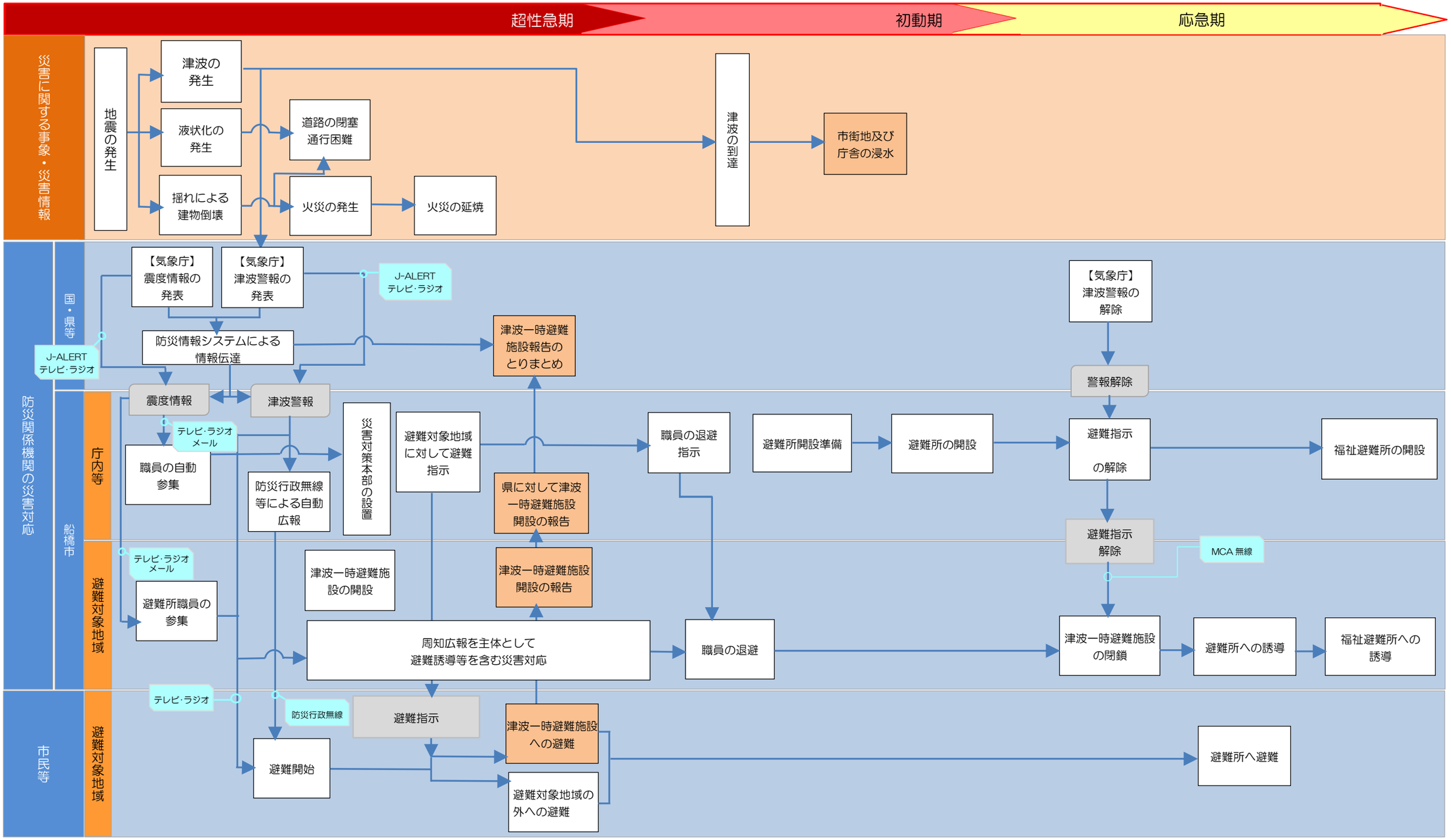資料３．大規模災害時の津波避難フロー