



About "Emergency Useful Map"

- This map was created with the support of the Tsukuba City Council of Social Welfare and five Residents' Associations (1st, 2nd and 3rd wards of Inarimae, Higashi 2-chome, and Gojuzuka).
- For the information acquisition, we asked the people involved in the AED installation facility and those who have their own wells at home to cooperate.
- Since it is a handmade map by amateurs, it does not faithfully reproduce the actual situation.
- In the future, let's make revisions and enhance the content based on the requests from the residents and the provision of new information.
- Why don't you bring this map and verify it with your family so that you can know the local environment where you live?



AED installation facility list and precautions when using

- With some exceptions, in principle, it can be used only during school opening and business hours. In that case, please contact the person concerned with the facility.
- Facilities marked with * are allowed to be used in an emergency even after hours. Please refer to the bottom of the table for details.
- If you use the product after hours, be sure to return the device and contact us after the fact.
- Facilities may be closed due to regular inspections and temporary closures.
- There may be no person who can operate the facility. Even an amateur can operate according to the voice guide. However, we are anxious. Try to have some knowledge.
- Adults and toddlers have different levels of electric shock. Mode switching depends on the switch or card insertion.

No.	AED installation facility	phone (029)	office hours
1	Doho Gakuen Tsukuba Municipal Higashi Elementary School * 1	851-4800	Weekdays AM 8:10 to PM 4: 40
2	Tsukuba Municipal East Children's Center	851-4801	Weekdays AM 8:30 to PM 6:30, 2nd Saturday AM 8:30 to PM 0:30
3	Doho Gakuen Tsukuba Municipal Yatabe Higashi Junior High School * 2	855-7745	Weekdays AM 8:10 to PM 4:40
4	Tsukuba Municipal Higashi Kindergarten	851-4721	Weekdays AM 8:15 to PM 5:00
5	Meikei Gakuen Junior and Senior High School * 3	851-6611	Weekdays AM 8:15 to PM 5: 00
6	Welcia Tsukuba East Store	858-8208	Everyday AM 9:00 to PM 12: 00
7	Arisu Dental Clinic	852-1414	Weekdays except Thursday AM 9:30 to PM 6:00, Saturday AM 9:30 to PM 5:30
8	Shimizu Children's Clinic	860-2525	Weekdays except Wednesday AM 9:00 to PM 6:00, Saturday AM 9:00 to PM 4:30
9	Matsumoto Kiyoshi Repsa Mall Tsukuba	837-1221	Everyday AM 9: 00 to PM 10: 00
10	DCM Homac Tsukuba Umezono	839-0151	Everyday AM 9:30 to PM 8:00
11	YOU World	839-5000	Everyday AM 9:00 to PM 12:00
12	Ibaraki Yomiuri IS Prefectural South Sales Office	860-3260	Weekdays AM 9:00 to PM 5:30, Saturday AM 9: 00 to PM 3:30

* 1: Inside the staff entrance near the north gate. Installed on the left wall facing. You need to break the glass and unlock it.

* 2: Installed on the right wall of the front corridor at the entrance of the gymnasium. You need to break the glass and unlock it

* 3: Near the entrance on the north side of the school building on the west side of the bicycle parking lot on the Akatsuka Park side.

You need to get over the fence when the gate is closed.

What you should follow when receiving water from a privately owned well in case of a water outage due to a disaster

- The well water is kindly provided. It is impossible to respond to an unspecified number of people.
- Providers will be asked to display a "water supply available" plate in front of the entrance.
- When using the product, please contact the owner and bring your own container.,

Useful Information for Disaster Prevention

Regional characteristics

The southern region of Ibaraki Prefecture is a region that is relatively resistant to disasters and has little damage due to topography, geology, development period, etc. In the event of the most feared earthquake directly under the capital, recovery will be quick if only the area around Tsukuba is damaged, but if the damage to the central part of the metropolitan area is severe, relief in this area will be postponed. The disruption in distribution is long-term. Our self-help and mutual-help will be tested.

For self-help

Based on these, we will list the action points and preparations in case of a disaster.

Securing evacuation routes	When the strong shaking has subsided to some extent, secure an escape route to the outdoors.
Stay at home	It takes time for the designated evacuation shelter to be opened, and the facilities and stockpiles of the evacuation shelter are minimal and cause stress. Stay at home as long as it's safe.
Don't get hurt	Arrangement of the room to ensure a safe space. Measures to prevent furniture from tipping over, glass from scattering, and equipment from falling. Above all, the preparation of the mind that is not in a hurry. If possible, prepare a pair of thick-soled athletic shoes in the bedroom.
Protect your life	Prepare water, food, warm clothing, cooking utensils, and other family items, including pets, to survive for at least 3 days (preferably a week).
When you leave home	Turn off gas, electricity and water as much as possible. You may evacuate due to a fire, so keep your belongings together in advance.
Difficult to return home	Major roads and bridges will be emergency transportation routes, and general vehicles will be closed. Be prepared to contact your family, as it can be difficult to get home for a few days. Don't just focus on your mobile phone. Make a note of your family's phone number.

Measures against power outages

To know the living environment that becomes dysfunctional due to a power outage. When a large-scale disaster occurs, a wide range of power outages may occur due to the operation of safety devices even in areas where there is no disaster.

Lights	Headlights are convenient for work and safety. Use candles, lighters, and matches after confirming that there are no gas leaks or gasoline leaks.
Communication	Lack of information in an emergency induces anxiety. Since internet communication using mobile phones and tablets is resilient to disasters, prepare a charging environment for cars and mobile batteries.
Toilet	Unplug the toilet power supply and check the washing function. If it does not flow, prepare a simple toilet.
Water supply	In apartments, the water supply may stop due to the pump stopping even if the water supply itself is not damaged. Prolonged power outages can also stop public water pumps.
Cooking	Prepare a cassette stove. (Be careful of the above-mentioned gasoline leak and gas leak.)
Shopping	Prepare enough 1000-yen bills as the settlement function may stop and cashing system may stagnate.

In case of emergency

Disaster message phone dial : 171

Radio Tsukuba FM : 84.2MHz

Tsukuba disaster/disaster prevention email service

Yahoo disaster prevention bulletin application

Adult emergency consultation phone dial : # 7119

Child emergency consultation phone dial : # 8000

Higashi Elementary School District Kizuna Network Management Council

Sponsored by :

Tsukuba City Council of Social Welfare

Higashi 2-chome Residents' Associations /

Gojuzuka Ward Association / Inarimae 1st,

2nd and 3rd Wards Residents' Association

< Focal Persons for Opinions / Questions >

Hiroko SASAZAWA, Chair of Council,

Masami SHINOHARA, Vice Chair of Council,