

Guidebook for Preparing for Earthquakes and Floods



Recent large-scale disasters such as the Great Hanshin-Awaji Earthquake in 1995 and the Great East Japan Earthquake in 2011 have clearly shown the limitations of **public assistance**.

Immediately after a disaster, **self-aid** and **mutual aid** matter most. We hope that you'll prepare carefully and develop the self-aid and mutual-aid capabilities you need to overcome disasters.

With that in mind, we created this guidebook for everyone living in UR rental housing.



Self-Aid

... Protecting your own safety first.

Mutual Aid

... People in the surrounding community working together to help each other.

Public Aid

... This refers to rescue and assistance provided by public agencies such as municipal governments, fire departments, prefectural governments, police, and the Self-Defense Forces.

Source: Fire and Disaster Management Agency "e-College: Disaster Preparedness and Risk Management" <https://www.fdma.go.jp/relocation/e-college/>

In Japan, many life-threatening disasters occur.

Please read **this guidebook** and prepare now to protect your life.

The multilingual
version is
available here.



— ゆるやかに、くらしつながる。 —



UR 賃貸住宅

This guidebook lists various websites accessible via QR code as well as other URLs.
Please note that these sites may not support multiple languages, and some may be in Japanese only.



Why Is Preparedness So Important?

Japan: A Disaster-Prone Country

Japan is prone to disasters because of its location, terrain, geology, climate, and other natural conditions.

It's especially important to prepare for major earthquakes that may occur in the near future, and for floods that have caused increasingly severe damage in recent years.



Earthquakes

A major earthquake of magnitude 7 or greater is highly likely to strike along the Nankai Trough or directly beneath the Tokyo metropolitan area.



Floods

Global warming and climate change are raising the risk of flooding from localized torrential rains, linear rainbands, and other extreme rainfall events.

Self-help And Mutual Assistance Are Crucial Immediately After A Disaster.

When a disaster occurs, public agencies may not be able to provide assistance quickly. UR staff, UR Community staff and other UR personnel may also be unable to reach affected sites immediately

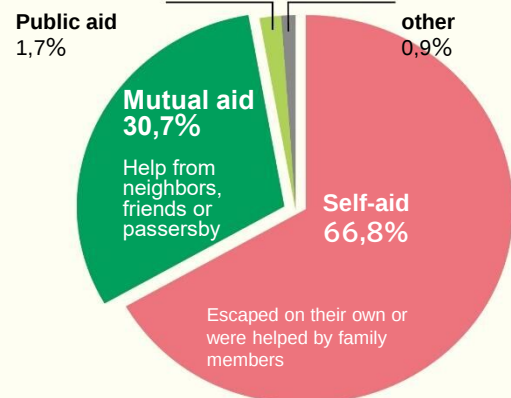
That's why self-aid and mutual aid are so vital immediately after a disaster.

Notes:

- During the Great Hanshin-Awaji Earthquake, for example, self-aid or mutual aid accounted for more than 90 percent of rescues. (See the graph at right.)

- We prepared this explanation about the importance of self-aid and mutual aid using the "White Paper on Disaster Management" and the approach Yokohama City adopted.

(Reference) Who Rescued People Buried Alive or Trapped in the Great Hanshin-Awaji Earthquake?



Source: Figure 2, "2014 White Paper on Disaster Management"

Prepared based on "Who Rescued People Buried Alive or Trapped in the Great Hanshin-Awaji Earthquake?"

This guidebook presents ways that you can prepare during your daily life to strengthen your self-aid and mutual-aid capabilities and cope better during a disaster.

Please read the guidebook carefully and make sure you're fully prepared!

Earthquake Preparedness ➡P3

Flood Preparedness ➡P10



Earthquake Preparedness: **Self-Aid**

In a disaster, **self-aid** is more important than anything else. Make your own safety and your family's safety your highest priority. It's also essential to discuss in advance how you will contact family members and loved ones during a disaster.

If a major earthquake strikes and your home has not suffered serious damage, we recommend **sheltering in place** (remaining at home during the evacuation period).

Prepare thoroughly to shelter in place.

Is your home ready for sheltering in place?

Imagine what might happen during an emergency and make getting ready for one part of your everyday routine.

Three Ways to Prepare to Shelter in Place

1



Check the Safety of Your Home

Is your home safe enough?

A safe home is essential both to protect your life and to continue to shelter in place.

Check the safety of your home.

(→P4)

2



Check Your Supplies

Could you manage if your electricity, gas and water stopped?

Do you have enough supplies?

Prepare a stockpile of supplies in advance that is large enough to sustain life while sheltering in place.

(→P5)

3



Try Using a Disposable Toilet

Toilet facilities become a major concern during a disaster. Have you

Do you have disposable toilets?

Have you ever used one?

Practice using one now so that you won't be confused in an emergency.

(→P6)

Note: UR rental housing meets the required earthquake-resistance standards and sustained no major damage during major earthquakes such as the Great Hanshin-Awaji Earthquake and the Great East Japan Earthquake.

(Reference) UR Urban Renaissance Agency website, "UR Rental Housing Earthquake Resistance"
https://www.ur-net.go.jp/chintai_portal/chintai-taishin/chintai_001.html



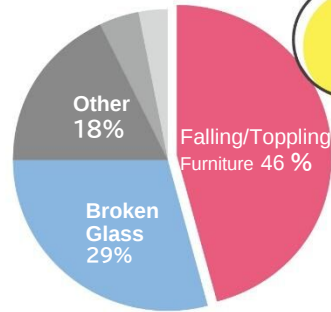


Check the Safety of Your Home

The leading cause of earthquake-related injuries is actually furniture that falls over. Please take comprehensive measures to prevent furniture from toppling over and protect your life!

Scattered objects on the ground can also make it difficult to continue living at home after a disaster.

Keep your surroundings organized and your home safe at all times.



Cause of injury Number 1!

Source: Architectural Institute of Japan

"Report on Survey of Interior Damage to Homes in the Great Hanshin-Awaji Earthquake" Causes of Injuries from Interior Damage



A photo from a survivor of the June 18, 2018 earthquake in northern Osaka

Check for Hazards in Your Home—Aim for the Four “No’s”

② No Falling

Do not place objects in high locations.

③ No Breaking

Do not place breakable objects in high locations.

Install latches or other devices to prevent cabinet doors from opening.

Apply shatterproof film to glass.

① No Toppling

Use tension rods, wall rails or similar devices to prevent furniture from toppling.

④ No Moving

Secure items with adhesive matting or similar products.

Note: UR rental housing has established alteration standards for installing fixtures and other equipment used to prevent furniture from toppling. Please contact your Management Service Office or Residence Center for details.

(Reference) Urban Renaissance Agency, “A Guide for Residents (Disaster Prevention)”

https://www.ur-net.go.jp/chintai_portal/sumainoshiori/index.html





Check Your Stockpile of Supplies

A disaster is likely to disrupt the supply of goods due to halted distribution, and also interrupt essential utilities such as electricity, gas and water. Elevators may stop as well, making it difficult to get outside. Prepare a stockpile of essential supplies so that you can remain at home even under these conditions.

Basic Stockpile

At least three days' worth, and preferably seven.

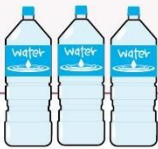
Food

Three meals per person per day



Water

Three liters per person per day
(Drinking water, water for cooking, etc.)



Disposable Toilets

Figure on five uses per person per day



Imagine each utility stopping and prepare what you would need.



Check Your Stockpile of Supplies

★ It will be completely dark at night!

Prepare flashlights and LED lanterns!



★ The TV won't work!

Prepare a hand-crank radio!



What If the Gas Stops?

★ You won't be able to take a bath!

Prepare dry shampoo and body wipes!



★ You won't be able to cook!

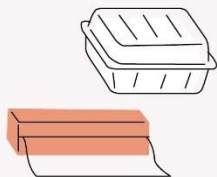
Prepare a portable gas stove and gas canisters!



What If the Water Supply Stops?

★ You won't be able to wash dishes!

Prepare disposable containers and plastic wrap!



★ You won't be able to brush your teeth!

Prepare oral-care wipes or liquid toothpaste!



A stockpile checklist for sheltering in place is provided on the final page. Please use it to prepare a stockpile of supplies tailored to your needs.



Try Using a Disposable Toilet

A disaster may make **your home toilet unusable** because water outages prevent flushing or damaged drainpipes cause leaks, backflow or other problems. Always stock disposable toilets and practice using them.

How to Use a Disposable Toilet

1



Place a plastic bag over the toilet bowl.

This prevents the water in the bowl from getting the disposable toilet bag wet.

2



Place the disposable toilet bag over the toilet seat.

Add the coagulant. The timing varies by product.

3



Use the toilet.

4



Tie the bag securely to prevent odors from escaping.

Be aware that waste collection will not resume immediately after a disaster.

POINT

Don't Hold It In!

People may avoid using the toilet or reduce their fluid intake because they don't have enough disposable toilets or because the toilet is dirty. This can lead to cystitis, dehydration, and other health problems

To use the toilet as usual even during a disaster, stockpile plenty of disposable toilets and **practice using them in advance.**



POINT

How Should You Dispose of the Waste?

Since municipal waste collection is likely to be delayed after a disaster, tie the bags securely and store them together. Once collection resumes, dispose of them according to your municipality's instructions.



Earthquake Preparedness: **Mutual Aid**

A disaster may cause challenges that you cannot handle on your own. That's when **mutual aid** becomes essential.

Stay connected with your neighbors and community in everyday life, and build relationships that allow you to help each other in an emergency.

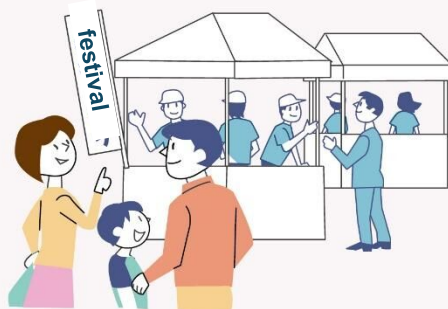
1



Say Hello

Helping each other starts with saying hello. Knowing each other can save lives in an emergency. Start by greeting your neighbors with a smile.

2



Take Part in Community Events

Take part in the various events your community holds. Getting to know people in your community and spending enjoyable time together is essential.

3



Take Part in Community Disaster-Preparedness Activities

Community disaster-preparedness activities and drills are another valuable way to build informal connections within the community, so join in and build relationships with others.

4



Talk About Disaster Preparedness

Talk with others about how you're preparing, and about any concerns you have about disasters. Use the insights and discoveries that emerge from these conversations to improve your preparations.



Earthquake Preparedness: **Mutual Aid**

Community connections have saved lives in many disasters.

Build informal connections with your neighbors and community in everyday life so that you can help each other during a disaster.

.... Case study

In one community struck by the devastating tsunami caused by the Great East Japan Earthquake, the mutual-aid system they developed before the disaster proved effective, and nearly all residents evacuated safely.

Local residents and schools in this community had regularly worked together on disaster-preparedness education, and firmly established mutual assistance methods through joint drills and other activities. During the actual evacuation, for example, junior high school students held the hands of elementary school students, reassuring them and guiding them to higher ground and safety. There were also reports of residents checking on elderly people and helping them evacuate.

These actions and outcomes show how community disaster-preparedness education and a spirit of mutual assistance cultivated in everyday life can have practical benefits, demonstrating how vital mutual aid is.

.... A Personal Account....

“Everyday greetings warmed my heart during the disaster.”

(A personal account of a woman who was in second grade at the time of the Great Hanshin-Awaji Earthquake)

I regularly greeted a woman in my neighborhood. Immediately after the earthquake, when I was in a state of panic, her familiar face and gentle, caring voice asking, “Are you okay?” calmed me. Those few words from my neighbor profoundly reassured me.





If a Major Earthquake Strikes

Review the Actions to Take Right Away

1. Protect Yourself First!

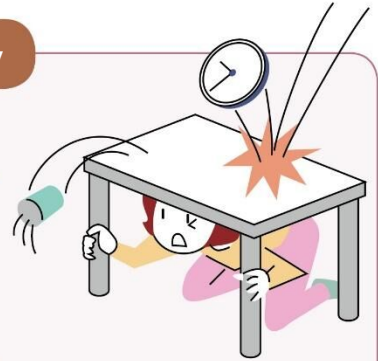
- Protect your head from falling objects. • Check sources of fire. • Open a door to secure an exit.

(For example, get under a table or put on a helmet.)

2. Confirm the Safety of Family Members and Other Loved Ones

- Contact the people precious to you using a method you agreed on in advance. • Let them know that you are safe.

Note: Ordinary communication methods may be tough to use during a disaster, so learn about several different ways to communicate in advance.



① Disaster Emergency Message Dial **171**

② Disaster Message Board **web171** or **similar services provided by mobile carriers**

Note: See below for instructions on how to use these services.

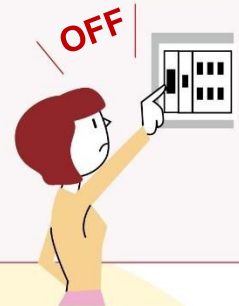
(Reference) Ministry of Internal Affairs and Communications website, "Disaster Emergency Message Services"

https://www.soumu.go.jp/menu_seisaku/ictseisaku/net_anzen/hijyo/yusen.html



3. Prevent Electrical Fires When Power Is Restored

- If an earthquake causes a power outage, be sure to ① **turn off the circuit breakers** and ② **unplug your toilet and electrical appliances** to prevent an electrical fire when power is restored.



If Your Home Is Damaged and You Can't Stay There...

While sheltering in place is generally recommended, if your home is damaged and you can't stay there, please **evacuate to a nearby shelter.**

Document the Damage

Depending on the extent of the damage, you may be eligible for various forms of assistance or compensation from the national government and/or your municipality.

If your home is damaged, take photographs to document its condition.

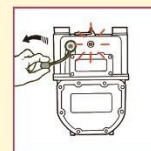
POINT

How to Restore Your Gas Supply

UR rental housing has a safety device that activates during an emergency, such as an earthquake equivalent to seismic intensity 5 or higher, and the microcomputer-controlled gas meter automatically shuts off the gas. Once you've confirmed that the danger has passed, restore your gas supply by following the steps below.

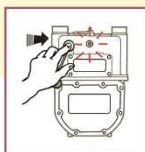


1. Turn off all gas appliances.
Note: Do not close the gas meter shutoff valve.

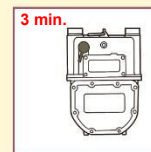


2. Remove the cap from the reset button.

Note: Some types of meters do not have a cap.



3. Press the reset button firmly all the way in, release it, and then put the cap back on.



3 min.

4. Wait approximately three minutes.

The gas can be used once the red light stops flashing.



Flood Preparedness

Evacuate Early—The Basic Rule for Protecting Yourself from Flooding

You can prepare for flooding by checking weather information and other updates before it occurs.

Make steps 1 through 3 below part of your daily routine, and evacuate early whenever there is a risk of flooding.

Step 1: Store Emergency Supplies for Floods



You'll need the following emergency supplies during a flood in addition to your earthquake stockpile.

If there is a chance that your home may be flooded, place the emergency supplies below (and any other items you need) in an emergency backpack, and temporarily evacuate to a safe location.

Note: Use a backpack so that both hands remain free and you can move safely.

Raincoat

A raincoat is an essential item during a flood, recommended rather than an umbrella so that your hands remain free while evacuating. Be sure to wear a **highly visible color**, such as a fluorescent one.



Changes of Clothing

Wearing wet clothes will drain your energy, so prepare several changes of clothing.



Footwear

Wear **safe, slip-resistant shoes** when evacuating, especially ones that provide good protection for your feet, such as hiking boots, rather than rubber boots.



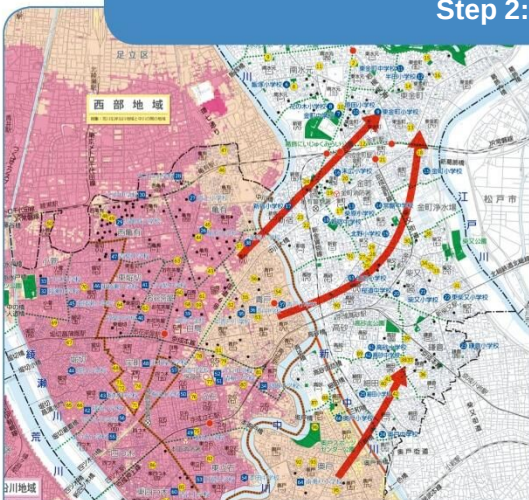
Cold-Weather Gear

Keep your body warm and dry.

(Examples: a thick waterproof coat, disposable hand warmers, etc.)



Step 2: Check the Hazard Map



Source: Katsushika City, "Arakawa, Nakagawa and Edogawa Rivers Flood Hazard Map"

Take this opportunity to check the hazard map for the area around your home.

If you don't have one, you can view one on your municipality's website or get a copy from a municipal service counter.

POINT

What to Check on a Hazard Map

- The location of your home
- The projected damage to your home and the surrounding area
- Directions, destinations and routes for evacuation

★Share this information with your family and walk the evacuation route together.





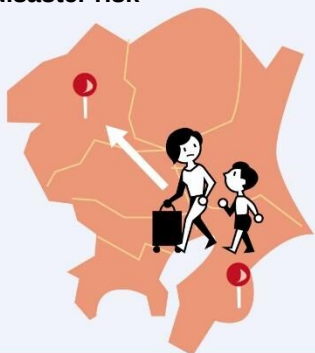
Flood Preparedness

Step 3: Consider Where to Evacuate

There are three main evacuation options during a flood. Choose the most appropriate method according to the situation and when you begin evacuating.

Evacuate to the Home of a Relative or Friend

Evacuate in advance to the home of a relative or friend in an area with a low disaster risk



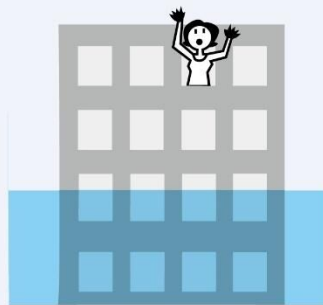
Horizontal Evacuation

Evacuate as far away as possible from the area where the disaster is occurring



Vertical Evacuation

Evacuate to a high location, such as an upper floor of a building



POINT

Flood Evacuation Criteria

Use river-level and rainfall information and alert levels announced by municipalities, the Japan Meteorological Agency, and other authorities to evacuate voluntarily and early.

Alert Level	What to Do	Evacuation Information Issued by Municipalities	Information Corresponding to Alert Levels Issued by the Japan Meteorological Agency
5	Immediate Danger to Life Secure Your Safety Immediately	Emergency Safety Measures	Level 5 ○○ Special Warning
Be Sure to Evacuate by Alert Level 4!			
4	Evacuate from Dangerous Areas Everyone Must Evacuate	Evacuation Order—Everyone Must Go	Level 4 ○○ Danger Warning
3	Evacuate from Dangerous Areas Senior Citizens Must Evacuate	Evacuate Senior Citizens and Others	Level 3 ○○ Warning
2	Review Your Evacuation Actions		Level 2 ○○ Advisory
1	Increase Your Preparedness		Early Warning Information

Note: *"○○" stands for Heavy Rains, Landslide, Flooding, or Storm Surge.

Reference: Weathernews

Some people around you may have missed the warnings and not begun evacuating in time. As you evacuate, be sure to call out loudly to the people living around you!

Mutual aid (people in the surrounding community working together to help one another) is also essential during floods. Please refer to pages 7 and 8, and work together to overcome the disaster.

Appendix: Stockpile Checklist to Shelter in Place



Recommended amount	Food	Water	Disposable Toilets
	Three meals per person per day	Three liters per person per day (Drinking water, water for cooking, etc.)	Five uses per person per day
	Three meals x number of household members x number of days (3-7 days)	Three liters x Number of household members x Number of days (3-7 days)	Five times x number of household members x number of days (3-7 days)
Stockpile Amount			
	meals	liters	uses



Daily necessities	☐ Garbage bags/plastic bags (larger bags are more useful) ☐ Batteries ☐ Flashlight ☐ Portable battery charger ☐ Hand-crank radio ☐ Portable gas stove and gas canisters ☐ Disposable hand warmers ☐ Lighter ☐ First-aid kit ☐ Water storage container	Sanitary products	☐ Masks ☐ Body wipes ☐ Sanitary products ☐ Oral-care wipes or liquid toothpaste ☐ Dry shampoo
	Personal essentials		☐ Regular used medications ☐ Spare eyeglasses or contact lenses ☐ Allergy-friendly or finely chopped food etc.

See the following resources for more information:

• Japanese Red Cross Society
 "Emergency Go-Bag and Stockpile Checklist"
https://www.jrc.or.jp/chapter/hokkaido/apeal/2020/0930_002645.html



• Ministry of Agriculture, Forestry and Fisheries
 "Food Stockpiling Guide for Disasters"
<https://www.maff.go.jp/j/zyukyu/foodstock/guidebook.html>



Guidebook for Preparing for Earthquakes and Floods

Published by: Urban Renaissance Agency (UR)
 Produced with the cooperation of: UR Community Inc./Mansion Life Continuity Association (MALCA)/Inochi to Bunka Co., Ltd.
 Published: August 2026