

yourself will change. Reexamine them sometimes and if you write down the date of when you made the list of them, it will help your memory as well. In that case, be careful of the following points.

Be careful of your rucksack getting too heavy.

Think about things necessary to spend about 3 days.(actually, the period may become longer)

Think by yourself as much as possible.

In the rucksack, put

- (1) Things that make you to feel easy,
- (2) Things to spend time on your own,
- (3) Things that make yourself understood,
- (4) Things that protect your life, and
- (5) Other useful things.

The experience to prepare things that will protect you, together with your important people, will enable you to pack not only security but also relief into your rucksack.

#### Preparation for the Disaster Evacuation Rucksack

Things that protect your life:  
For example: a mask, wet tissues, a warmer or a newspaper for warming your body. Your favorite plastic-bottle drink, a bit of your favorite sweets, and medicine that you usually take.

Things that make you to feel easy:  
For example: a pair of earmuffs or an earphone that you always use, a snuffy towel or a soft toy, a photo of your favorite toy, a picture book, and a clock.

Things to spend time on your own:  
For example: a puzzle, cards or UNO that you often play with. A toy or a game that you can enjoy without power supply. For example, your favorite book or a magazine, a sheet of white paper and some colored pencils, and a camera.

Other useful things:  
Don't pack too many things unabling you to carry on the back! But, if there is some space left, put in a flashlight, a radio, spare batteries, a candle and a lighter, a hat and several underwear.

Things that make yourself understood:  
For example: a card that introduces yourself (a card that will protect you), a picture or a photo card to communicate with someone, a message card for example "I want to be on my own.", and writing instruments.

#### How to protect your life: Preparation

Let's think together about the things to put in your disaster evacuation rucksack and check them occasionally.

Think by yourself about the things you need to protect yourself or think with the support of your parents and teacher, and then put them into your rucksack. Things you need to protect

#### Preparation for the Disaster Evacuation Rucksack

- (1) Things that make you to feel easy:

For example: a pair of earmuffs or an earphone that you always use, a snuffy towel or a soft toy, a photo of your favorite toy, a picture book, and a clock.

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For example: a puzzle, cards or UNO that you often play with. A toy or a game that you can

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Don't pack too many things unabling you to carry on the back! But, if there is some space left, put in a flashlight, a radio, spare batteries, a candle and a lighter, a hat and several underwear.

(<http://homepage3.nifty.com/mayekawa/asami/>)

(AsamiMaekawa, Professor, Tokyo Woman's Christian University)



### How to act when a disaster occurs :

At home, schools and facilities

When a disaster occurs, first let's calm down. Then, protect yourself from danger. Since each facility has a disaster prevention manual, follow the direction of your school teacher or the staff of your workplace and evacuate.

- ① First, calm down.
- ② Protect yourself from danger.
- ③ Call someone.
- ④ Ask someone to take you to a safe place.



### How to act when a disaster occurs

When you are near the sea or a river

When you are near the seashore or a riverbank and get attacked by a strong shake, the most

frightening thing is the tsunami. Don't wait for the evacuation order or advisory, go straight to a safe hill or a shelter.

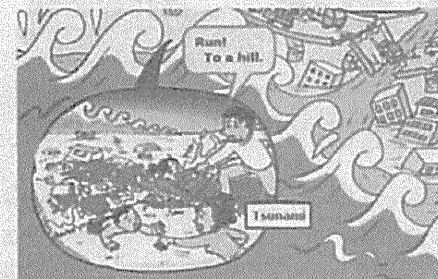
At the beach, speakers will be used to inform the hit of tsunami and also red flags will be used to inform the danger of tsunami. If you notice the danger, evacuate as soon as possible.

In the Great East Japan Earthquake, which is said to occur once in thousand years, an unpredictable huge tsunami attacked and many lives were lost.

Tsunami had attacked many times so far, and a huge seawall was built to prevent the tsunami. Even though, tsunami this time was far beyond expectation. The tsunami went far up the river and hit places even schools that were supposed to be safe.

There is a phrase in Japanese "Tsunami tendenko". This means "Protect you own life at the time of tsunami". Toshitaka Katada, professor of Gunma University Graduate School says "Tsunami disaster can be avoided if people evacuate to a safe place. The attitude towards disaster prevention education is important". So we made three points in tsunami education. "Don't get seized with assumption", "Take your possible best action", and "Evacuate first."

Up until now, there were people who ignored the tsunami alert or people who didn't think much of it. But, even tsunami occurs a hundred times, each tsunami is different. Do not follow the past estimation. Take the lead in evacuating.



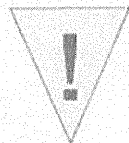
Be careful at the following disasters occurring quite often recently

Be careful at local heavy rain, thunderstorm, typhoon, tornado

- ◎ River water will rise suddenly, so run away from the riverside as soon as possible.
- ◎ If you are in town and the water comes, evacuate to a hill and be careful not to fall into the gutter while confirming your feet security with an umbrella. Follow your way watching the telephone polls as a guide.
- ◎ If you are in a car, doors will not open when water depth becomes 60cm. Evacuate

beforehand.

© Thunderstorm. If there's a lightning, run indoor. If you are outdoors, stay away from dangerous things and lower your body.



## Warning at these moments



When the sky is like:

"deep black clouds have approached suddenly"

"the sound of thunder"

"the lightning of thunder"

When the river is like:

"the water level is rising"

"the color is getting dark"

"driftwood and fallen leaves are flowing"

Be careful if you are in these places:

if you are fishing or playing in the river, camping or a doing a barbeque on the riverbank

or a sandbank, if you are under a two-level crossing which passes through underground, if you are at a building site at a river or a sewerage construction site.

(referring Weather Forecast Institution "Be careful at the sudden change of the weather if you are in these places!")



## Daily life will change by disasters

When a disaster such as an earthquake or tsunami occurs, lifeline such as electricity, gas and water will stop and people have to live in anxiety and inconvenience. People will be unable to get drinks, food and daily necessities and also public transport such as trains and buses will stop.

Information on telephones or TV will not be available and of course people are unable to enjoy games or CDs. Nobody can do the "ordinary things" that they've been doing. Schools will be closed, and you cannot go to facilities for a couple of days. There are cases like you cannot live in your own house and have to live in a shelter like a school gymnasium or to live in a car.



## About shelters

There will be a case like getting unable to live in your own house because the earthquake or tsunami destroyed your house. Different from your daily life, you have to live together with



the regional people. Life will be unfamiliar, so consult with the supporting people or helpers.

- Shelters are places to evacuate when you cannot stay at home in times of big disasters. Places are like school gymnasium or public hall in the region.

- When your house is collapsed and you cannot live in, you go to a shelter. Even your house is not collapsed but dangerous to live in, you go to a shelter.



- You will have to live with many people in the shelter until you are able to go home. You will have to sleep together with them.

- Schools and facilities will also be closed, so you cannot see your teacher and friends for a while.

When schools and facilities start, there will certainly be a notice.

If you get unrelieved or worried:

- Consult with the supporting staff before you get into panic.
- Ask them to write down the future schedules and places you are supposed to go.

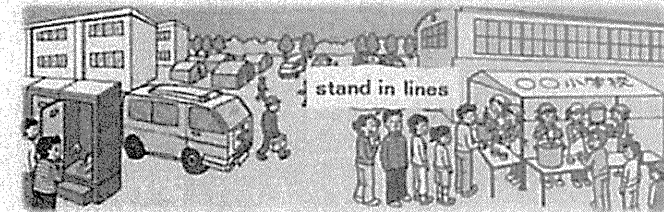


### Life at shelters

Life at shelters will be different from life at home.

There are rules at shelters.

- You have to stand in lines to get food and water in turn. Try to eat the delivered food even if it is not your usual food. But if you cannot eat them, consult the supporting staff.



- Toilets will be like public laboratories. Most of them are Japanese style toilets. Try to get used to them daily.

- You cannot take a bath for a while.

- You might hear a crying of a baby or a noise that you don't like. In those cases, try to get outside or listen to your favorite music using headphones.

- There will be no TV. You cannot watch your favorite programs. Spend time with music, games or reading books.



### Mental care: To small children and school age children

We will pick up mental care based on the actual condition of medical support to the affected areas of the Great East Japan Earthquake. This is about mental care and support to small children and school age children with autism.

How lucky you are to be safe, you are all right now.

I'm sure you had a hard frightening experience, but you are all right now. When you are tired,

anxious or unable to sleep, try to rest beside your father, mother, grandpa or grandma. Then, you will gradually get well.

How about reading a book, playing with a toy or listening to music? Try to find something you like with an adult.



#### Mental care: To the youth and adults

We will pick up mental care based on the actual condition of medical support to the affected areas of the Great East Japan Earthquake. This is about mental care and support to the youth and adults with autism.

You had a bitter experience, but you will get well.

You must be surprised and experienced a hard time in this earthquake. Aren't you sleepless or getting irritated? It is natural to get unrelieved or restless after disasters. You will gradually get well when time passes by.

Shall we seek something we can do? Support? Hobby? Work?

Let's consult with your family or the people around you and make decisions.



#### 10

Let's discuss about disaster prevention at home.

#### A theme of a disaster prevention discussion

- How to protect yourself
- Checking safe places
- Things to carry out, medicine and things that make you relieved in case of emergencies
- Method of contacting each other when the family member is out

#### Itinerary of each family member

##### Method of contacting

#### Evacuation place

##### Voice mail service (DENGON Dial)

- Making of "HELP ME CARD"
- Walking around and watching the town
- Register to the list of people who need support



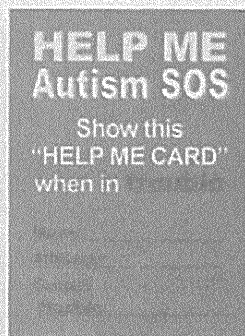


### Making of "HELP ME CARD"

(A sample of the card is shown on the page 32)

Try to make the card beforehand and let them always carry with them.

"Show" it when in trouble.



### "HELP ME Autism SOS"

Show this "HELP ME CARD" when in trouble

Name \_\_\_\_\_

Affiliation \_\_\_\_\_

Contact number \_\_\_\_\_

### Making of "HELP ME CARD".

#### ●On the front

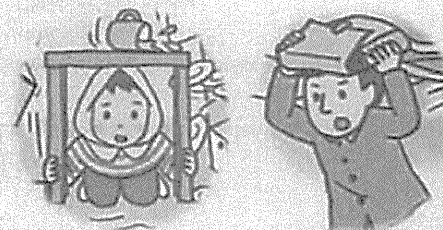
- 1) Check the evacuation route, and write it down.
- 2) Walk around the town, and check out toilets, convenience stores, and petrol stations (return home support stations), then write them down together on the disaster evacuation map.
- 3) Check out the commuting or school route together, and say hello to the necessary places and persons, such as police station, train station, shops that you often go, and also children shelters.
- 4) Check out the disaster prevention and evacuation plan at work.
- 5) Imagine the situation of getting difficult to see signs at night.

#### ●On the other side

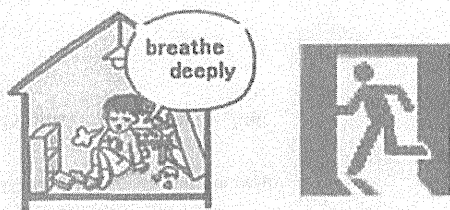
Fill in the characteristics of your child.

Teach and practice fundamental disaster prevention words and actions.

- (1) Go under a desk.
- (2) Put something on your head.



- (3) Take a deep breath.
- (4) Emergency exit (sign).
- (5) Show the "HELP ME CARD".
- (6) Hold onto a post.
- (7) Blow a whistle.



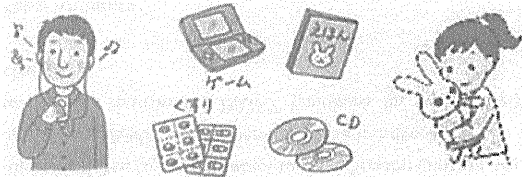
Report your safety to your family members: how to use the voice mail service (DENGON Dial)  
 The case of NTT voice mail service (DENGON Dial) 171 for disasters (in Japan)  
 Trial period: 1st and 15th of each month, 1st-3rd January, Disaster Prevention Week, and  
 Disaster Prevention and Volunteer Week

In the case of message board service for disasters

At the time of disaster outbreak, anybody can register his safety information by using a cell phone. Anybody can confirm the safety information of their family or friends from a cell phone or PC.

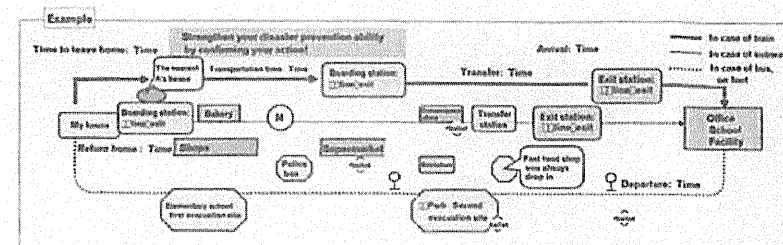
- Be cautious of urgent earthquake information (also from cell phones).
- The victim side should leave a message reporting the situation on the voice mail service (DENGON Dial).
- Cell phone is necessary (prepare for a spare battery).

Taking out goods for emergency.: Let's put medicines and safe goods.



#### Making of "HELP ME CARD"

Copy the "HELP ME CARD" and use it while updating.



It is important to communicate daily.

Say hello to the places you have written down on the "HELP ME CARD".



front side

Time for departure, process, arrival, return home

Via place, such as train station

Toilets, places where water is available

Shops to drop in

Acquaintances of neighborhood

Evacuation sites

back side

Characteristics of the child

#### On multimedia DAISY version

The multimedia DAISY version of "Disaster Prevention and Support Handbook for People with Autism" was edited with the grant of Japanese Government, Ministry of Health, Labor and Welfare for "The study on the disaster prevention for people with disabilities and the community planning" under the permission of Autism Society Japan. The text for people with autism among the handbook was shown with Bold-faced style. We also edited a separate content of text for people with autism.

Please feel free to make contact to the following address, if you have any questions and ideas on the multimedia DAISY version of the handbook. We are developing educational programs to use this multimedia DAISY handbook for persons with disabilities and international visitors.

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#### End Title

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—For you with autism—

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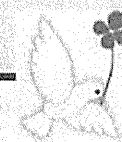
What will happen to me?  
What shall I do?

# Disasters & ASD

## Preparedness for Disasters

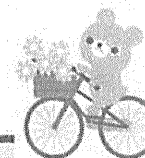
Asami Maekawa

Tokyo Woman's Christian University  
March 2015



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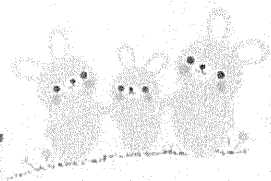
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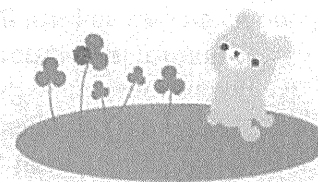
## What is Autism Spectrum Disorder?

~From D of a disorder To D of a diversity~

- Children with ASD has difficulty in communication with and relating to others, and exhibit restricted patterns of behaviour and interests.
- The term 'spectrum' in Autism Spectrum Disorder highlights the broad range of diversity. So each child with ASD has different difficulties.
- Some children prefer to be alone while others like company. Some are unable to speak words while others have a wide vocabulary and love to discuss their interests. Some are very proficient at memorizing things that interest them, while others cannot recall important facts or their plans with friends. Some are highly sensitive to heat or cold while others never complain of temperature and don't care about pains at all. Some have difficulty in expressing and understanding emotions while others are very aware of feelings, even expressing guilt and depression over their perceived failings. Some are mentally disabled or struggle in school, while others excel in academics, attending acclaimed universities where they are considered brilliant.
- ASD does not derive from bad parenting, bad personalities or a lack of efforts.
- Children with ASD can be difficult for people around them to understand. As a result, they may suffer from not only ASD symptoms but also low self-confidence, lack of trust for others, and traumatic experiences.
- Some are diagnosed by doctors, but others are not. There are not a few parents who consult experts only to be told that their child "might" have ASD. Many of these children are not definitively diagnosed for years, if ever.



- In order to understand and support these children, we must reinterpret the D in ASD to focus on Diversity rather than Disorder.
- This leaflet summarizes useful knowledge for children with ASD and their families in times of disaster or impending disaster.
- In addition, this leaflet will assist the broader community surrounding children with ASD, helping them to better understand and support these children and parents.



For his help in publishing this leaflet, I thank Mr.Kaoru Okazaki in Miyako City, Iwate Prefecture, the many care providers in Iwate Prefecture and Miyagi Prefecture who have worked with children with ASD, and numerous friends in Tokyo who related their challenges and heartwarming encounters with children with ASD. I also thank Andrew, Junko, and Bruce. Dr.Yayoi Kitamira's research group provided support with printing. Asami Maekawa was the responsible editor. Please contact Maekawa (Tokyo Woman's Christian University) with all queries.



## “These things” happen in times of disasters !

1. You must escape to a safe place in a hurry, accompanied by strangers.
2. You must spend time with people you don't know in places called “shelters”.
3. You cannot count on electricity or tap water.
4. You have no access your favourite foods, TV shows, and games.
5. The TV is always on, broadcasting serious news and shocking images.
6. You must wait in long lines to use the bathroom or get the supplies.
7. You must be quiet or you will disturb the elderly people, the babies or the sick people in the shelter.
8. You must spend hours in the midst of various noises and voices, which make you feel uncomfortable.
9. The people here do not understand and accept you like your parents and teachers. They scold you when you don't behave or if you don't answer when spoken to.
10. You have to sleep with the lights on.
11. You must use Japanese-style toilets.
12. You may have a fever. Your injuries are taking a long time to heal because you lack the specific immunities.
13. Schedules and Plans often change suddenly .



## How to Cope ①

1. You must escape to a safe place in a hurry, accompanied by strangers. → Some children with ASD do not like to be suddenly grasped or touched. Be careful how you interact with them physically. Rather than touch them, come close to them and explain what has happened and what will happen next, using expressions like “We will escape together” or “We will go to a safe place, so follow me”. It is more helpful to tell them what to do rather than what not to do. If possible, model the desired behaviour so the child can mimic it.
2. You must spend time with people you don't know in places called “shelters”. → Children with ASD may be very uncomfortable and insecure due to the constant noises, unusual smells, temperature in the shelter. Whenever possible, choose a corner of the shelter for them, or place partitions around them. Muffle sounds by using earmuffs and weaken smells by using masks. Also, create a psychologically personal space by letting children do whatever seems to capture and hold their interest. Ask volunteers to take the children outside so they can get a break from the shelter. Prepare pictographs to direct children who cannot read to the drinking water locations and bathrooms.
3. You cannot count on electricity or tap water.  
→ Children with ASD may be upset when they realize that they cannot follow their normal daily routines. Use cards with pictorial representations and explain the pictures with phrases like “There is no light because of power failure” or “Water doesn't come out because of the earthquake.” Help them relax by providing any information like “The lights will be on at 8:00 AM tomorrow.” Teach them how to play games without electricity. Help them get used to using candlelight at night and to using wet wipes to clean their hands and bodies.

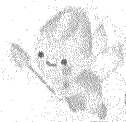


## How to Cope ②

4. You have no access your favourite foods, TV shows, and games. → Children with ASD may need to understand that changes from their usual routine will make them feel quite uncomfortable and anxious. Remain calm for them. Repeatedly explain that they will not be able to do things as usual now. As concretely as possible, tell them what they can do instead. Make lists of "Things You Cannot Do" and "Things You Can Do" and post them where the children can see them.

5. The TV is always on, broadcasting serious news and shocking images. → If several TVs are available, set one to broadcast a children's program. Be careful that some children with ASD are very sensitive to visual information. They can be easily shocked and lastingly affected by disturbing images or dialogue. Even though they may not seem to be listening, they sometimes memorize a distressing phrase and recall it anxiously. Never assume that they are not listening or that they do not understand. And do not hesitate to discuss with children what they have seen and what they are feeling, or to offer any reassurances you can.

6. You must wait in long lines to use the bathroom or get the supplies. → Children with ASD often feel uneasy when they do not have anything to do. If they must wait in long lines, provide them with something that interests them (such as books, handheld games, etc.). Don't hesitate to discuss ASD with the others in the shelter, or to ask them to watch your child if you must leave to stand in line.



## How to Cope ③

7. You must be quiet or you will disturb the elderly people, the babies or the sick people in the shelter. → Children with ASD may need to be told to keep quiet in the shelter. To help remind them, write "Keep Quiet Here" on a piece of paper and post it where they can see. If the shelter is particularly large, children may naturally mistake it for a space where they can shout and run around. Patiently explain the situation using phrases like "Things have to be different for a little while" or "This is not like our regular life." Explain what kind of place the shelter is. Use pictographs or drawings to demonstrate what level of voice is appropriate. Remember that, if some children are talking more than usual, it may be because they feel insecure. Rather than becoming angry, try to empathize with their fear and confusion. Reassure them and share information clearly with them. If possible, place their favourite belongings beside them.

8. You must spend hours in the midst of various noises and voices, which make you feel uncomfortable. → Many children with ASD are sensitive to sounds. An emergency shelter, with its constant mix of voices and strange noises, can be an especially stressful environment. Some children with ASD will be most disturbed by loud or percussive sounds and voices, while others will find whispering intolerable. In these cases, patience will not always be the best remedy. Instead, offer the children earmuffs or a hooded sweatshirt, or wrap their heads with blankets. Another good solution is to have them listen to their favourite music with headphones. Or take them outside away from all the people for a change of pace.



## How to Cope ④

9. The people here do not understand and accept you like your parents and teachers. They scold you when you don't behave or if you don't answer when spoken to. →→ In the Great East Japan Earthquake of 2011, many children with ASD were initially very well-behaved in the face of disaster. Through their close attention to environmental cues and their parents' attitudes, they readily grasped the seriousness of the situation. But this state was only temporary. After a time, the demands of their ASD overwhelmed their parents. Unsocial behaviors began to appear, along with heightened sensitivities and unusual dietary requirements. Many children with ASD have strong preferences and aversions for foods. This is not because they are "selfish" or lack proper parenting, but because they are very sensitive to differences in taste, smell, and touch and have rigid behaviors regarding their meals. To help them cope, prepare their favourite foods in your backpack. Remember that their rigid food requirements are simply a way for these children to get relief. And don't hesitate to explain to others that children with ASD have their own ways of protecting themselves. Their preferences help them feel safe and secure.

10. You have to sleep with the lights on. → In shelters there are occasions when the lights must be left on. Some children with ASD may have trouble sleeping under these conditions. If possible, provide them with a sleeping mask or use partitions to block the lights from their sleeping area. Conversely, for children who require a night light to sleep, wrap a piece of cloth around the top of a flashlight or set a flashlight upside down on the floor so it does not disrupt the other sleepers. Some children with ASD may feel a sense of calm and relief by being wrapped in blankets. Others may feel uncomfortable at being obliged to sleep with their clothes on. Explain the situation, saying "This is because we don't have any pajamas."

## How to Cope ⑤

11. You must use Japanese-style toilets.

→ If it is their first experience, there are children who feel very uneasy, and some don't want to go to the toilet. It is good to practice regularly as much as possible. Some shelters may have special equipment which changes Japanese-style toilets to western-style toilets but there are quite a few. Some children cannot bear the smell. In those cases, tell them to use masks. It will be good to practice how to flush with a bucket full of water and use wet wipes instead of toilet paper and hand wash in case the water stops. Tell them that it will not be good for their health if they resist going to the toilet. Be aware that the toilet is important to maintain one's health.

12. You may have a fever. Your injuries are taking a long time to heal because you lack the specific immunities. → Some children with ASD are very sensitive to their physical sensations, while others are not. In the latter cases, be careful not to miss their injuries and illnesses. Even if they get a serious wound, they sometimes don't complain at all and miss out on proper treatment. Once evacuated, parents must check a physical state of their child's. Examine them to see that there is no bleeding, swelling or fever. If there seems to be a problem, receive treatment immediately. In times of disaster, injuries and illnesses take more time to recover because the immune system doesn't work well.

13. Schedules and Plans often change suddenly. → Most children with ASD are not good at "sudden changes". They feel uncomfortable with the uncertainty or the unpredictable conditions. Write out schedule as much as you know and put it on somewhere they can see it. They will feel safe, secure, and stable if they can check the daily schedule.



## Psychological Signs During Disasters



- ◆ Some children with ASD may exhibit unusually “good” behavior in the immediate aftermath of a disaster. For example, they may eat foods they would not usually tolerate. However, this resolution of behavioural issues is only temporary, and the child’s ASD symptoms are likely to return as the immediate danger recedes and the lifeline recovers.
- ◆ Self-mutilation and problem behaviours which were not seen in the past may appear.
- ◆ Wetting accidents, finger sucking and baby talk that had been resolved long ago may return.
- ◆ Some children may become more irritated than usual.
- ◆ Some children may not be able to fall asleep or suffer from nightmares.
- ◆ Some children may recall unpleasant things by trifles related to the disaster experience, while at the same time have difficulty remembering the salient points of the matters related to the disaster experience.
- ◆ Compulsive behaviours may become worse than before. Children may confirm things many times, or repeat the same questions.
- ◆ Some children may be made anxious by serious conversation or by serious looks of concern on the faces of adults.

## Resilience After Stress and Trauma

- ◆ It is not unusual for these signs to continue for weeks. These signs communicate important information — namely, that the children are hurt and terrified and need help, but also that they have begun to cope with the stress and trauma by themselves.
- ◆ In the context of a disaster, it is normal for human beings to be hurt both physically and psychologically. But humans also have a very real ability to recover from traumatic experiences and survive intact. In fact, everyone has this ability, of course, even children with disabilities have it.
- ◆ Only a few of these signs will develop into post-traumatic stress disorder (PTSD), a dissociative disorder, or other serious mental conditions. When they do, however, professionals will be needed to support children and families.
- ◆ The interpersonal connections will be a crucial for promoting their power of resilience. And finally the 3 Ss – Safety (providing distance from danger and protecting a life etc.), Security (allowing children to express their feelings and feel accepted etc.), Stability (getting back to daily habits and making future plans etc.) (Maekawa 2014) – will also be critical to the recovery process.





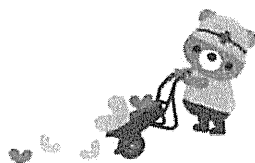
## Disaster Preparedness in Everyday Life ②

### Basic Preparedness checklist!

- ☐ Check the contents of your disaster preparedness backpack and your supplies of non-perishable foods and bottled water.
- ☐ Write down the telephone numbers of professionals and persons whose help you may need.
- ☐ Check not only the location of the shelter closest to your home, but also the location of the welfare shelter.

### Learning and sharing!

- ☐ Learn the specific needs of your child and discuss them with your family.
- ☐ Talk with your family about what their expectations and plans in the event of a disasters.
- ☐ Establish a way to contact your family and inform them of your location in case you are separated.
- ☐ Talk with your family about your own potential needs and share what you can do and what makes you feel uncomfortable.
- ☐ Share the specific needs of your child and family with your teachers, classmates, and neighbours.
- ☐ Learn and share battery-free games such as card games, Uno, shadow puppets, Hand Game Songs etc.



## Disaster Preparedness in Everyday Life ②

### Practice makes perfect!

- ☐ Determine the evacuate shelter and practice walking there.  
Once you have evacuated, you had better not move around.
- ☐ Practice how to use emergency number, such as NTT 171, and leave a message since mobile phones often will not operate in times of disasters.
- ☐ Practice putting on masks, eye-masks and earmuffs.
- ☐ Try to spend a night with only candlelight.
- ☐ Practice using Japanese-style toilets and wet wipes.
- ☐ Try sleeping in a sleeping bag and a tent.
- ☐ Try eating emergency provisions.
- ☐ Remember that you and your child can learn preparedness through daily practice and drills.

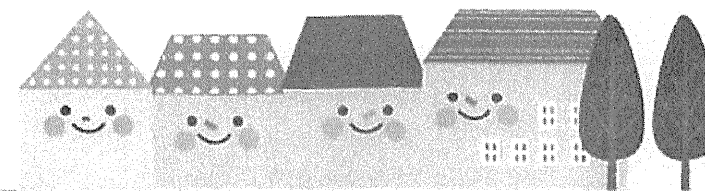
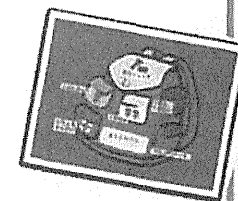
You can make use of the following Apps for iPad:

“Mamoru Pack”

My Ready to Go Backpack

Preparedness in disasters

<http://www.wasa.or.jp>





## Memo



### ◆ Evacuation shelters

#### ▪ If you are at home in times of disaster.....

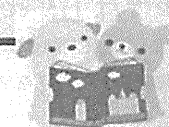
#### ▪ If you are outside in times of disaster.....

#### ▪ If you are at school in times of disaster.....

### ◆ Significant telephone numbers

- Parents
- Relatives
- Friends
- Others

Supported by research grant "Disaster Preparedness for Persons with Disabilities and Community Inclusion" for Yayoi Kitamura by Japanese Ministry of Health, Labor and Welfare.



防災実践 BOOK

# 地震に備えて いのちを守る



いつか来る、その日のために  
今、あなたにできること

全国版一般編

障害者の防災対策とまちづくりに関する研究班

## あなたの特性を活かして備えましょう

大地震を生き延びるためには、  
激しい揺れから「いのち」を守り、  
揺れが収まったらすぐに安全な場所に避難する必要があります。

しかし、多くの人は、  
突然起こる初めてのことが苦手です。  
混乱した状況も苦手です。  
苦手な状況の中でどのように行動すべきか判断して行動する。  
それは決して簡単なことではありません。  
パニックになれば逃げることも困難です。

ただ、多くの人は、  
「想定していたこと」「経験したことがあること」には、  
落ち着いて対応することができます。  
繰り返し学び練習したことを確実に実行することができます。  
実行するための体力もあります。  
事前に学習や体験、練習をしておくことで、  
その瞬間に備えることができるのです。

あなたの「いのち」を守るため、  
あなたの大切な人を守るために、  
あなた自身ができることはたくさんあります。

地震への備え、  
今すぐ始めましょう。





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## その瞬間を生き延びるために

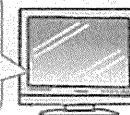
パニックにならないように、落ち着いて対応できるように、練習しておくことができます。

## 緊急地震速報に気づけるように

揺れはじめる前に警報音に気づくことができれば心の準備をすることができます。「いのち」を守る姿勢を取ることもできます。緊急地震速報を聞いたらすぐに行動できるように、警報音に慣れておきましょう。緊急地震速報は、テレビ、ラジオ、携帯電話を通じて流れます。

## テレビ・ラジオの緊急地震速報

「ピロンピロン」という警報音 2 回  
「地震が発生しました。  
強い揺れがきますので警戒してください。」



警報音はどのテレビ局も同じです。どんな音が分からないという場合は、NHKホームページ「緊急地震速報の解説 / NHKはこうお伝えします」のページで聞いてみましょう。

⚠ 電源がオフになっているときは受信しません

## 携帯電話の緊急速報メール

「ブインブインブイン」という警報音 2 回  
バイブレーションとメール



警報音はどの携帯会社も同じです。独特な大きな音で、マナーモードにしても鳴る携帯もあるので、初めて聞くと驚いてしまうかもしれません。どんな音が分からないという場合は、各社ホームページで聞いてみましょう。サービスを行っているのは NTTdocomo、au、ソフトバンク、イー・モバイルです。申し込みや利用料は必要ありませんが、機種によっては受信設定が必要な場合があります。分からない場合は携帯会社に確認しておきましょう。

⚠ 通話中や電源がオフになっているときは受信しません

## 緊急地震速報って？

震度 5 以上の地震が発生すると、震度 4 以上の強い揺れが予測される地域に速報が流れます。速報から揺れはじめるまでの時間は数秒から長くても十数秒。震源に近い場合は間に合わないこともあります。

## 自分でカスタマイズできるアプリ

ゆれくるコール  
[iPhone / Android] 無料

緊急地震速報だけでなく、津波・豪雨など様々な災害速報が届きます。「所沢で震度 2 以上の地震が予測されたとき」というように、通知して欲しい地震の震度や場所を自分で設定することもできます。



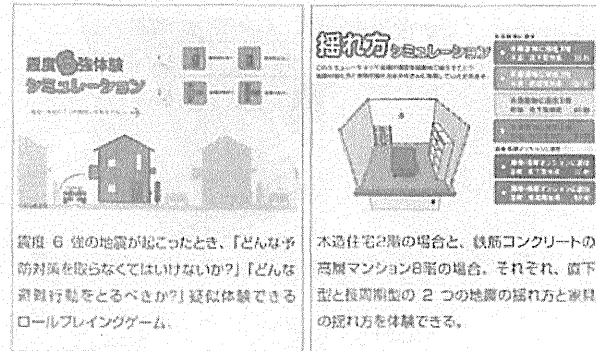
## 「いのち」を守るってどういうこと?

大きな地震が発生したその瞬間は何もできません。何かしようと思わないでください。ただ「いのち」を守る行動を取ってください。

## 実際に地震を体験してみましょう

## 視覚的に体験する

内閣府ホームページで公開されている「防災シミュレーター」を利用して、パソコン上で体験できます。実際に地震の揺れを体験する前のイメージづくりや、心の準備のために利用するのもオススメです。



体験の方法はいろいろあります  
体験してみたいけど不安が大きいという場合は、無理をせずにできることから取り組んでください。

パソコンでの体験なら大丈夫ぞ!



## 地震体験車でも体験できます

地震体験車を利用すると身近な場所で地震の揺れを体験することができます。防災訓練や防災フェアなど、地震体験車を利用できる機会を活用してください。



## 防災館で地震の揺れを体験する

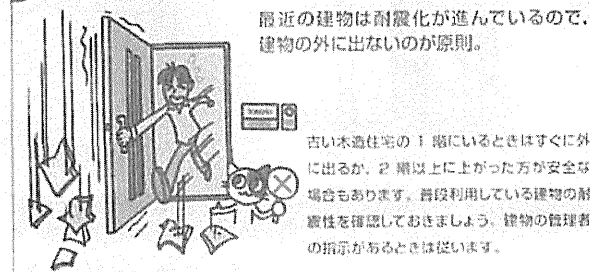
前後・左右・上下の3方向の揺れ、最大震度7までの激しい揺れ、これまでに起こった大地震の揺れやこれから起きると予測されている揺れなどを体験することができます。パニックが心配な場合は親しい人と一緒に体験したり、小さな揺れから体験してみましょう。防災館では他にもいろいろな体験をすることができます。

<b>東京消防庁池袋防災館</b> 池袋駅徒歩5分 ☎03-3590-6565			
<b>東京消防庁立川防災館</b> JR立川駅北口からバス ☎042-521-1119	地震体験	消火体験	119番通報体験
<b>さいたま市防災センター</b> JR大宮駅東口からバス ☎048-648-6511			

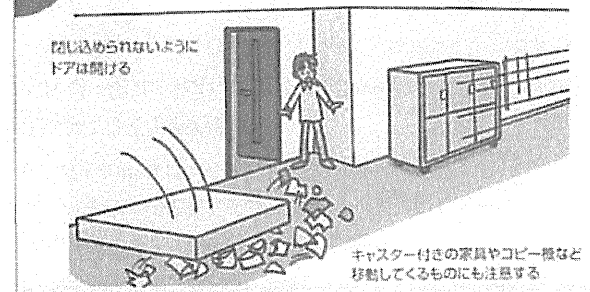
<b>東京臨海広域防災公園</b> ゆりかもめ有明駅徒歩2分 ☎03-3529-2180	<b>東京直下72h TOUR</b> 地震発生後、救助が困難な72時間を生き残るためにどうするか、首都直下地震の発生から避難までの一連の流れを体験できる。			
		エレベーター脱出	再現市街地	避難生活体験

## 「いのち」を守る行動 POINT3

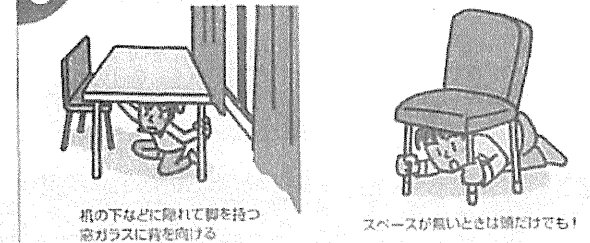
## 1 あわてて外に飛び出さない



## 2 物が落ちてこない、倒れてこない場所に身を寄せる



## 3 頭を守る 頭を打つと「いのち」にかかわるので一番に守る。



## あなたがすべきこと

「身を守る」ということは「いのち」を守るということです。過去の地震の教訓から、どのような行動を取れば「いのち」を守れる可能性が高いか分かっています。家具の下敷きにならないようにすること、頭をぶつけないようにすることです。

## 頭を守るときポイント

机など隠れるところがないときは、カバンやクッションなどを使って守ります。手首を内側にして頭から少し離すのがポイント。頭から離すことで衝撃がやわらげられます。



何も無い時は手で守ります。手首を内側にして左右の手を置ね、頭から少し離します。

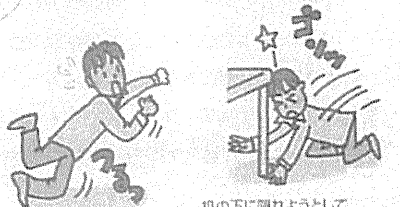


## 地震のときに多いケガ

ケガをしたら、逃げることも助けることもできなくなります。病院の受診や治療もいつものようにはいきません。「いのち」を守るためには、できるだけケガをしないように気をつける必要があります。

どのようなところでケガをすることが多いのか確認しておきましょう。そして、日ごろの備えに活かしてください。

### 1 慌てて逃げようとして足を滑らせた



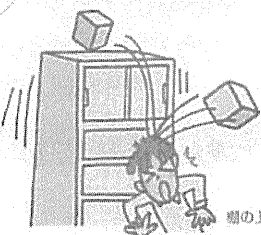
机の下に隠れようとして頭をぶったり切ったりすることもある

### 2 家具や書類棚が倒れてきてあたって



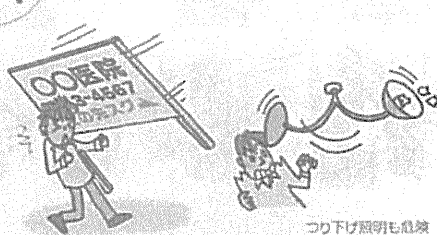
普段からの対策が大切

### 3 棚の上から落ちてきたものにあたって



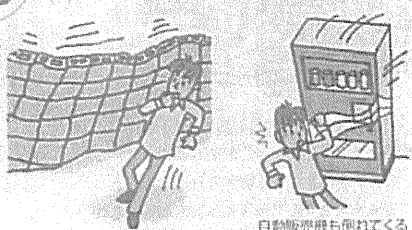
棚の上に重いものを置かない

### 4 落ちてきた看板やガラスにあたって



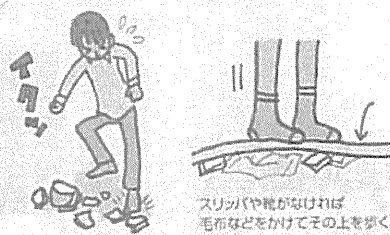
つり下げ照明も危険

### 5 外壁やブロック塀が崩れてあたって



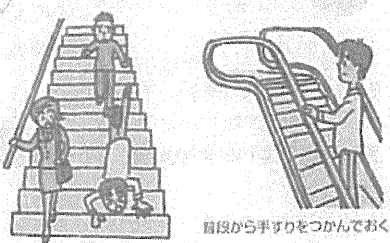
自動販売機も倒れてくる

### 6 割れたガラスや食器を踏んだ



スリッパや靴がなければ毛布などをかけてその上を歩く

### 7 階段やエスカレーターで転倒した



普段から手すりをつかんでおく

## どこで何をしていても

あなたがいる場所やそのときの状況によって、取るべき行動は異なります。

### すばやく「いのち」を守る行動を取るために

取るべき行動を考えておきましょう

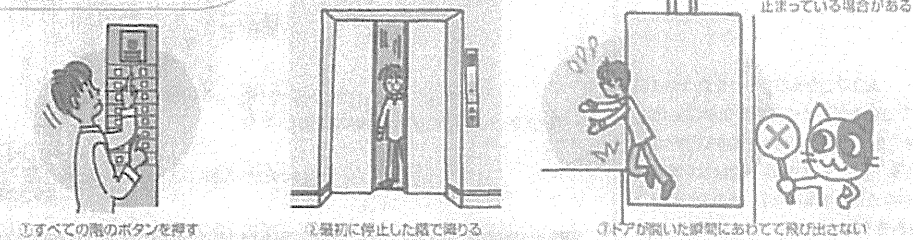
学校や職場だったらどうするか、通学・通勤途中だったらどうするか、周囲の人と相談して、いろいろなケースを考えておきましょう。

正解は1つではありません

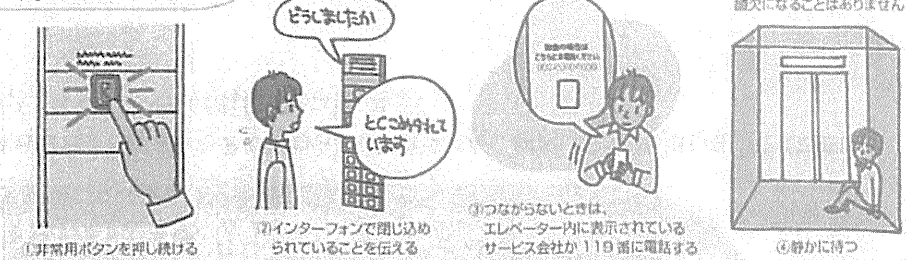
取るべき行動は、地震の大きさ、季節や時間帯、人の多さなどによって異なります。1つだけに決めていると、決めておいた行動をとれないことで混乱したり、別の行動に変更できなかったりします。代わりのプランも考えておきましょう。施設職員や駅員、店員、係員などの指示がある場合は指示に従います。

### エレベーターの中にいたらどうする?

#### 地震が発生したら



#### 閉じ込められたら



内閣府ホームページ  
防災シミュレーター「想定シナリオ」  
時間や場所によってどんな行動が考えられるか、いろいろな例を見ることができます。参考にしながら、あなた自身の想定シナリオを書いてみましょう。