

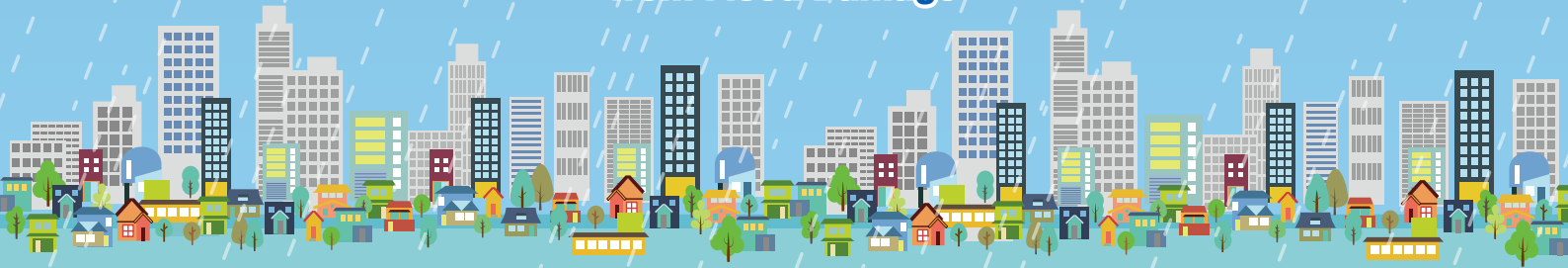


Also available
via the
Internet!



Prepare for Typhoons and Heavy Rain!

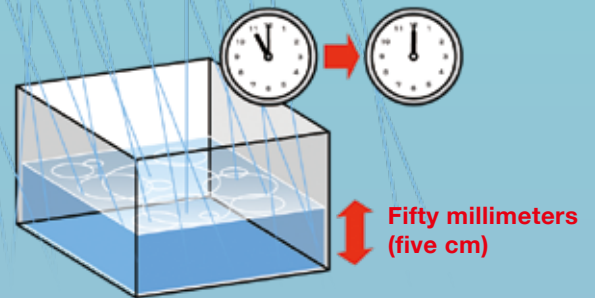
Preparations and Mindset to Protect Yourself from Flood Damage



Japanese summers are characterized by high temperatures, high humidity and a lot of rainfall. Typhoons are especially frequent between July and October, often causing flood damage in various areas. Floods can occur suddenly, and in no time your home and other buildings can be submerged.

Have you ever wondered what weather forecasters mean when they say “fifty millimeters of rain”?

“Fifty millimeters of rain per hour” means that rainwater has accumulated without draining into sewers or other outlets, reaching a height of fifty millimeters in one hour. This is generally referred to as the amount of rainfall.



Provided by the Japan Meteorological Agency



Provided by the Japan Meteorological Agency

When fifty millimeters of rainwater actually accumulates, roads can turn into rivers, and landslides become more likely. The scale and extent of disasters can vary depending on the amount of rainfall. Understanding the differences in rainfall patterns helps you prepare for emergencies.

See the website
for more details



On the next page,
we will introduce
three ways you can
immediately prepare
for heavy rains.



Shinjuku News is available at various public facilities, including the Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and libraries. The next issue of *Shinjuku News* will be published in November 2024.

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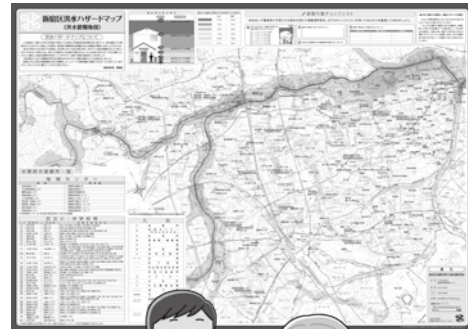
TEL 03-5273-3504 FAX 03-3209-7455

Three Ways You Can Immediately Prepare for Heavy Rains

① Check the flood hazard map

The flood hazard map shows areas expected to be inundated by heavy rains. It also indicates evacuation sites. Confirm whether your home and/or workplace fall within an expected inundation area, and identify evacuation sites and routes in case of flooding.

Distribution locations: Security Affairs Division (Shinjuku City Office Main Building 4F), Shinjuku City Disaster Prevention Center, Branch Offices, Road Division (Shinjuku City Office Main Building 7F), Environmental Quality Division (Shinjuku City Office Main Building 7F), Construction Guidance Division (Shinjuku City Office Main Building 8F).



See the website for more details

② Check evacuation sites

After the risk of damage due to heavy rains within Shinjuku City is determined, evacuation sites will be opened. Locate multiple places that you can evacuate to on foot from your home or workplace in case of emergency.

③ Pay attention to disaster information

● Shinjuku City disaster preparedness and weather information email

Disaster and weather information is distributed via email.

Registration method: Send a blank email to (t-shinjuku@sg-p.jp), or register using the two-dimensional code at right.

Please register!



See the website for more details

● River warning sirens

Warning sirens are installed along rivers within Shinjuku City, and these sirens will sound when the water level reaches the warning level.

● Shinjuku City disaster preparedness administration radio

This system broadcasts evacuation instructions and other information from speakers installed in municipal parks and other locations in the city.



You can view the disaster preparedness handbook “Preparing for Disasters” in ten languages on the city website. Please make use of it.



Evacuation tips

① Regarding evacuation

If Shinjuku City issues evacuation instructions, promptly evacuate away from dangerous areas to designated evacuation sites or the homes of relatives or friends. Moving to the upper floors of your home or staying on higher floors to ensure your safety in a planned manner can also be effective.

Note: Moving around outdoors during heavy rainfall is very dangerous. Prepare for early evacuation.



② Gather accurate information

Pay close attention to flood and weather information provided via radio and television. Depending on the level of damage, the evacuation sites Shinjuku City specifies may change (e.g., be reduced or expanded). Please check the Shinjuku City website or other official sources for updates during disasters.



Beware of Food Poisoning in Summer!

【Three rules for avoiding food poisoning】

Avoid contaminating food with bacteria by:

- ▶ Washing your hands and wear gloves
- ▶ Using separate utensils for different tasks
- ▶ Using clean cooking utensils

Prevent the growth of bacteria by:

- ▶ Storing foods at low temperatures
- ▶ Not leaving foods too long in the refrigerator and eating foods promptly



Eliminate bacteria by:

- ▶ Cooking food thoroughly to the core
- ▶ Disinfecting utensils



See the website for more details

Food poisoning is a common illness that anyone can get. Especially in the summer when temperatures are high, bacterial food poisoning is more likely to occur. Learn about food poisoning and how to prevent it.

Beware of Trouble with Products and Services!

In daily life, encountering trouble related to products and services can happen to anyone. When you do, Japan's Consumer Life Centers are a reliable resource of information and advice. They are public organizations that provide consultation and support so that people can live with peace of mind. They are also located nationwide, and residents of the municipality where they are set up can use their services for free.

If you get into trouble... don't suffer alone!

• Shinjuku Consumer Life Center

Consumer life consultants with specialized knowledge will assist in resolving your issues.

Eligibility: People living, working or studying within Shinjuku City



See the website for more details

• Tokyo Metropolitan Consumer Life Center

Consultations by phone are available in foreign languages.



See the website for more details

Consultation by phone	Tel: 03-5273-3830 Hours: Monday to Friday, 9 a.m. to 5 p.m.
Consultations at the consultation desk	Address: 5-18-21 Shinjuku, Shinjuku-ku (Shinjuku City Office Annex 2, 3F) Hours: Monday to Friday, 9 a.m. to 4:30 p.m.

Notes:

1. Closed on weekends, holidays and the year-end/New Year's holidays
2. Consultations are available in Japanese only.

Tel Languages	Tel: 03-3235-1155 English, Chinese, Korean, Tagalog, Vietnamese
Hours	Monday to Saturday, 9 a.m. to 5 p.m. Notes: 1. Consultations in Vietnamese are available only on Saturdays from 10 a.m. to 5 p.m. 2. Closed on Sundays, holidays, and the year-end/New Year's holidays

Common consultation cases:

I am unable to contact the seller for a return . . .



I was injured by a product . . .



I paid for a product that never arrived . . .



I received a bill for something I didn't order . . .





Sorting Garbage Properly

By sorting your garbage before disposal, it can be transformed into new items. For example, PET bottles can be recycled into food trays and clothing. Shinjuku City has rules for garbage sorting. Please follow these rules properly.

New plastic garbage sorting method started in April! For details, please scan here.



1 Please sort your garbage into recyclable resources; combustible garbage; metal, ceramic, glass; and large-sized waste

Recyclable resources



Metal, ceramic, glass



Combustible garbage



Large-sized waste



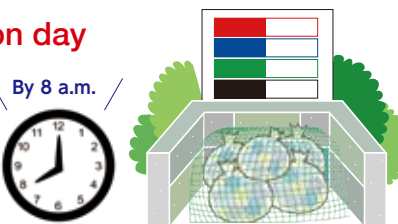
Please apply to the Large-Sized Waste Reception Center, Tel: 03-5304-8080



2 Put your garbage out by 8 a.m. on the designated collection day

3 Always set out your garbage/recyclable resources at the designated recycling and garbage collection point

Note: For large-sized waste, please confirm the collection location when you apply.



Garbage and Recyclable Resource Sorting App 3R (Three R)



The 3R app is convenient for checking on garbage collection days. You can also use 3R to confirm sorting methods if you're not sure what to do. Please use it.

Languages: Japanese, English, Chinese, Korean, Vietnamese, Nepali, Burmese



App Store



Google Play Store

Check out local event information!

The Shinjuku City website lists local events and activities that you and other residents can enjoy.

