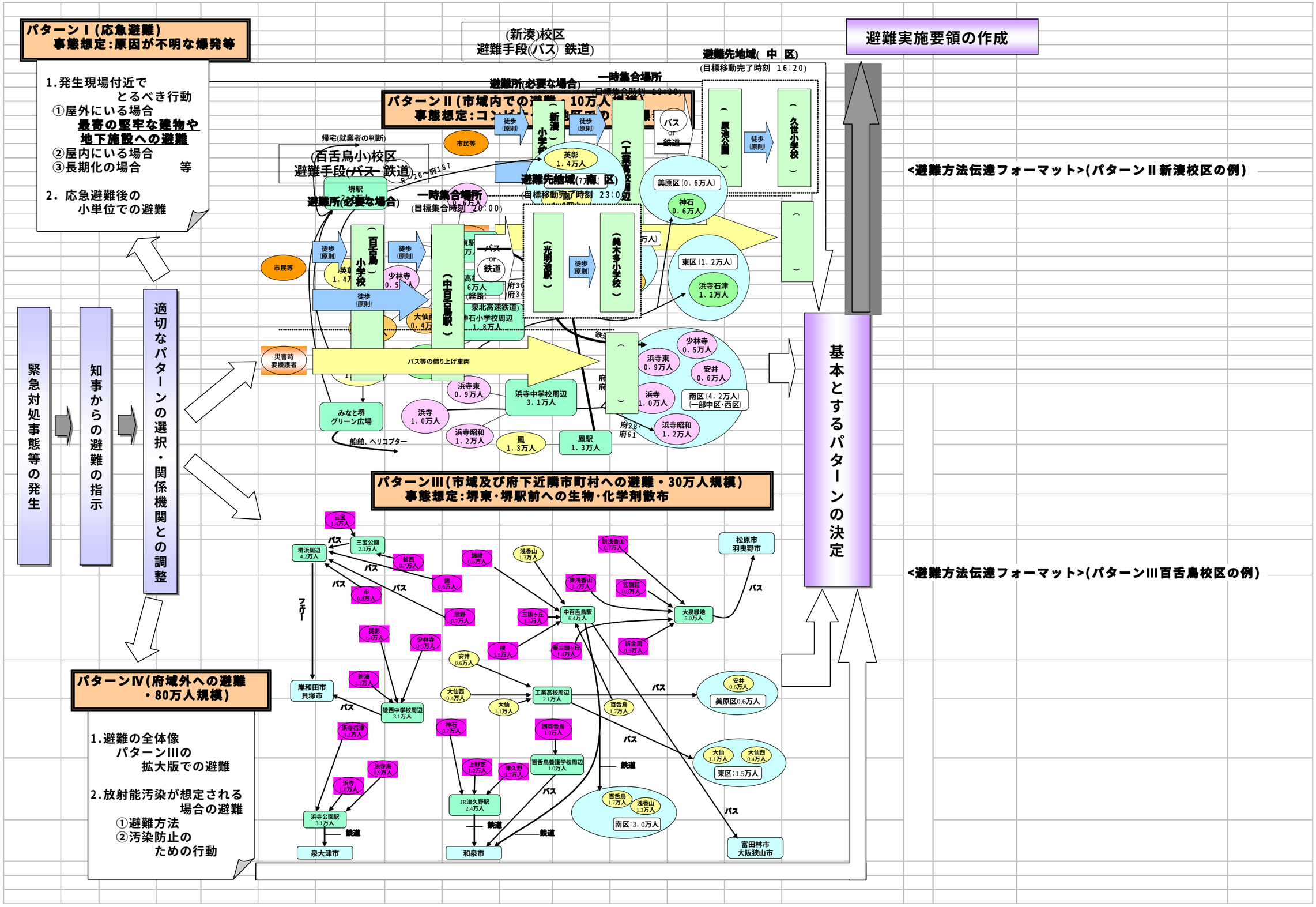6) 避難実施要領の基本パターンの概要