

# **Disaster Preparedness / Risk Reduction and Evacuation Guide with a Focus on People Requiring Special Consideration**

< Yotsukaido Edition >

Information Everyone Should Know  
～Supporting Diversity and People  
Requiring Special Consideration～



This pamphlet defines “people requiring special consideration” as including seniors, people with disabilities, those with chronic illnesses or allergies, children, pregnant or nursing women, caregivers of infants, sexual minorities, and foreigners.

# Table of Contents



When a Disaster Strikes.....P 1

- When an Earthquake Strikes
- After the Shaking Stops
- Everyday Items You can Use in Emergencies
- Emergency Go-bag and Stockpiles
- Items to Carry at All Times and in Daily Life
- For Children with Allergies

【Emergency Information Card】



About Evacuation Shelter Management.....P 15

- Key Points for Evacuation Shelter Management
- Evacuation Shelter Checklist with Considerations for Diversity
- Welfare Shelters
- Food Distribution and Meal Provision
- Toilets
- For People Requiring Special Consideration
- No Tolerance for Violence!



Other Considerations.....P 24

- Mental Health and Emotional Support
- Infection Control
- Pet Evacuation Measures
- Ways to Communicate and Share Information



In Conclusion.....P 29

List of Evacuation Sites, Evacuation Shelters, Welfare Shelters, and  
Disaster Supply Warehouses

In the event of a large-scale disaster, multiple incidents – such as simultaneous fires and transportation shutdowns – may occur, making it difficult for the city to respond alone. It is essential for everyone in the community, including residents and businesses, to support one another. National or prefectural aid may take 3 to 7 days to arrive. Survival is just not about protecting yourself or your family – think about elderly neighbors, small children, people with disabilities, and foreigners in your area. By working together and helping each other (mutual support), we can reduce the impact of the disaster and save more lives.



## When a Disaster Strikes

### ■ When an Earthquake Strikes

1. Protect yourself in a safe spot – away from things that can fall or topple.
2. Shield your head with a cushion or bag.
3. Open a door to secure an escape route.
4. Wait for the shaking to stop before moving.
5. Turn off heat sources and shut the breaker.



6. If a fire breaks out, call out loudly (e.g., bang a kettle) to alert neighbors and work together to extinguish the fire early. If you can't put it out, ensure your safety and call for help from the fire department or local fire team.

- ✂ Always be aware of emergency exits when out and about.
- ✂ Never use the elevator during an earthquake, even if it appears to be working.

## ■ After the Shaking Stops

Check your surroundings and the latest information. First, consider sheltering at home if it is safe. You may also evacuate to the homes of relatives, friends, or acquaintances. Please note that evacuation centers can sometimes lead to health issues due to environmental changes, and the risk of infectious diseases may also increase.

Bring your emergency kit (see page 5), and be sure to turn off the circuit breaker before heading to your designated evacuation site or evacuation shelter. Make sure you have checked the locations of nearby evacuation sites and shelters in advance.

As a general rule, evacuate on foot. Avoid using your car, as it may obstruct fire and emergency rescue operations.

- ※ **Evacuation site:** A place or facility where people temporarily take shelter
- ※ **Evacuation shelter:** A facility where people whose homes were damaged can temporarily live.



## ■ Everyday Items You can Use in Emergencies

### ◇ How to Use Plastic Wrap

- For eating

Wrap plates, spoons, and other utensils in plastic wrap. After use, you can replace the wrap and reuse the items without washing them.



- To stay warm

Wrap newspapers around your stomach and cover them with plastic wrap to retain body heat.



- To protect your smartphone

Wrap your smartphone in plastic wrap. It helps prevent water damage, dirt, and dust.

## ◇How to Use Plastic Bags

- For use as a toilet → Details are on page 20.
- To carry water  
Place a plastic bag inside a container to carry water.  
You can make a container using a cardboard box reinforced with fabric tape. Suitcases with wheels can also be handy.
- To stay warm  
In cold or rainy weather, you can make a hole for your head and wear it over your head to use it as a rain gear or for warmth.
- To protect your feet or shoes from water  
Put plastic bags over your shoes and tie them around the ankles to keep your feet dry.

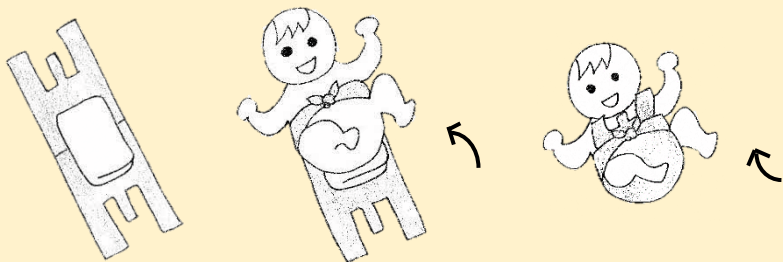
## ◇How to Use Newspapers

- To stay warm  
Layer several sheets of newspaper and wear them over your clothes, holding them in place with tape.  
You can also crumple up newspaper and put it under your clothes.  
Wrap newspaper around your socks, then put on another pair of socks.  
If you put crumpled newspaper into a plastic bag and put your feet inside, it helps keep them warm.
- To make "firewood"
  1. Tear up about one day's worth of newspaper and soak it in a bucket of water.
  2. Squeeze out the water and wrap the paper around a stick to shape it.
  3. Slide it off the stick and dry for 1–2 days.

## ◇How to Use Towels

- To use as a diaper

Cut open a plastic bag, place a towel inside, and use it as a diaper.



- Many other uses

Towels can be used not just to dry the body, but also for stopping bleeding, keeping warm, as diapers, or as sanitary pads. You can cut them into smaller pieces. Some small, portable towels are sold at 100-yen shops. Long towels or *tenugui* (thin Japanese towels) can be used as bandages, face masks, or hand towels. You can also carry one as a handkerchief.

## ◇How to Use Baking Soda (Juusou)

- To keep your body clean

If you can't take a bath, mix a handful of baking soda in water. Soak a towel or paper towel in it and wipe your body.

You can also spray baking soda water on your hair, then wipe it off with water or diluted vinegar instead of washing with shampoo.

- To wash clothes  
Dissolve baking soda in warm water, put clothes in a plastic bag, and rub them clean. Then rinse again with warm water. This lets you do simple laundry with very little water.

#### ◇ How to Use Water from Tanks or the Bathtub

- For daily needs  
You can use it for laundry or flushing the toilet.  
※*Note:* After a big earthquake, sewer pipes may break or stop working. If you flush the toilet as usual, dirty water might overflow in your yard, on the street, or into lower floors of your building.  
Don't flush if the system is broken. Use a portable toilet instead. (see page 21)
- For putting out fires  
Soak towels or sheets in water to make a fire blanket.


## ■ Emergency Go-bag and Stockpiles

When you go to an evacuation shelter, be sure to take your emergency go-bag with you. (This is part of self-help)

Common Items	Food etc.	
	◇ Emergency food (Keep at least 3 days' worth of food, and if possible, 7 days')	◇ Drinking water (Prepare about 3 liters per person per day.)

Common Items	worth.) Staple foods (like instant rice), Main dishes (like canned food), Ready-to-eat meals (like retort pouches), Nutritional supplements	<p>✧ Snacks (like candy, gum, chocolate)</p> <p>✖ Just having your favorite snacks can bring comfort during a disaster</p>
	<input type="checkbox"/> Vegetable juice	<input type="checkbox"/> Spoons, forks, disposable chopsticks, paper plates, paper cups
	<input type="checkbox"/> Food that can be eaten without heating	<input type="checkbox"/> Plastic containers (for storing or carrying water), Funnels (for pouring liquids into small containers)
	<input type="checkbox"/> Plastic wrap and aluminum foil	<input type="checkbox"/> Portable stove and gas canister
	For Cleanliness and Health	
	✧ Household medicine, Medicine for ongoing health conditions	✧ Mask
	<p>✧ Panty liners</p> <p>✖ Useful when you can't change underwear every day.</p>	✧ Disinfecting wet wipes, body wipes
	✧ Tissue paper	✧ Hand sanitizer gel and spray
	✧ Towels (such as hand towels, handkerchiefs, bath towels, blankets)	✧ First aid supplies (disinfectant, band-aids, gauze, bandages, triangular bandage, tweezers)
	✧ Change of clothes (underwear, long sleeve tops and long pants – easy to move in, socks, cold weather gear)	✧ Lip balm, hand cream
		✧ Eye drops



Common Items	✧ Plastic bags (trash bags, large bags, odor-blocking bags)	✧ Portable toilets ✧ On average, one person uses the toilet 5 times a day.
	✧ Toothbrush, toothpaste, mouthwash ✧ Poor oral care can increase the risk of infection or aspiration pneumonia.	✧ No-water shampoo (dry shampoo or shampoo wipes)
		✧ Thermometer
		✧ Toilet Paper
	Important Items	
	✧ Driver's license, health insurance card, My Number Card	✧ Emergency contact card (see page 13)
	✧ Bankbooks	✧ Family photos, contact list
	✧ Pension book	✧ Personal seal (inkan)
	✧ Medicine record book	✧ Passport, stock certificates
	Other Supplies	
	✧ Flashlight (one per person), headlamp	✧ Portable radio 
	✧ Phone charger, backup battery	✧ Security alarm, whistle
	✧ Helmet, disaster protection hood	✧ Cash (especially 10 yen coins for public phone)
	✧ Disaster map	✧ Batteries
	✧ Thick gloves, work gloves,	✧ Memo pad, pen

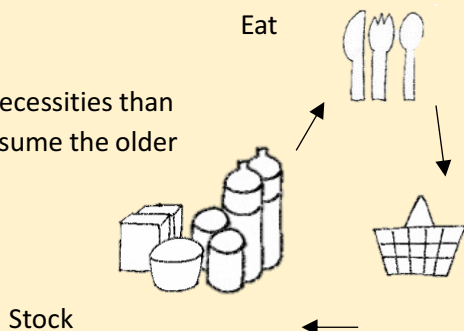
Common Items	<p>rubber gloves</p> <p>※ Tip: Wearing rubber gloves over work gloves makes them waterproof; wearing cotton work gloves over rubber gloves adds insulation against the cold</p>	<p>◇ Plastic sheet for sitting, insulated mat, thermal blanket, sleeping bag</p>
		<p>◇ Rainwear</p>
	<p>◇ Tool kit (multi-tool, knife, scissors, can opener, rope)</p>	<p>◇ Candles, lighter, matches</p>
		<p>◇ Sewing kit, safety pins</p>
		<p>◇ Mirror</p>
	<p>◇ Disposable warmers, cooling towel/ cooling gel sheet, folding fan</p>	<p>◇ Indoor shoes or thick slippers</p> <p>※ Note: Outdoor shoes not allowed in shelters</p>
	<p>◇ Glasses, reading glasses, contact lens set</p>	<p>◇ Newspaper (can be used for warmth, as toilet cover, or slippers)</p>
	<p>◇ Backpack</p> <p>※ Pack your emergency items in it ahead of time</p>	<p>◇ Vest with many pockets</p> <p>※ It's convenient to store small items in the pockets of the vest and keep it together with your backpack (mentioned on the left)</p>
	<p>◇ Wrapping cloth (furoshiki)</p>	<p>◇ Shoes, rain boots ※ no shoe laces for easier use</p>
	<p>◇ Cardboard boxes (can be used for toilets, partitions)</p> <p>◇ Broom and dustpan (for</p>	<p>◇ Insect repellent spray, mosquito coils</p> <p>◇ Deodorizing spray</p>

	cleaning up broken glass, etc.)	✧ Bucket, basin
Women	✧ Opaque garbage bags	✧ Cosmetics (makeup remover, toner (lotion), moisturizer)
	✧ Menstrual products, panty liners	✧ Don't forget to take care of yourself, even in an evacuation shelter! Taking care of your body and mind helps you stay healthy.
	✧ Sanitary underwear	
Expectant/nursing mothers	✧ Maternal and Child health handbook	✧ Maternity mark
	✧ Childbirth preparation items (maternity clothing, nursing pads, etc.)	✧ Locations and contact info of your primary doctor and other hospitals
Those with children (children)	Infant formula (powdered or liquid) (including allergy-friendly types; cube/stick types are convenient)	✧ Baby food (including allergy-friendly types; jarred, retort-pouched, snacks)
	✧ Bottles, artificial nipples, cups (paper cups are OK)	✧ Drinking water for infants (soft water)
	✧ Sanitizers, detergent, cleaning brushes etc.	✧ Baby carriers (front/back)
		✧ Neck light
	✧ Disposable diapers	✧ Baby wipes
	✧ Portable bottom washers (for cleaning)	✧ Children's shoes
	✧ Identification showing the parent's name, contact info	✧ Favorite toys or stuffed animals (preferably quiet ones)
	✧ Opaque plastic bags (for diaper disposal, etc.)	✧ Gauze, cotton swabs, baby nail clippers

	✧ Child-sized backpack	✧ Pillow, cushion, nursing cape, bath towel
	✧ Portable gas stove, boiling pot (separate from food use)	
Care For the Elderly/ People Needing	✧ Long-term care insurance card	✧ Senior meals/care food (rice porridge, thickened foods, thickening agents)
	✧ Adult diapers, urine pads	
	✧ Opaque plastic bags (for diaper disposal, etc.)	✧ Delicate area cleansers
	✧ Wet wipes	✧ Cane, walking cart
	✧ Dentures, denture cleanser, oral care set	✧ Hearing aids, spare batteries
	✧ Portable toilet or stationary Western-style toilet	
Other	✧ Food that can be eaten regardless of religious restrictions	✧ Residence card
	✧ Items essential to your daily life	✧ Translation device

## ◆ Rolling Stock

Purchase a little more food and daily necessities than usual on a regular basis. The key is to consume the older items first and replenish what you use.



## ◆ Emergency Preparedness at Workplace

After a major earthquake, it is generally advised “not to move around unnecessarily”.

Be prepared to stay at your workplace or nearby location for a few days.

## ■ Items to Carry at All Times and in Daily Life

Common Items	<input type="checkbox"/> Driver's license, health insurance card, My Number Card (copy)	<input type="checkbox"/> Emergency information card (see page 14)
	<input type="checkbox"/> Bankbooks (copy)	<input type="checkbox"/> Family photos, contact list
	<input type="checkbox"/> Medicine record book (a list of medicine is okay)	<input type="checkbox"/> Personal seal (inkan)
		<input type="checkbox"/> Cash (coins)
	<input type="checkbox"/> Household medicine, Medicine for ongoing health conditions	<input type="checkbox"/> Mask
	<input type="checkbox"/> Hand towel, handkerchief, tissue paper	<input type="checkbox"/> Hand sanitizer gel or spray, and antibacterial wet wipe
	<input type="checkbox"/> Body wipes, folding fan	<input type="checkbox"/> Lip balm, hand cream
	<input type="checkbox"/> Toiletries	<input type="checkbox"/> Eye drops
	<input type="checkbox"/> Plastic bags	<input type="checkbox"/> Portable toilet

	<input type="checkbox"/> Tooth brush, tooth paste	<input type="checkbox"/> Band aids, First aid kit
	<input type="checkbox"/> Flashlight	<input type="checkbox"/> Portable radio
	<input type="checkbox"/> Phone charger, backup battery	<input type="checkbox"/> Security alarm, whistle
	<input type="checkbox"/> Disaster map	<input type="checkbox"/> Memo pad, pen
	<input type="checkbox"/> Gloves	<input type="checkbox"/> Emergency thermal blanket
	<input type="checkbox"/> Disposable heat packs, cooling gel sheet	<input type="checkbox"/> Folding umbrella, rain wear
	<input type="checkbox"/> Fire escape hood	<input type="checkbox"/> Sewing kit, safety pins
	<input type="checkbox"/> Glasses, reading glasses, contact lens set	<input type="checkbox"/> Water <input type="checkbox"/> Candies, gum, sweets
Wo-men	<input type="checkbox"/> Sanitary products, panty liners	<input type="checkbox"/> Extra underwear
		<input type="checkbox"/> Makeup remover wipes
Those with children (children)	<input type="checkbox"/> Infant formula (powdered), baby food	<input type="checkbox"/> Favorite snacks
	<input type="checkbox"/> Diapers	<input type="checkbox"/> Toys
	<input type="checkbox"/> Change of clothes	<input type="checkbox"/> Maternal and child health handbook
	<input type="checkbox"/> Child's backpack ※It's a good idea for children to carry family photos and ID information in their own backpack.	<input type="checkbox"/> Neck light <input type="checkbox"/> Allergy sign card (refer to page 12)
Foreign-ers	<input type="checkbox"/> Residence card	<input type="checkbox"/> Passport (copy)
	<input type="checkbox"/> Translation device	

■ For Children with Allergies

Parents or guardians of children with allergies should read the “Disaster Preparedness Guide for Children with Allergic Conditions” published by the Japanese Society of Pediatric Allergy and Clinical Immunology and make necessary preparations in advance.

Children should carry an Allergy Alert Plate (Card). It is also a good idea to have it worn around their neck.



Website with the  
“Disaster  
Preparedness Guide  
for Children with  
Allergic Conditions”  
(Japanese Society of  
Pediatric Allergy and Clinical  
Immunology)

Example: Allergy Alert Plate

I have allergies!		
Allergen(s)	Symptoms	Emergency response/Notes
Primary doctor & contact information:		
Parent/guardian contact information:		

**【Emergency Information Card】**

Name (with phonetic reading)			
Address			
Blood type		Date of birth	
Contact			
Workplace			
Communica- tion ability	<input type="checkbox"/> Can communicate clearly <input type="checkbox"/> Has difficulty communicating		
Parent/guardian name (with phonetic reading)			
Emergency contacts (relatives/friends)	Name		
	Contact		
Medical history/ medication	current		
Allergies			
Primary doctor & contact info			
Evacuation shelter name			

If you have a disability, allergy, or chronic illness that others should be made aware of in a disaster, you may choose to wear an armband, place a visible sign on your chest, or use another method to communicate this. Doing so can help protect your own safety in an emergency.





## About Evacuation Shelter Management

In principle, the management of evacuation shelters is to be carried out autonomously by evacuees, centered around the Evacuation Shelter Management Committee.

Based on the concept of mutual support - “Let’s protect our own community ourselves” - it is important to regularly participate in local disaster preparedness groups (voluntary organizations created by residents for disaster prevention) and Evacuation Shelter Management Committees (usually made up of such organizations along with neighborhood associations and community leaders), and to actively discuss disaster preparedness.

### ■ Key Points for Evacuation Shelter Management

When a disaster strikes, evacuation shelters become shared spaces for people from diverse backgrounds. In order to maintain health and ensure safe and secure shelter operation, management should be approached from the perspective of inclusivity and diversity, reflecting the needs of all community members.

- Appoint both female and male leaders. (Including the perspectives of women helps strengthen the community's disaster response capacity.)
- Ensure decision-making bodies, such as management meetings, include representatives from diverse backgrounds, generations, and both genders. This helps incorporate a wide range of needs and opinions.
- Foster an environment of “work together as a team”, where no one is disadvantaged or assigned roles based solely on gender.
- Respect the rights of all individuals. Regardless of the situation, protecting each person’s dignity and safety is paramount.

### Case Example

During the Great East Japan Earthquake, when women were involved in the distribution of relief supplies, the process was carried out more smoothly. For example, feminine hygiene products such as sanitary napkins are easier for women to receive if distributed by women. Alternatively, placing them in cardboard boxes and allowing people to take them freely is another effective method.

## ■ Evacuation Shelter Checklist with Considerations for Diversity

<input type="checkbox"/> Toilets  ➤ Located in safe and easily accessible areas ➤ Men's and women's toilets are situated apart from each other ➤ Provide a larger number of women's toilets ➤ Include multipurpose toilets, unisex toilets and Western-style toilets ➤ Install personal security alarms ➤ Stock with feminine hygiene items and incontinence pads ➤ Equipped with locks ➤ Install night lighting inside stalls and along the paths leading to them ➤ Outdoor toilets should be installed in well-lit areas	<input type="checkbox"/> Partitioned spaces (confirm height and size for privacy)
	<input type="checkbox"/> Separate changing and rest rooms for men and women, placed apart
	<input type="checkbox"/> Dedicated nursing rooms and diaper changing areas
	<input type="checkbox"/> Special zones for: Families with infants and toddlers, People needing nursing care, Women-only areas, Kids' spaces and childcare areas, Infectious disease patient areas, Areas that can be used by both men and women
	<input type="checkbox"/> Women-only laundry drying space

<input type="checkbox"/> Barrier-free (step-free) access throughout the shelter	<input type="checkbox"/> Include women in the food and supply distribution team
<input type="checkbox"/> Post room signs on each room with: Pictograms (easily understood symbols for all) Easy Japanese (simplified language that's easier for non-native speakers)	<input type="checkbox"/> Implement crime prevention measures, Identify and restrict access to hazardous areas of the shelter, conduct regular room checks and patrols (carried out by teams of both men and women)
<input type="checkbox"/> Maintain a medical support system	<input type="checkbox"/> Establish a consultation system where evacuees can share concerns or needs (e.g., suggestion boxes)

※ When evacuating to a shelter, individuals should bring the items they personally need with them (self-help).

## ■ Welfare Shelters

The city has signed agreements with 9 elderly care facilities and 5 facilities for persons with disabilities to serve as welfare shelters.

A welfare shelter is a secondary evacuation shelter, and cannot be accessed directly. These designated facilities will be opened only when they are deemed able to accept evacuees during a disaster. People who are considered unable to live in a general shelter and are in need of more specialized services — known as persons requiring special consideration — will be transferred from a general evacuation shelter to a welfare shelter.

※ Immediately after a disaster occurs, it may not be possible to establish a full welfare shelter system. Therefore, it is important to make efforts to secure welfare spaces within general shelters to accommodate persons requiring special attention.

**【Assessment Sheet (Environmental Assessment Form)】**

The "Assessment Sheet" is used to survey the shelter environment. It helps to understand the general background and health conditions of the residents, facilitates meals, counseling, and communication for them, and enables effective emergency response.

Example: Assessment Sheet (Created by Our Organization)

Items	Number of People	Notes	Remarks
Total number of evacuees			
By gender Male Female LGBTQ+ (SOGI)			
By age Under 10 Teens 20s 30s 40s 50s 60s 70s 80s 90s 100 or older			
People with disabilities			
People requiring nursing care			
Expectant and nursing mothers			
People with allergies			

Foreign residents			
People requiring special consideration			

## ■ **Food Distribution and Meal Provision** – Don’t Assume It’s Just for Women!

- Meal preparation and distribution should not be considered solely women’s work—everyone should participate together.
- Even if aprons aren’t available, cover your hair with a towel or similar item.
- Changing the recipe can lead to mistakes.
- Don’t insist on your own way of doing things—work together to prepare meals.
- Season meals lightly. Don’t force anyone to eat foods they dislike.
- Consider nutritional balance—avoid serving only rice balls for multiple meals.
- Ensure that infant formula, bottles, and appropriate baby and elderly meals are available.
- Post food distribution rules in simple, easy-to-understand language, so they’re accessible to people with disabilities and foreign residents.
- Be considerate of people with food allergies, chronic illnesses, or religious dietary restrictions.
- Children may not fully understand their allergies—always confirm with a guardian.
- Provide allergy-free food options when needed; these are also suitable for elderly residents.
- When delivering meals to people with disabilities, pregnant or postpartum women, or those with allergies, take extra care in how the meals are provided—for example, by handing them over directly.

## ■ Toilets

Toilet-related issues are matters of life and health.

When flush toilets become inoperable, waste cannot be properly managed, leading to the spread of bacteria from human waste, which may cause infectious diseases and attract pests.

Unsanitary toilet conditions increase the physical and mental burden on disaster survivors. Reluctance to use the toilet can result in people holding in waste, which may lead them to reduce food and fluid intake. This poses serious health risks, including malnutrition, dehydration, and conditions like deep vein thrombosis (economy class syndrome).

It is essential to ensure access to toilets and to maintain cleanliness and hygiene through proper management. Toilets should be designed and located with usability for all in mind.

To help prevent sexual violence, toilets should be located in well-lit areas, with separate facilities for men and women placed apart from each other. Make sure there is lighting inside the toilets and along the path leading to them. Provide more women's toilets than men's, and place security alarms (buzzers) inside the women's toilets. Privacy screens should be installed to partially obscure visibility from the front.

Unisex toilets should be available to accommodate LGBTQ+ individuals. Accessible toilets should be prioritized for elderly people and those with disabilities.

When going to the toilet, always let someone know and try to go in pairs or groups as much as possible.

## ◇ Inclusive Toilet Facilities

Toilets should include handrails, braille labels, changing tables for infants, and ostomate-friendly features. For electric doors, ensure they also function manually, in case of power outages.

※ Teach children how to use squat toilets ahead of time.

- Portable Western-Style Toilet Seat

A raised seat that can be placed over a squat toilet to convert it into a Western-style toilet. Helpful for people who have difficulty bending or squatting.

## ◇Check the Drainage Pipes

Make sure the drainage pipes are intact and not damaged.

If the pipes are broken or the sewer system is unusable, do not flush water or toilet paper down the toilet.

Instead, wrap waste in newspaper, place it in plastic bags, and make sure these disposal rules are clearly posted and followed.

## ◇Examples of Emergency Toilets

- Portable Toilets

These are plastic bags with absorbent pads or gel agents that can be placed over a regular toilet seat (like your home toilet).

They stabilize waste with absorbent sheets or coagulants and are disposed of after each use.



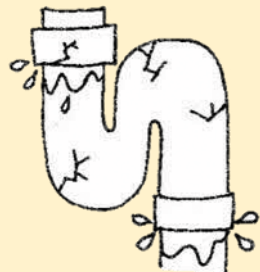
- Simple Toilets (Using Existing Toilets)

When regular flushing is not possible, use plastic waste bags.

Raise the toilet seat and fully cover the bowl with a plastic bag.

Add a second plastic bag (waste bag) on top of the seat.

Use absorbent sheets or coagulants to stabilize waste. (Newspaper or pet pads can also work).



- Portable Toilets (Assembled Type)

A toilet made by assembling cardboard or similar materials, used with a waste bag (plastic bag). Easy to carry and set up.

- Temporary Toilets (Assembled Type)

These are larger units that either store waste in a holding tank or connect directly to a manhole.

They are often stocked at evacuation centers and public facilities.

Since setup can take time, it's important to practice assembling them during disaster drills.



## ■ For People Requiring Special Consideration — Some People Cannot Ask for Help on Their Own! —

### ◇Pregnant and Postpartum Women

- Each pregnancy has different periods requiring rest.
- If sheltering on hard floors, take steps to prevent cold exposure.
- From around the ninth month of pregnancy, prepare necessary items for childbirth.
- Arrange regular home visits from midwives, public health nurses, or obstetricians.



## ◇Caregivers of Infants and Young Children

- Provide a safe space where caregivers can temporarily leave children when they need to use the restroom or attend to other tasks. Set up a designated childcare area.
- Ensure there is a private space for breastfeeding or expressing milk.

## ◇Caregivers of the Elderly and Persons with Disabilities

- Provide a place where caregivers can temporarily entrust elderly people or people with disabilities, when they need to rest, use the restroom or take care of personal matters.

## ◇Sexual Minorities

- Make multipurpose restrooms available.
- Some people may need menstrual products regardless of outward gender appearance—those distributing supplies should be aware of this and avoid insensitive remarks.
- Set up a consultation desk.

## ◇Foreign Nationals

- Provide signage in foreign languages and in “Easy Japanese” (a simplified form of Japanese that is easier for non-native speakers to understand than standard Japanese).
- Actively use translation devices.
- Before a disaster occurs, identify neighbors who can guide you to evacuation sites.
- Always carry an “Emergency Information Card” (see p.14) with your name, address, blood type, and emergency contacts.
- Those involved in Japanese language education should also teach disaster

preparedness, immediate actions during an emergency, and how to live in an evacuation center.

## ■ No Tolerance for Violence!

- In shelters, the risk of sexual violence—such as unwanted touching or assault—may increase.
- Monitoring is essential to prevent any form of violence, including domestic violence, sexual harassment, or stalking, even from spouses, partners, or people close to the victim. Encourage group movement, carry a personal alarm or whistle, and ensure shelters are well-lit at night.
- Victims can include not only women, but also the elderly, children, and men.
- Shelter staff, police, and other responders must never use hurtful language when addressing survivors of sexual violence.
- Establish consultation desks where victims of sexual violence can seek immediate help.



## Other Considerations

### ■ Mental Health and Emotional Support

- Mental health care and counseling should be provided by trained professionals who understand stress related to disasters.
- Ensure that both male and female mental health professionals are available.
- Some people hesitate to seek help because they believe their suffering is minor. Create a system that encourages easy access to support.
- Care must be provided to various individuals, including people with disabilities, children, those living in temporary housing or at home, and those who have lost their jobs.
- A key role is to support disaster survivors in making their own decisions.

- Prevent secondary harm—emotional distress caused by inappropriate remarks or attitudes after the initial disaster.
- Men may feel they must hide their struggles. They are less likely to speak up but may still need support.
- Casual conversation spaces where people can talk freely are also important.

## ■ Infection Control

### ◇ Basic Measures

- Wear masks and disposable gloves.
- Wash hands frequently and sanitize with alcohol when needed.
- Monitor your health by checking your temperature regularly.
- Dispose of used masks without touching the outer surface, in marked waste bins for infectious materials. Keep these bins covered and placed in clearly marked, distanced areas.
- Avoid overcrowding. Choose the safest evacuation option—your home, a relative’s or friend’s house, a community center, or even staying in your car—while ensuring no risk of secondary disasters and access to utilities, food, hygiene, and communication.

### ◇ Infection Control in Evacuation Shelters

- At the first reception, take temperatures using a contactless thermometer on the inner wrist. Also, hand out a health checklist for self-monitoring.
- Change into indoor footwear at reception and move to your designated space, marked with a name or number for easy identification.
- People showing symptoms should be guided to a separate area.

Consider dispatching public health nurses for support.

- Prepare a rest area for symptomatic individuals. Use partitions where possible; if not available, use plastic sheets or similar materials. Maintain a distance of 1.5 to 2 meters between people.

< Example > **Health Checklist**

Name:			Contact Information:	
Date	Temperature	Physical condition / observations	Medication and other notes	Remarks

## ■ Pet Evacuation Measures

Pet owners have a responsibility to protect the safety and health of their pets without causing trouble to others.

### ◇Evacuating with Your Pet

Make sure your pet does not get lost. Evacuate together.

At evacuation shelters, follow the rules and be considerate of others. Special care is needed for people who may dislike animals or have allergies.

※Pets are not allowed inside the living areas of evacuation shelters. They must be kept in designated areas set by each shelter.



### ◇What You Should Do Now

- Health Management

Keep your pet healthy and hygienic through regular vaccinations and parasite prevention/treatment.

- Training

Help reduce your pet's stress by getting them used to being in a cage or carrier.

- Owner Identification

To ensure your pet can return to you if separated, attach an ID tag and implant a microchip.

- Emergency Supplies for Pets

Prepare at least 5 days' worth (ideally 7 days or more) of food, water, and necessary items for your pet.



## ■ Ways to Communicate and Share Information

### ◇Disaster Message Dial (171)

You can record or listen to messages about safety using landline or public phones.

1. Dial **171**
2. Press **1** to record, **2** to play back
3. Enter the phone number of the person you want to contact

※Try practicing on designated trial days.



More info: [NTT East  
Japan Disaster Message  
Board (web171)]

### ◇Disaster Message Board (**web171**)

You can send and receive messages via mobile phones or computers.

※Make sure your family and relatives decide in advance which phone number to register for communication.

### ◇How to Use Public Phones



Use 10-yen coins. (In emergencies, some may be free. Note: Telephone cards cannot be used during power outages.)

Public phones are considered more reliable than other forms of communication in emergencies.

※Teach children how to use them.

### ◇Other Communication Methods Information delays can cost lives!

- Make sure you can hear announcements from the community disaster radio system. If needed, sign up for **Yomail**—a backup email alert service.
  - ※For people without mobile or smartphones (e.g. elderly, people with disabilities), some services can automatically send disaster info by landline or fax. If interested, apply at your local city office.
- Local community members and welfare volunteers should stay informed about the needs of elderly, disabled, or non-Japanese residents in the neighborhood.
- At evacuation centers, prepare to communicate using pictograms, Braille, and simple Japanese to help people with disabilities or those who are not fluent in Japanese.

- Ensure disaster information reaches those staying at home, including residents not part of local neighborhood associations.

## In Conclusion

- It is important never to give up.
- Always keep in mind: "A shelter where both you and others can live."
- If you can't say something in daily life, it's even harder during emergencies. Speak up about what you need on a daily basis.
- Building communication with your neighbors in advance makes it easier to form a support system when needed.
- Preparedness in everyday life is key to effective emergency response. Use this booklet to reflect on your own preparations and consider how your community can support those who need special attention during disasters. Let's take action.

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## Evacuation Sites & Shelters

Facility Name	Address	Evacuation Site	Evacuation Shelter
Yotsukaido General Park	161 Wada	○	○
Yotsukaido Central Park	Mubanchi, Shikawatashi	○	
Chiba School for the Blind	468-1 Dainichi	○	
Yotsukaido Elementary School	1557 Yotsukaido	○	○
Asahi Elementary School	1485 Yamanashi	○	○
Minami Elementary School	1536 Monoi	○	○
Chuo Elementary School	917 Shikawatashi	○	○
Dainichi Elementary School	978 Dainichi	○	○
Yagihara Elementary School	5-4 Chiyoda	○	○
Yotsuwa Elementary School	228 Warabi	○	○
Yamanashi Elementary School	1-9-12 Asahigaoka	○	○
Misora Elementary School	2-13 Misora	○	○



Kuriyama Elementary School	3-1-8 Tsukushiza	○	○
Warabi Elementary School	3-12 Utsukushigaoka	○	○
Yoshioka Elementary School	3-2 Takanodai	○	○
Yotsukaido Junior High School	1-3 Meiwa	○	○
Chiyoda Junior High School	5-27 Chiyoda	○	○
Asahi Junior High School	267 Nabasama	○	○
Yotsukaido Nishi Junior High School	23 Dainichi	○	○
Yotsukaido Kita Junior High School	1055 Kuriyama	○	○
Yotsukaido High School	809-2 Shikawatashi	○	○
Yotsukaido Kita High School	1055-4 Kuriyama	○	○
Chiba Keiai High School	1522 Yotsukaido	○	○
Aikoku Gakuen University Affiliated Yotsukaido High School	1532-16 Yotsukaido	○	○
Yotsukaido Community Center	1532-17 Yotsukaido		○
Chiyoda Community Center	3-20-30 Monenosato		○
Asahi Community Center	54-10 Wada		○
Yotsukaido City Cultural Center	396 Dainichi		○
Nanbu General Welfare Center Waroube no Sato	635-4 Warabi		○

Evacuation Site: A facility or location used for temporary evacuation

Evacuation Shelter: A facility where people whose homes have been affected by a disaster can live temporarily

**Welfare Evacuation Shelters** (Shelters for people who need special care during disasters and cannot stay in general evacuation shelters)

Facility Name	Address
*Eikouen	199 Ueno
*Pixie Forest	199 Ueno
*Special Nursing Home for the Elderly - Asahi-en	1488-1 Yamanashi
*Special Nursing Home for the Elderly – Asumino Oka	1623-1 Dainichi
*Yotsukaido Elderly Home	2132-4 Dainichi
*Nursing Care Health Facility for the Elderly – Kurinosato	906-1 Kuriyama
*Nursing Care Health Facility for the Elderly – Nozomi	1685-10 Dainichi
*Kiwami Day Service Center	1681-1 Dainichi
Yotsukaido Tokushukai Day Care	1830-1 Yoshioka
*Community-Based Special Nursing Home for the Elderly – Riverside	101-9 Onagi
Special Nursing Home for the Elderly – Yotsukaido-en	593-3 Roppogaoka
Chiba School for the Blind	468-1 Dainichi
*Chiba Prefectural Yotsukaido Special Support School	934-45 Shikawatashi
*Yotsukaido Welfare Association, Social Welfare Corporation Hachimitsu Daily Life Support and Care Center	15-5 Takaonomori

\*Designated Welfare Evacuation Shelters: These facilities are only for those designated in advance by the city and are able to evacuate there directly with their caregivers

**Disaster Preparedness Supply Warehouses** (Stored supplies include emergency food, drinking water, blankets, and other daily living essentials)

Facility Name	Address
Chiyoda District Disaster Preparedness Supply Warehouse	5-34 Chiyoda
Yotsukaido District Disaster Preparedness Supply Warehouse	256-1 Warabi
Asahi District Disaster Preparedness Supply Warehouse	57-5 Wada
Warabi District Disaster Preparedness Supply Warehouse (Located inside Warabi Disaster Preparedness Center)	517-13 Warabi

\*The list of evacuation sites, evacuation shelters, welfare evacuation shelters, and disaster preparedness supply warehouses is as of February 28, 2023

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Cooperating Organizations and Individuals:

International Volunteer Circle

Inahama Japanese Language Volunteers

Humming Forum Narashino

Chiba City Regional Living Association

Circle “Donguri” – A Group for Parents of Children with Allergies

“Michikusa” – A Lively Space for Seniors

Norimichi Yurita

Saori Nakatani

Chiba Prefecture Association for People with Disabilities Using Drones