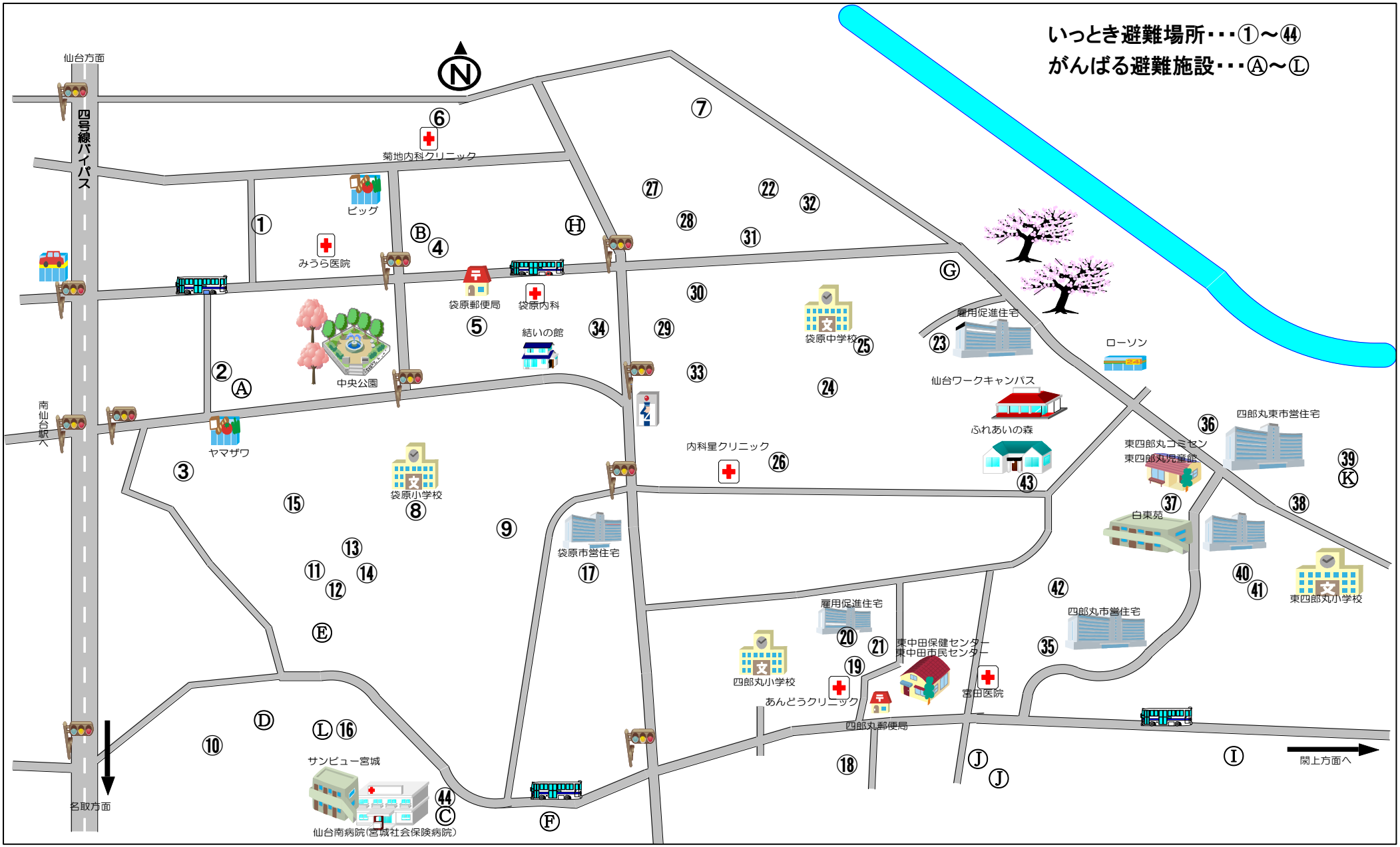いっとき避難場所・がんばる避難施設マップ