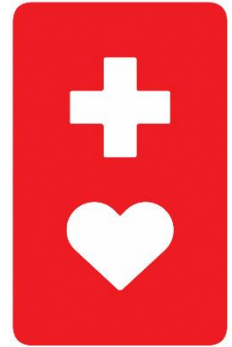


Signs (Help Mark/Card) for People Who Need Help

There is a mark indicating a necessity of help.
It is called “Help Mark.”

“Help Mark”



People with disabilities that are not easily recognized by other people wear this mark.

For example, people with the following disabilities:

- physical impairments
- internal or intractable diseases

Expectant mothers sometimes wear a “Help Mark.”

If you see someone with a “Help Mark” is in trouble, please help him/her.

There is also a card, called “Help Card,” bearing details of necessary help.

Some cards indicate the type of disability and what kind of help is necessary.



“Help Card”



“Bandana”

Bandanas (large handkerchiefs) are available for people with disabilities in case of natural disasters such as earthquakes or typhoons. If you wear a bandana, other people will notice that you have a disability. If you need it, you can ask for one at City Hall.

For more information, please visit the website below:

(Japanese)

<https://www.city.kokubunji.tokyo.jp/kurashi/syougaisien/1011539/help/index.html>

(English, machine translation)

<https://www.city.kokubunji.tokyo.jp.e.amu.hp.transer.com/kurashi/syougaisien/1011539/help/index.html>

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