

Disaster Prevention in Nakano City

Preparation for Earthquakes



Keeping Our Community Safe From Natural Disasters

With densely packed houses, narrow streets, and few parks and open spaces, the town of Nakano is vulnerable to natural disasters such as earthquakes. To protect our community, we are strengthening Nakano City's infrastructure against natural disasters, by fireproofing basic city facilities like roads and parks, and promoting earthquake resistant architecture. At the same time, however, it is vitally important to raise the level of disaster awareness among each and every one of our city's residents, and improve the ability of the ward community to respond to hazards and limit their damage. The Nakano City authorities are working together with all city residents to realize this aim and keep our town safe from disasters. This pamphlet explains how the cooperation of everybody in the area can limit damage and stop a hazard from becoming a disaster, and what you, as a resident of the city, should know and do to help keep us all safe. By talking about what to do in an emergency, both in homes and in the community, and taking active steps to prepare for the possibility, we can be well prepared for when we really need to act.

Nakano City Local Disaster Prevention Section
2026.4

Organizations Concerned With Disaster Prevention

Duty	Department	Location	Telephone
	Nakano City Office	Nakano 4-11-19, Nakano City	03-3389-1111
Road/Bridge	Tokyo Metropolitan No.3 Public Works Office	Nakano 4-11-19, Nakano City	03-3387-5132
	Nakano Police Station	Chuo 2-47-2, Nakano City	03-5925-0110
	Nogata Police Station	Nakano 4-12-1, Nakano City	03-3386-0110
	Nakano Fire Station	Chuo 3-25-3, Nakano City	03-3366-0119
	Nogata Fire Station	Maruyama 2-21-1, Nakano City	03-3330-0119
Drinking Water	Waterworks Department, Nakano Office	Nakano 1-5-7, Nakano City	03-5925-2921
Sewerage	Sewerage Department, Seibu 1st Sewerage Office	Arai 3-37-4, Nakano City	03-5343-6200
Telephone	NTT East Co.Ltd., Tokyokita Branch	Kita-Shinjuku 1-5-1, Shinjuku City	0120-116-000
Electricity	Tokyo Electric Power Company Ltd, Ogikubo Branch	Nakamura-Kita 1-12-7, Nerima City	0120-995-007
Gas	Tokyo Gas Network Company Ltd, Tokyonaka Branch	Kaigan 1-5-20, Minato City	03-5400-7512

The Bosaikai (Local Residents' Disaster Prevention Associations)

In order to keep damage at a minimum, it is vital that all local residents cooperate systematically to respond to the emergency and protect their area. For this purpose, Local Residents' Disaster Prevention Associations (Bosaikai) have been established in Nakano City since 1976, supported by the city authorities. The bosaikai are autonomous disaster prevention organizations to which all residents in a locality belong. They are organized primarily into units for each administrative area (i.e. according to the jurisdictions of town councils and local authorities). This means that everybody living in a particular area becomes a member of that area's Bosaikai. At time of writing (April 2026) 114 of these organizations have been established, and are carrying out disaster prevention training etc. We thank all residents for cooperating with their Bosaikai to actively take part in disaster prevention activities in their locality.

IN A DISASTER, YOU HELP YOURSELF; ALL OF YOU ARE EXPECTED

Nakano City will take action as quickly as possible after a disaster occurs. on the track. So whether you can minimize damage from a disaster or not

TO PROTECT YOURSELVES AND YOUR COMMUNITIES ON YOUR OWN.

However, it takes time to establish the administrative measures for an emergency is largely dependent on how you act during the first few hours and days!

Nakano City takes in an emergency.

Summons disaster prevention staff members and other people in charge.

Starts collecting information.

Establishes Disaster Prevention Headquarters.

Starts emergency operations.

Third day and after

An earthquake has occurred!

Five minutes later

Ten minutes later

A half day later

Second day

Third day and after

First thing you should do: protect yourself from falling objects!
As soon as you feel an earthquake, take action to protect yourself from falling objects; for example, get under a desk or a table and get away from furniture.

It is advisable for you to check the safety of your rooms regularly. You can prevent furniture from falling by taking simple measures.

Turn off gas, oil heaters, etc. immediately after the tremors have stopped to prevent fire.
You have three chances to put out a fire:
1 When you feel an earthquake;
2 When the first strong tremors stop; and
3 Immediately after a fire breaks out.

Before you leave your room, be sure to switch the circuit breaker off and unplug TV sets and other electric appliances.

Don't panic and stay calm!

After putting out a fire, check your house to see that it is safe!
Once you have made sure you are safe, help your family members secure their safety!

Check the safety of your neighbors and help each other!
Avoid being misled by false rumors and try to act on correct information obtained from news organs and municipalities.

To inform your friends and relatives of your safety:
● learn how to use the disaster message telephone line. If you want to record your telephone message: Dial 171-1-0000-0000 (Home telephone number etc.).
● If you want to play back a telephone message: Dial 171-2-0000-0000.
● It will be relatively easy for you to call friends or relatives far from the disaster area. So if you in a stricken district and cannot contact family members, friends, and relatives near the area, call someone you know who lives far from the district and ask them to inform your family and friends of your safety.

Try to take care of yourself and your family for the first two to three days.
Lifelines including water, gas, electricity, and telephone service, as well as food distribution are suspended for several days after an earthquake. Always make the necessary preparations to live for two or three days by yourself.

Days needed for the total restoration of services after the Great Hanshin-Awaji Earthquake on January 17, 1995:

- Water service: 90 days (completely restored on April 17)
- Electric power: 7 days (completely restored on January 23)
- City gas: 84 days (completely restored on April 11)

Full-scale restoration activities started.
Emergency and restoration activities of disaster prevention organizations will be put into action and repair work will begin in earnest. Volunteer activities will be started, too. Residents, companies, and municipal governments will unite to reconstruct the city.

Let's all work together!

Countermeasures to be taken in advance(1)
Check the safety of your house!
(1) Inspect your house and reinforce it if necessary. Replace concrete block walls with hedges if possible.
(2) Secure furniture and avoid piling many objects on it. In particular, secure adequate safe space in the bedroom.
(3) Take sufficient care over the management and custody of oil heaters and other appliances using naked flames, as well as of dangerous objects.

Subject your house to an earthquake-resistance test. Take measures to prevent light fixtures from falling.

Check concrete block walls. Secure bookshelves.

Secure piano and refrigerator. Secure a chest of drawers.

Countermeasures to be taken in advance(2)
Proactively Take Part in Disaster Drills.
● Let's proactively take part in local disaster drills in which you can experience putting out a fire when it starts so that you know what to do in an emergency.

Fire extinguisher

Store water in a bathtub or other containers.

Countermeasures to be taken in advance(3)
Hold a family meeting on disaster prevention at least once a month!
● Decide how to divide work among family members, where to take refuge, and how to communicate with one another in an emergency.

Responsible for securing emergency supplies and information. Take charge of fire-fighting. Responsible for opening all doors for evacuation.

Protect and help elderly or handicapped members.

● Protect yourself from injuries caused by broken glass. Have slippers, sneakers, and the like ready for emergency use! To prepare for a power failure at night, store these at a predetermined place.

● Prepare rescue equipment, such as crowbars, saws, shovels, jacks, and flashlights.

Countermeasures to be taken in advance(4)
Let's establish a cooperation system with neighbors to prepare for an emergency.

- 1 Discuss rescue and preventive activities.
- 2 Take part in a citizens' disaster prevention team.
- 3 Participate in disaster drills.

Countermeasures to be taken in advance(5)
Prepare for an emergency to protect your life.

● Emergency supplies:
(1) Drinking water
(2) Food supplies and powdered milk for babies (if any)
(3) First-aid medical supplies (including household medicines)
(4) Portable radios, flashlights, batteries
(5) Cash
(6) Insurance certificate, telephone directory/address book, Passport
(7) Underwear, towels, tissues, working gloves, etc.

Store these emergency supplies according to your family's needs!

In an emergency, your safety will depend on how you have prepared for it!

Earthquake danger measurement study results list (corresponds to numbers on map on reverse of page)

No.	Town name	Risk of building collapse Rank	Risk of fire Rank	General danger Rank	Difficulties in getting about in times of disaster factor
1	Arai 1	3	3	3	0.19
2	Arai 2	2	2	2	0.19
3	Arai 3	2	2	2	0.33
4	Arai 4	2	1	2	0.10
5	Arai 5	2	2	1	0.09
6	Egota 1	2	2	1	0.12
7	Egota 2	2	2	2	0.16
8	Egota 3	1	1	1	0.17
9	Egota 4	2	2	1	0.11
10	Eharacho 1	2	2	1	0.10
11	Eharacho 2	2	2	1	0.11
12	Eharacho 3	2	2	2	0.12
13	Kamisaginomiya 1	2	2	2	0.29
14	Kamisaginomiya 2	1	2	2	0.31
15	Kamisaginomiya 3	1	1	2	0.27
16	Kamisaginomiya 4	2	2	2	0.19
17	Kamisaginomiya 5	2	3	3	0.30
18	Kamitakada 1	2	4	4	0.26
19	Kamitakada 2	3	4	4	0.30
20	Kamitakada 3	3	3	3	0.26
21	Kamitakada 4	2	2	2	0.15
22	Kamitakada 5	2	2	2	0.19
23	Saginomiya 1	2	3	3	0.31
24	Saginomiya 2	2	1	1	0.06

No.	Town name	Risk of building collapse Rank	Risk of fire Rank	General danger Rank	Difficulties in getting about in times of disaster factor
25	Saginomiya 3	2	3	2	0.23
26	Saginomiya 4	2	2	3	0.30
27	Saginomiya 5	2	3	3	0.28
28	Saginomiya 6	2	2	2	0.27
29	Shirasagi 1	2	2	2	0.20
30	Shirasagi 2	2	2	2	0.26
31	Shirasagi 3	2	2	2	0.27
32	Chuo 1	2	2	2	0.27
33	Chuo 2	2	3	3	0.26
34	Chuo 3	2	3	3	0.25
35	Chuo 4	3	4	3	0.23
36	Chuo 5	2	3	3	0.23
37	Nakano 1	3	4	4	0.31
38	Nakano 2	1	1	2	0.26
39	Nakano 3	2	2	3	0.25
40	Nakano 4	1	1	1	0.09
41	Nakano 5	3	3	3	0.28
42	Nakano 6	2	3	3	0.27
43	Numabukuro 1	3	3	3	0.24
44	Numabukuro 2	2	3	3	0.21
45	Numabukuro 3	3	3	4	0.48
46	Numabukuro 4	2	3	3	0.29
47	Nogata 1	3	4	4	0.31
48	Nogata 2	3	4	5	0.41

No.	Town name	Risk of building collapse Rank	Risk of fire Rank	General danger Rank	Difficulties in getting about in times of disaster factor
49	Nogata 3	2	3	4	0.43
50	Nogata 4	2	3	3	0.32
51	Nogata 5	2	3	3	0.29
52	Nogata 6	2	3	3	0.24
53	Higashi-Nakano 1	3	2	3	0.23
54	Higashi-Nakano 2	2	3	3	0.31
55	Higashi-Nakano 3	2	2	2	0.24
56	Higashi-Nakano 4	2	3	3	0.24
57	Higashi-Nakano 5	2	1	2	0.23
58	Honcho 1	2	3	3	0.25
59	Honcho 2	2	4	3	0.28
60	Honcho 3	2	2	2	0.29
61	Honcho 4	2	4	3	0.25
62	Honcho 5	2	2	3	0.24
63	Honcho 6	3	4	4	0.29
64	Matsugaoka 1	2	3	2	0.18
65	Matsugaoka 2	2	2	2	0.18
66	Maruyama 1	2	2	1	0.11
67	Maruyama 2	2	3	1	0.11
68	Minamidai 1	2	2	2	0.29
69	Minamidai 2	3	4	4	0.31
70	Minamidai 3	2	2	3	0.24
71	Minamidai 4	3	3	4	0.34
72	Minamidai 5	2	2	3	0.25

No.	Town name	Risk of building collapse Rank	Risk of fire Rank	General danger Rank	Difficulties in getting about in times of disaster factor
73	Yamatocho 1	3	4	4	0.28
74	Yamatocho 2	2	4	4	0.40
75	Yamatocho 3	3	4	4	0.29
76	Yamatocho 4	3	4	4	0.44
77	Yayoicho 1	2	3	3	0.22
78	Yayoicho 2	2	2	2	0.17
79	Yayoicho 3	3	3	3	0.24
80	Yayoicho 4	2	2	2	0.20
81	Yayoicho 5	1	2	1	0.19
82	Yayoicho 6	1	1	1	0.16
83	Wakamiya 1	2	4	5	0.52
84	Wakamiya 2	2	4	4	0.49
85	Wakamiya 3	2	3	3	0.45

Disaster-Preparedness Map Of Nakano City

Shelters

Elementary and middle schools have been mainly designated as "shelters" in the city and these will be used as bases for relief and rescue operations in the event of a disaster. At the shelters, victims will be accommodated, injured people treated, information to verify safety collected and provided, supplies distributed to victims, and water and food provided. For these purposes, the following are provided: wireless communications, a well, a generator, cooking sets, floodlights, emergency medical supplies, stretchers, food, etc. Emergency shelters have been designated, and assigned according to Bosaikai areas.

Shelters List As of April 2026

Area	Institution	Address	Telephone
Minami-Nakano	Minamidai Elementary School	Minamidai 3-44-9	3381-7257
	Former Minamidai Elementary School	Minamidai 4-4-1	
	Minami-Nakano Junior High School	Minamidai 5-22-17	3381-7277
Yayoi	The Secondary Education School Attached to the Faculty of Education, the University of Tokyo	Minamidai 1-15-1	5351-9050
	Minamino Elementary School	Yayoicho 4-27-11	3381-7250
Tobu	Nambu Sukoyaka Welfare Center and other facilities	Yayoicho 5-11-26	3382-1750
	Nakano-Hongo Elementary School	Yayoicho 1-25-1	3299-1058
Nabeyoko	Nakano-Daiichi Elementary School	Honcho 3-16-1	3372-2326
	Nakano Higashi Junior High School and other complex facilities	Chuo 1-41-4	3362-5236
Momozono	Tonoyama Elementary School	Chuo 1-49-1	3363-0461
	Hosen Gakuen	Chuo 2-28-3	3371-7103
Showa	Yato Elementary School	Nakano 1-26-1	3361-3645
	Daini Junior High School	Honcho 5-25-1	3382-7151
Kamitakada	Nitobe Bunka Gakuen	Honcho 6-38-1	3381-0196
	Chubu Sukoyaka Welfare Center	Chuo 3-19-1	3367-7788
Arai	Toka Elementary School	Chuo 5-43-1	3381-7251
	Momozono-Daini Elementary School	Nakano 1-57-12	3363-0661
Numabukuro	Nakano Junior and Senior High School Attached to Meiji University	Higashi-Nakano 3-3-4	3362-8704
	Otsuwa-Nakano Junior High School	Kamitakada 2-3-7	3389-7211
Egota	Hakuo Elementary School	Kamitakada 1-2-28	3389-0561
	Daigo Junior High School	Kamitakada 4-28-1	3389-2341
Nogata	Dainana Junior High School	Kamitakada 5-35-3	3389-4171
	Nakano Junior High School	Nakano 4-12-3	3389-1471
Yamato	Reiwa Elementary School	Arai 4-19-26	3389-1461
	Former Numabukuro Elementary School	Numabukuro 3-13-2	
Saginomiya	Midorino Junior High School	Maruyama 1-1-19	3386-5423
	Ehara Elementary School	Eharacho 1-39-1	3951-5880
Kamisaginomiya	Egota Elementary School	Egota 2-13-28	3385-0411
	Heiwanomori Elementary School	Arai 3-29-1	3389-1451
Shinjuku-Chuo Park/Cluster of High-rise Buildings Zone (Shinjuku City)	Metropolitan Nakano High School of Technology	Nogata 3-5-5	3385-7445
	Kitahara Elementary School	Nogata 6-30-6	3330-2411
Shinjuku-Chuo Park/Cluster of High-rise Buildings Zone (Shinjuku City)	Midorino Elementary School	Maruyama 1-17-1	3389-2351
	Keimei Elementary School	Yamatocho 1-18-1	3330-2325
Shinjuku-Chuo Park/Cluster of High-rise Buildings Zone (Shinjuku City)	Former Meiwa Junior High School	Wakamiya 1-1-18	
	Mihato Elementary School	Yamatocho 4-26-5	3330-1425
Shinjuku-Chuo Park/Cluster of High-rise Buildings Zone (Shinjuku City)	Metropolitan Saginomiya High School	Wakamiya 3-46-8	3330-0101
	Melwa Junior High School	Wakamiya 3-53-16	3330-5325
Shinjuku-Chuo Park/Cluster of High-rise Buildings Zone (Shinjuku City)	Saginomiya Sports Community Plaza	Shirasagi 3-1-13	3337-1771
	Hosen Gakuen/Former Nish-Nakano Elementary School	Shirasagi 3-9-2	
Shinjuku-Chuo Park/Cluster of High-rise Buildings Zone (Shinjuku City)	Former Saginomiya Elementary School	Saginomiya 3-31-4	
	Saginomori Elementary School	Saginomiya 4-7-3	5364-7135
Shinjuku-Chuo Park/Cluster of High-rise Buildings Zone (Shinjuku City)	Kita-Nakano Junior High School	Kamisaginomiya 5-7-1	3999-3415
	Musashidai Elementary School	Kamisaginomiya 5-1-1	3999-1655
Shinjuku-Chuo Park/Cluster of High-rise Buildings Zone (Shinjuku City)	Kamisaginomiya Elementary School	Kamisaginomiya 1-24-36	3926-6381

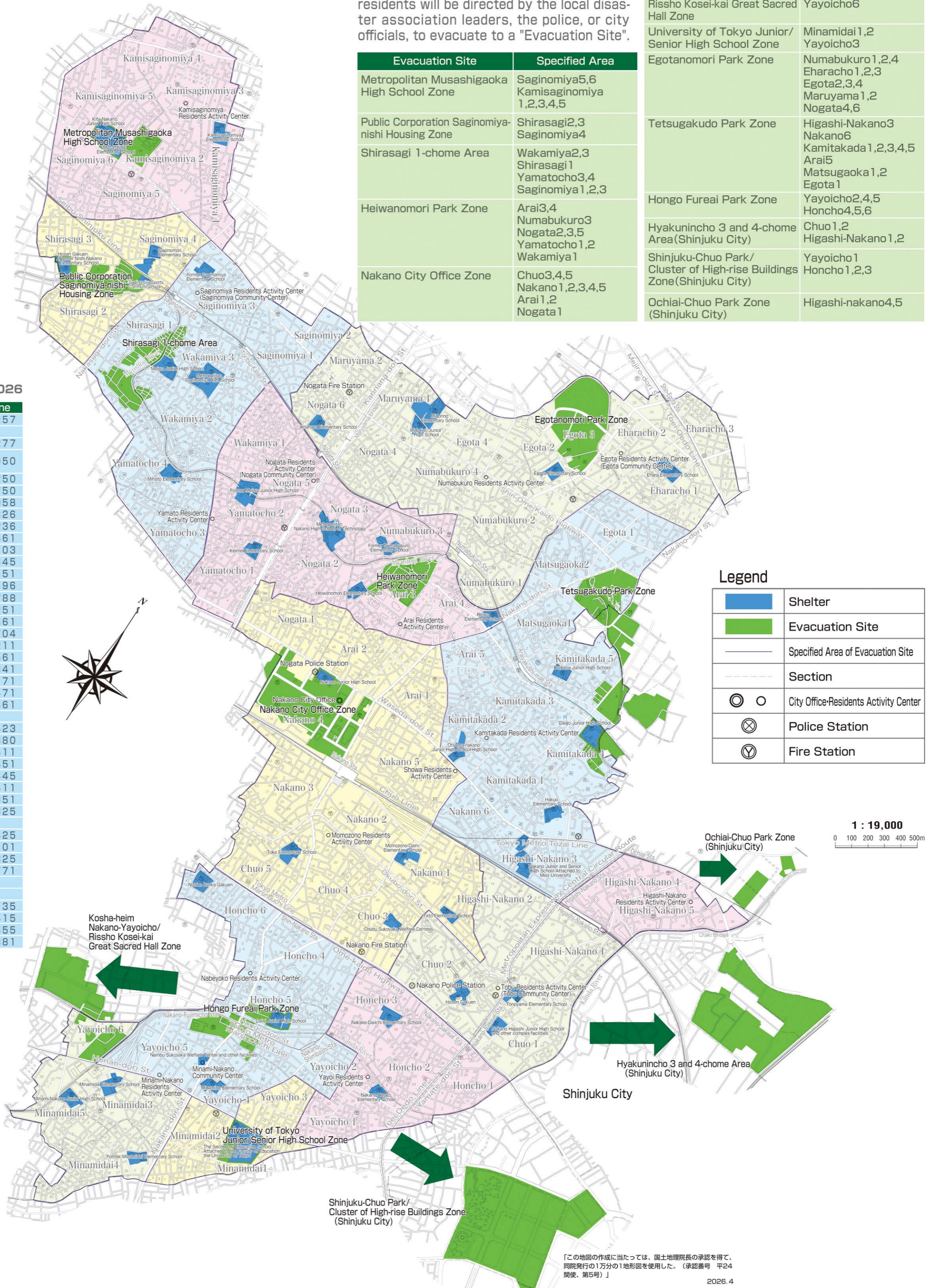
Shelters may change due to consolidations of schools. Please check out the website of Nakano City for the latest information about shelters.

Evacuation Site

Should it become dangerous to remain in a locality (e.g. due to the spread of fire), residents will be directed by the local disaster association leaders, the police, or city officials, to evacuate to a "Evacuation Site".

Evacuation Site	Specified Area
Metropolitan Musashigaoka High School Zone	Saginomiya5,6 Kamisaginomiya 1,2,3,4,5
Public Corporation Saginomiya-nishi Housing Zone	Shirasagi2,3 Saginomiya4
Shirasagi 1-chome Area	Wakamiya2,3 Shirasagi 1 Yamatocho3,4 Saginomiya1,2,3
Heiwanomori Park Zone	Arai3,4 Numabukuro3 Nogata2,3,5 Yamatocho1,2 Wakamiya1
Nakano City Office Zone	Chuo3,4,5 Nakano1,2,3,4,5 Arai1,2 Nogata1

Evacuation Site	Specified Area
Kosha-heim Nakano-Yayoicho/Rissho Kosei-kai Great Sacred Hall Zone	Minamidai3,4,5 Yayoicho6
University of Tokyo Junior/Senior High School Zone	Minamidai1,2 Yayoicho3
Egotanomori Park Zone	Numabukuro1,2,4 Eharacho1,2,3 Egota2,3,4 Maruyama1,2 Nogata4,6
Tetsugakudo Park Zone	Higashi-Nakano3 Nakano6 Kamitakada1,2,3,4,5 Arai5 Matsugaoka1,2 Egota1
Hongo Fureai Park Zone	Yayoicho2,4,5 Honcho4,5,6
Hyakunincho 3 and 4-chome Area (Shinjuku City)	Chuo1,2 Higashi-Nakano1,2
Shinjuku-Chuo Park/Cluster of High-rise Buildings Zone (Shinjuku City)	Yayoicho1 Honcho1,2,3
Ochiai-Chuo Park Zone (Shinjuku City)	Higashi-nakano4,5



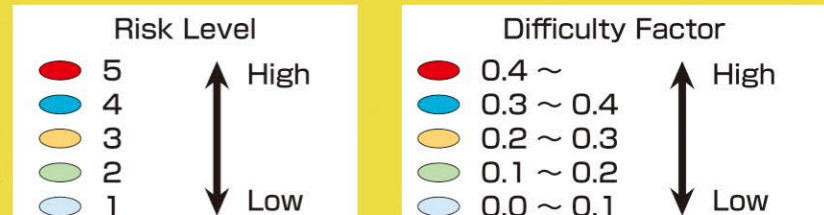
Evacuation is a last resort.

Evacuation will be necessary if ...
 ① your house is in danger or fire or collapse, or ② you are advised to do so by the police or the city authorities.
 If a major earthquake occurs, the most important thing is to keep yourself safe, and then to extinguish fires and prevent fires breaking out.
 After ensuring their own safety, we ask that everyone from the locality cooperate in undertaking fire-fighting and rescue activities. However, when in immediate danger, residents should evacuate to a safe "shelter" or "evacuation site".

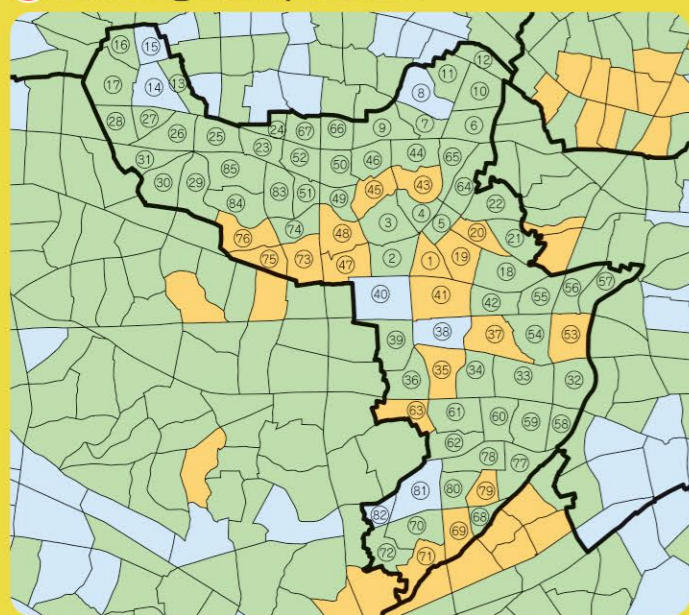
Susceptibility of local areas to earthquake damage

* The local risk level has been assessed by ranking 5,192 areas in Tokyo with a risk level of 1 to 5. (Nakano City has 85 areas.)

According to Tokyo Earthquake Measures Byelaw Article, the Susceptibility of local areas to earthquake damage has been conducted and the results have been announced by Tokyo Metropolitan Government about every five years since 1975. In September 2022 the ninth results of this survey were announced. This survey takes into account the emergency response difficulty factor, in addition to the risk of building collapse and fire, how hard the evacuation, fire extinguishing, and rescue are also considered when a disaster occurs to determine the overall risk. (Corresponds to earthquake danger measurement study results list on reverse of page.)

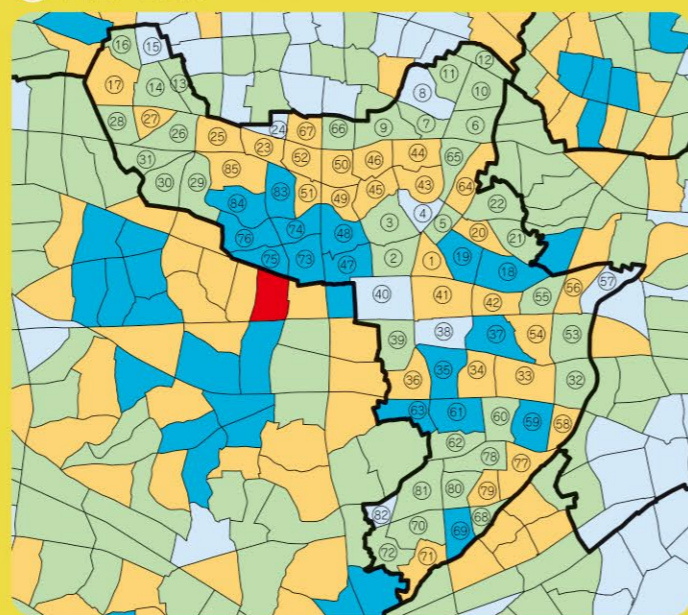


① Building collapse risk



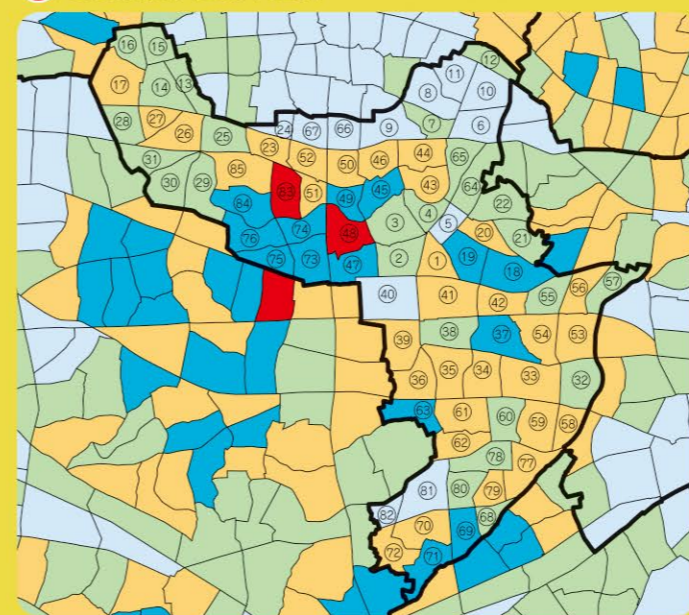
The degree of risk of building collapse caused by ground motion from an earthquake.

② Fire risk



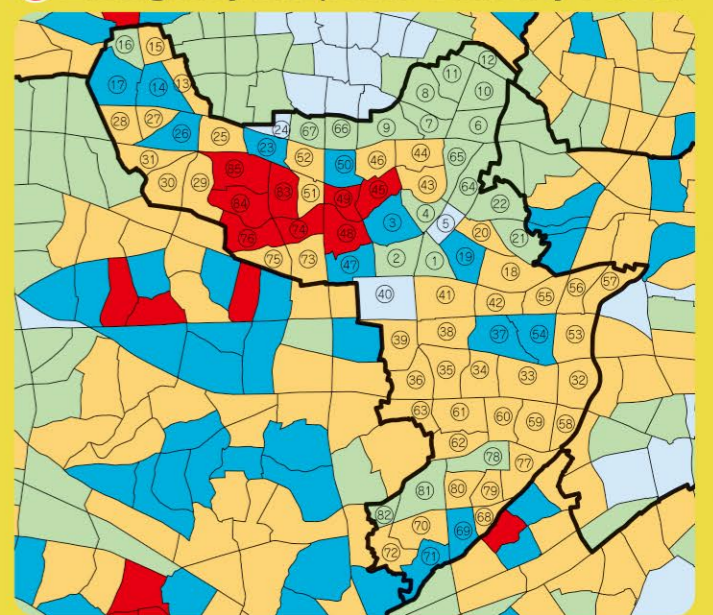
The degree of risk from the spread of building fires that occur due to ground motion caused by an earthquake.

③ Combined risk



Groups risk of building collapse and fire, and emergency response difficulty into one fire, and ranks them with 5 levels.

④ Emergency Response Difficulty Factor



The difficulty of emergency response (evacuation, putting out fires, and so forth) when a building catches fire or collapses due to an earthquake.

「この地図の作成に当たっては、国土地理院長の承認を得て、同院発行の1万分の1地形図を使用した。(承認番号 平24 関発、第5号)」