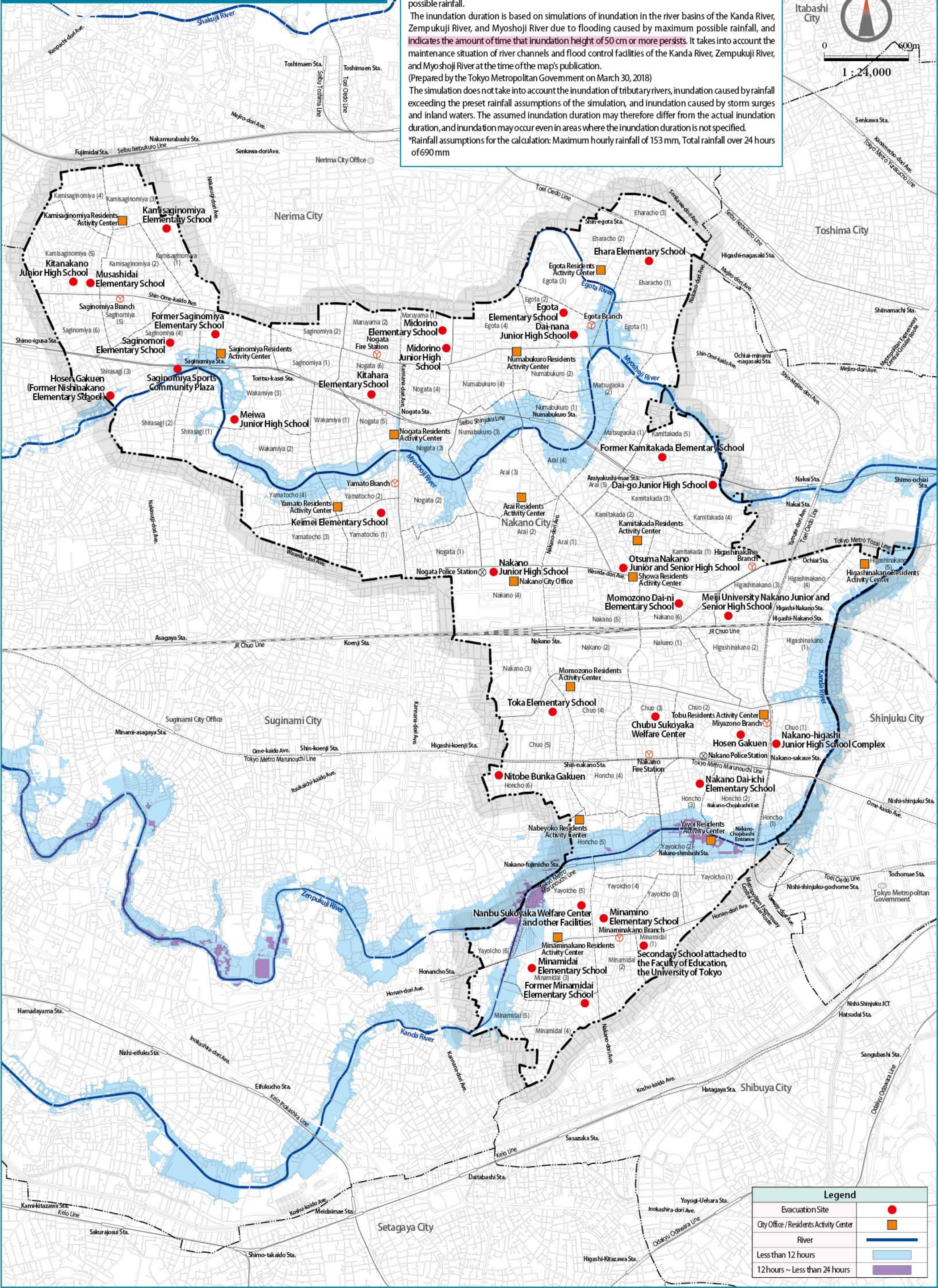
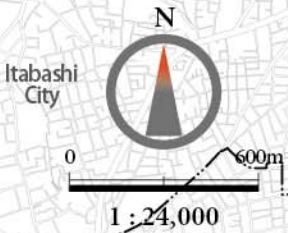
The Inundation Duration Simulation Area Map shows the inundation duration in the event of maximum possible rainfall.

The inundation duration is based on simulations of inundation in the river basins of the Kanda River, Zempukui River, and Myoshoji River due to flooding caused by maximum possible rainfall, and indicates the amount of time that inundation height of 50 cm or more persists. It takes into account the maintenance situation of river channels and flood control facilities of the Kanda River, Zempukui River, and Myoshoji River at the time of the map's publication.

(Prepared by the Tokyo Metropolitan Government on March 30, 2018)

The simulation does not take into account the inundation of tributary rivers, inundation caused by rainfall exceeding the preset rainfall assumptions of the simulation, and inundation caused by storm surges and inland waters. The assumed inundation duration may therefore differ from the actual inundation duration, and inundation may occur even in areas where the inundation duration is not specified.

*Rainfall assumptions for the calculation: Maximum hourly rainfall of 153 mm, Total rainfall over 24 hours of 690 mm



Legend	
Evacuation Site	●
City Office / Residents Activity Center	■
River	—
Less than 12 hours	Light Blue
12 hours ~ Less than 24 hours	Purple



## What is a Landslide Disaster? / Information on Disaster Preparedness and Evacuation

### The Types of Landslide Disasters and Caution Zones

In some areas, typhoons, heavy rains, and prolonged rains can loosen the ground and cause landslides, which can also be triggered by earthquakes.

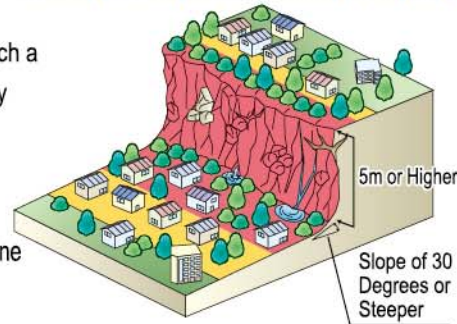
Landslide disasters can be categorized into three types: mudslides, slope failure, and steep-slope failure.

Steep-slope failure (collapse of steep slopes) is the type of landslide that can occur in Nakano City. Check the Landslide Hazard Map (see page 36 onwards) to find out where these disasters can occur.

#### Steep-slope Failure (Collapse of Steep Slopes)

A phenomenon in which a slope collapses rapidly

- Caution Zone
- Special Caution Zone



#### Landslide Disaster Caution Zone (Yellow Zone)

An area that is considered to be at risk to residents' life in the event of a landslide disaster. The danger is made known to the public and a warning & evacuation system is established.

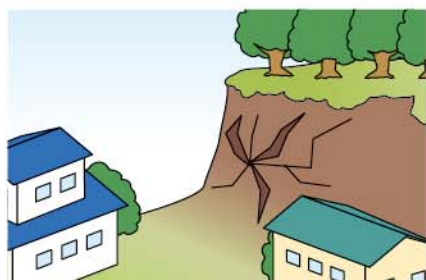
##### Specified Scope of Steep-slope Failure (Collapse of Steep Slopes)

- Areas with a slope of 30 degrees or steeper and a height of 5 meters or higher
- Areas within 10 meters horizontal distance from the top of a steep slope
- Areas within twice the height of the steep slope (or 50 meters if the slope height exceeds 50 meters) from the bottom of the steep slope

#### Landslide Disaster Special Caution Zone (Red Zone)

This is an area inside the Landslide Disaster Caution Zone (Yellow Zone), where there is a serious risk to people's lives in the event of a landslide disaster that causes damage to buildings. Special permission is required for certain development activities with structural restrictions on buildings.

### Telltale Signs of Steep-slope Failure (Collapse of Steep Slopes)



- Cracks appear on the slope
- Bulges appear on the slope



- The normally clear spring water becomes muddy, Spouting of water can be observed
- Rapid increase, decrease or drying up of spring water is observed



- Pebbles begin falling down the slope
- Unusual noises, mountain/underground rumbling can be heard coming from the slopes

Evacuate immediately if you observe any of these telltale signs, even when no warning or evacuation information has been issued.

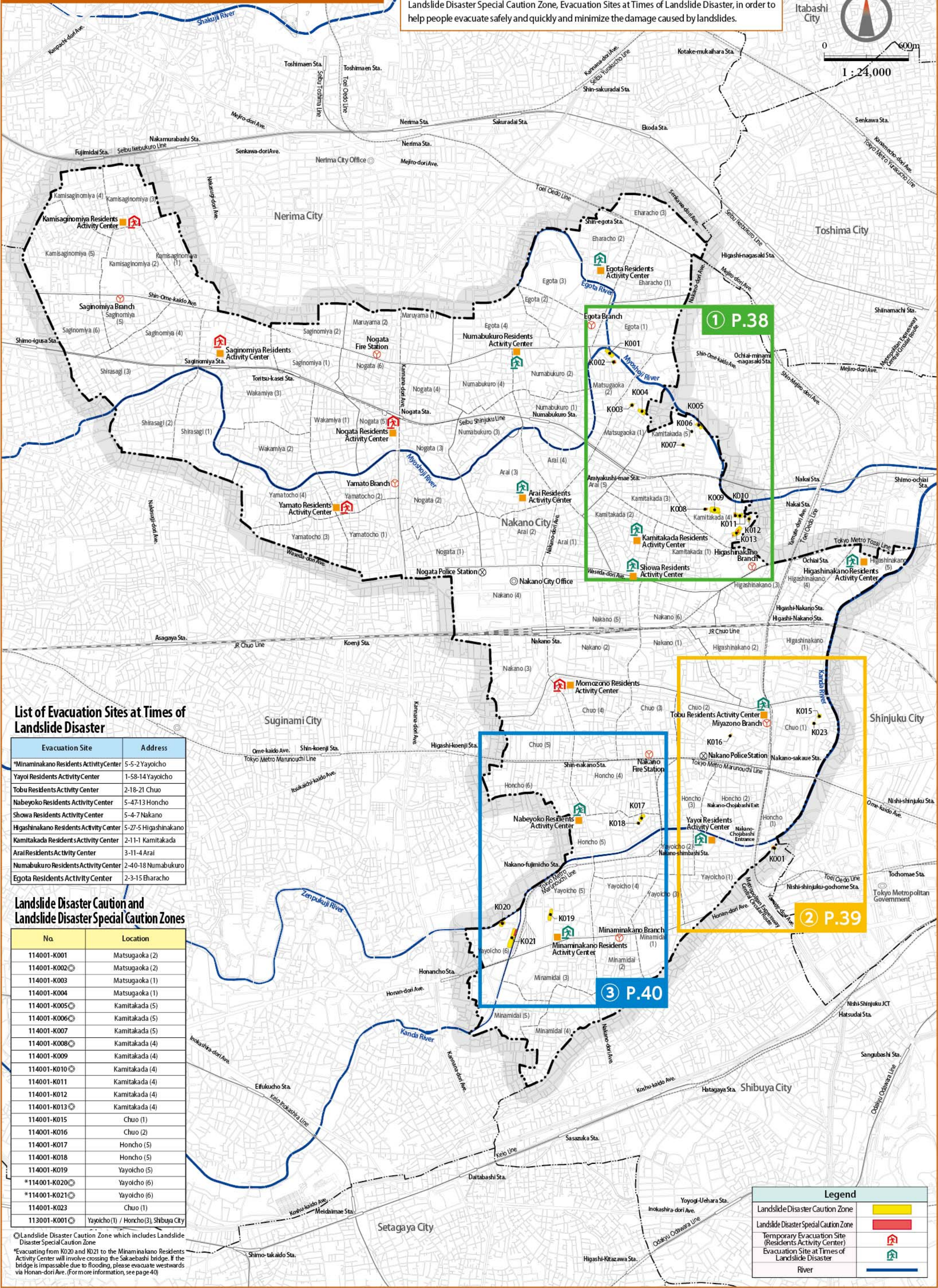
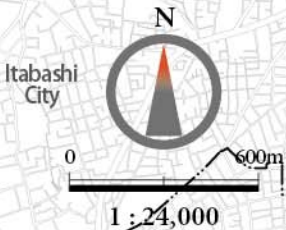
### Disaster Preparedness Information and Evacuation Action for Landslide Disasters

Alert Level (Equivalent)	Weather Information	Nakano City's Response	Actions of City Residents
<b>Level 2 (Equivalent)</b>	● Heavy Rain Advisory There is a risk of disaster due to heavy rain.	● An early surveillance system for storm and flood disasters is established to collect weather and river water level information.	● Pay attention to weather information and updates issued by the city. ● Check the Landslide Disaster Hazard Map.
<b>Level 3 (Equivalent)</b>	● Heavy Rain Warning (Landslide Disaster) Announcement	● A system of information communication channel is established in which city officials are gathered at regional headquarters to coordinate the evacuation of residents in case of an emergency. ● Initial deployment arrangements are made and areas expecting dangers are patrolled. ● An "Evacuation of the Elderly, Etc." notice is issued based on real-time rainfall observation and information based on field observations.	● Those who require more time to evacuate (the elderly, those requiring special care and support, etc.) should begin evacuation. ● Other people should also contact their families, pack their emergency supplies, prepare for evacuation according to the situation, and evacuate on their own accord.
<b>Level 4 (Equivalent)</b>	● Record-breaking Sudden Downpour Alert has been issued on top of Landslide Alert Information or Heavy Rain Warning.	● An "Evacuation Instruction" is issued for Landslide Disaster Caution Zone.	● Please evacuate from dangerous areas to a safe evacuation site as soon as possible. Make sure you check the rising water level of rivers and evacuate by a safe route. ● If the route to the evacuation site is unsafe, take refuge on the second or higher floor of a nearby sturdy building. If that is also not possible, evacuate to a safer part of your building, such as the second floor or a room away from the cliff.
<b>Level 5 (Equivalent)</b>	● Heavy Rain Special Warning There is a significant risk of serious disaster due to heavy rain.	● Residents informed of the Heavy Rain Special Warning. ● Reconfirmation of the subject area for "Evacuation Instruction".	● A disaster has already occurred. Take decisive action in order to protect your own life.



Landslide Disaster Hazard Map / Index Map

The Landslide Disaster Hazard Map/Index Map shows the Landslide Disaster Caution Zone, Landslide Disaster Special Caution Zone, Evacuation Sites at Times of Landslide Disaster, in order to help people evacuate safely and quickly and minimize the damage caused by landslides.



List of Evacuation Sites at Times of Landslide Disaster

Evacuation Site	Address
*Minaminakano Residents Activity Center	5-5-2 Yayoicho
Yayoi Residents Activity Center	1-58-14 Yayoicho
Tobu Residents Activity Center	2-18-21 Chuo
Nabeyoko Residents Activity Center	5-47-13 Honcho
Showa Residents Activity Center	5-4-7 Nakano
Higashinakano Residents Activity Center	5-27-5 Higashinakano
Kamitakada Residents Activity Center	2-11-1 Kamitakada
Arai Residents Activity Center	3-11-4 Arai
Numabukuro Residents Activity Center	2-40-18 Numabukuro
Egota Residents Activity Center	2-3-15 Eharacho

Landslide Disaster Caution and Landslide Disaster Special Caution Zones

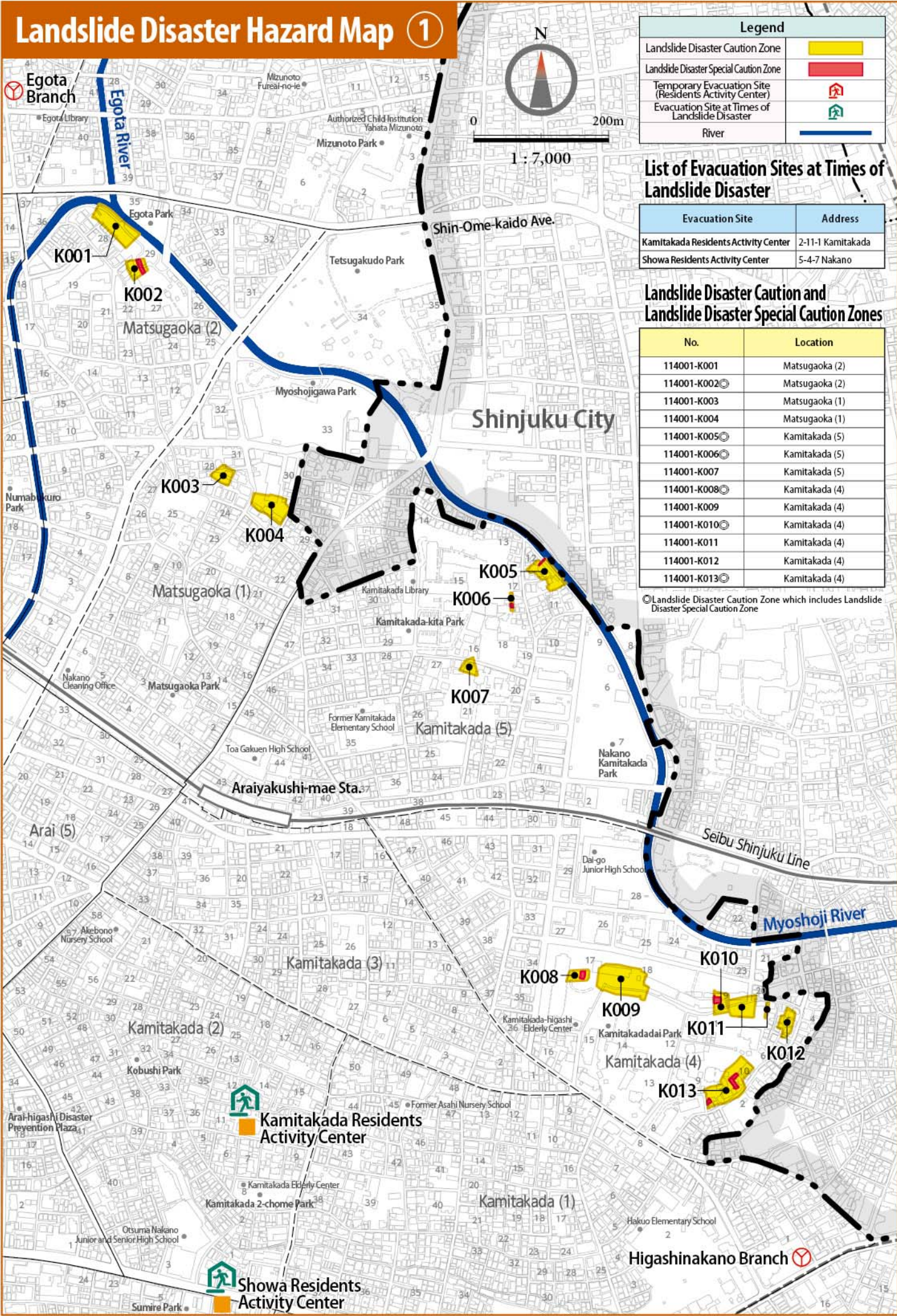
No.	Location
114001-K001	Matsugaoka (2)
114001-K002	Matsugaoka (2)
114001-K003	Matsugaoka (1)
114001-K004	Matsugaoka (1)
114001-K005	Kamitakada (5)
114001-K006	Kamitakada (5)
114001-K007	Kamitakada (5)
114001-K008	Kamitakada (4)
114001-K009	Kamitakada (4)
114001-K010	Kamitakada (4)
114001-K011	Kamitakada (4)
114001-K012	Kamitakada (4)
114001-K013	Kamitakada (4)
114001-K015	Chuo (1)
114001-K016	Chuo (2)
114001-K017	Honcho (5)
114001-K018	Honcho (5)
114001-K019	Yayoicho (5)
*114001-K020	Yayoicho (6)
*114001-K021	Yayoicho (6)
114001-K023	Chuo (1)
113001-K001	Yayoicho (1) / Honcho (3), Shibuya City

○ Landslide Disaster Caution Zone which includes Landslide Disaster Special Caution Zone  
*Evacuating from K020 and K021 to the Minaminakano Residents Activity Center will involve crossing the Sakaeishi bridge. If the bridge is impassable due to flooding, please evacuate westwards via Honan-dori Ave. (For more information, see page 40)

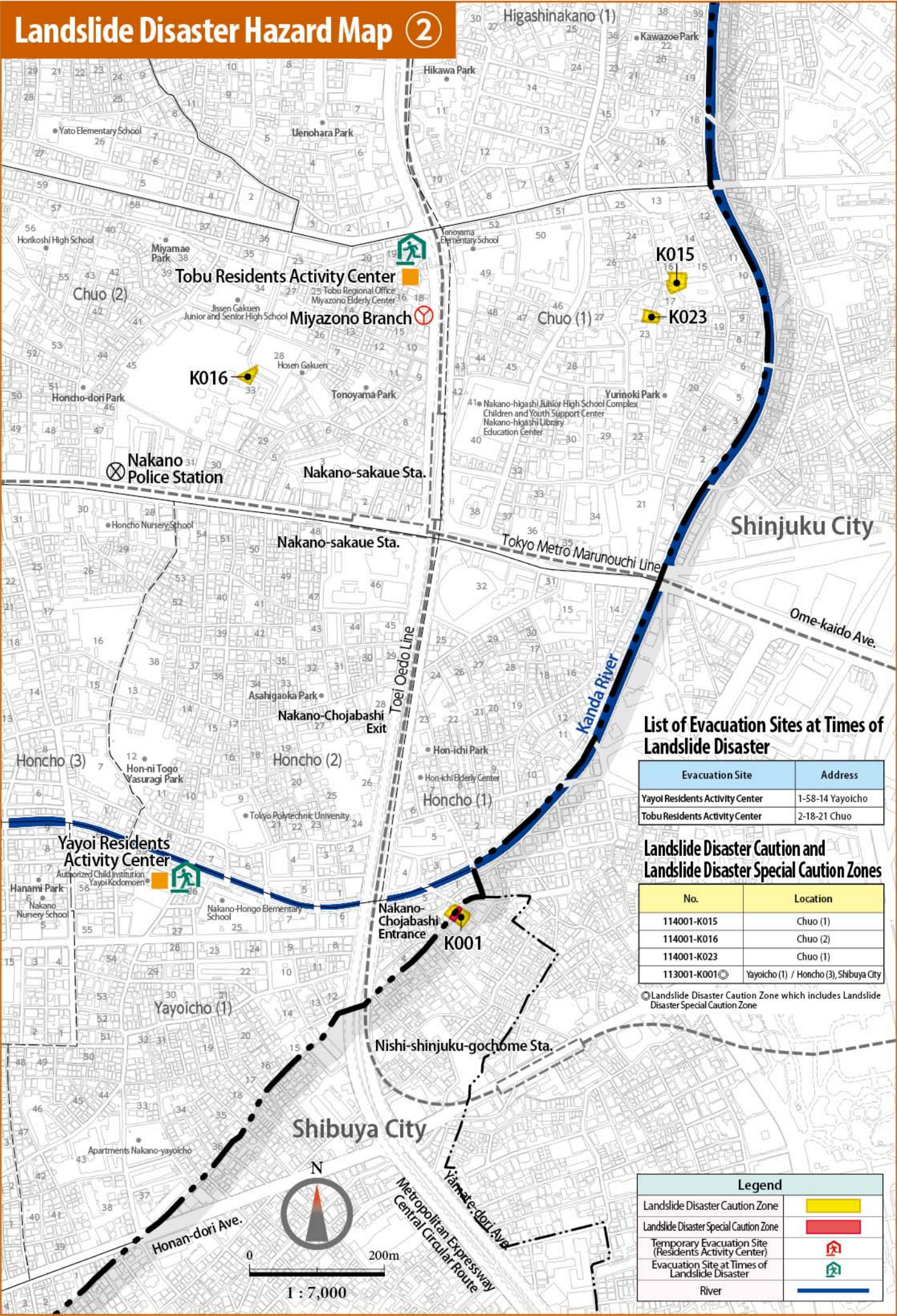
Legend	
Landslide Disaster Caution Zone	
Landslide Disaster Special Caution Zone	
Temporary Evacuation Site (Residents Activity Center)	
Evacuation Site at Times of Landslide Disaster	
River	



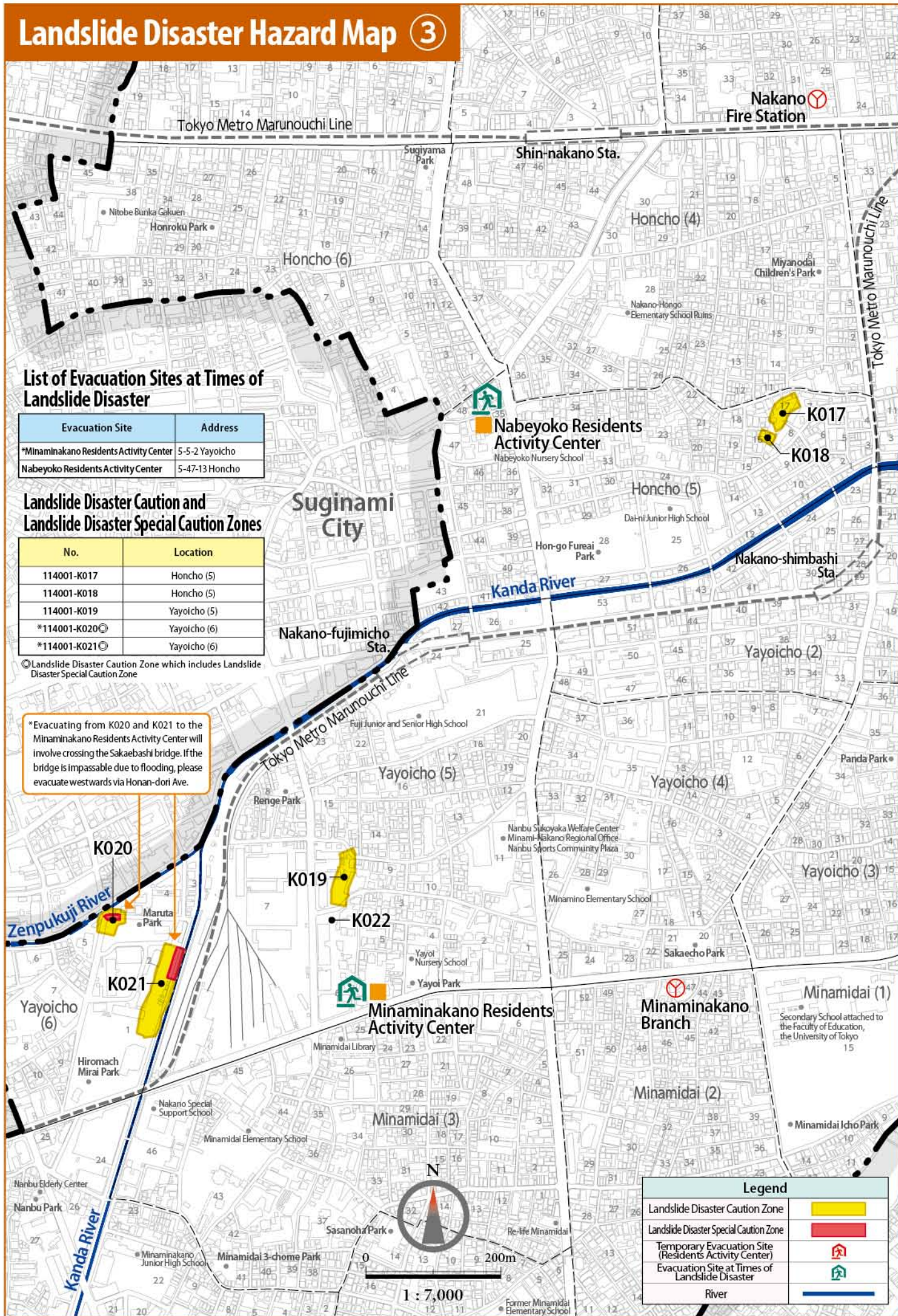
Landslide Disaster Hazard Map ①



Landslide Disaster Hazard Map ②







# Flood Disaster

## Be Aware

### Landslide Disaster

## List of Recent Storm and Flood Damages

### Major Damages caused by Storm and Floods in Nakano City in Recent Years (Since 2005)

Year	Date	Types of Disaster	Total Rainfall (mm)	Maximum Hourly Rainfall (mm)	Number of Damages (Damages to house, etc.)
2005	August 15	Torrential Rain	126.5	124.0	280
	September 4	Torrential Rain	227.5	104.0	1530
2006	May 24	Torrential Rain	65.0	43.5	4
2011	August 26	Torrential Rain	98.5	84.5	94
2013	August 12 - 13	Torrential Rain	43.0	41.5	4
	September 15 - 16	Typhoon No. 18	165.5	47.0	2
2014	June 24	Torrential Rain	54.0	51.5	5
	June 29	Torrential Rain	59.5	33.5	2
2015	September 8 - 10	Torrential Rain	319.0	37.5	3
2016	July 14	Torrential Rain	73.0	46.0	9
	August 3	Torrential Rain	165.5	47.0	4
2018	August 27 -28	Torrential Rain	47.0	44.5	3
	September 30 - October 1	Typhoon No. 24 Near Landfall	52.5	27.0	2
2019	October 11 - 13	Typhoon No. 19	296.5	37.5	2
2020	July 23	Torrential Rain	68.5	62.5	1
2021	August 14 -15	Torrential Rain	182.5	35.0	2
2023	June 2	Typhoon No. 2	291.5	46.0	1
	August 1	Torrential Rain	53.5	53.5	6

Past flood damage records are available on our website.

