

Preparing for Disasters

In case of an emergency such as a windstorm, flood, earthquake, or fire, it is important to be "prepared" and "ready" daily.

• Let's check the disaster prevention information.



• Furniture fall prevention and other safety measures

Secure your home furniture and create a "safe zone" (space where there is no large furniture or breakable objects).

• Prepare an emergency supply bag

Refer to the next page (p. 17, 18) to prepare items to be kept at home and emergency supplies.

• Make sure you know how to contact your family

During large-scale disasters, phone calls will be limited. Use the Disaster Message Board, and discuss with your family where to evacuate to and how to contact each other.

◎Disaster Message Dial (171) [NTT West]

◎Disaster Message Board

[NTT DoCoMo, au, SoftBank Mobile, Y!mobile, NTT West]

• Join a town council

Helping each other in times of emergency is very reassuring. Let's keep in touch with our neighbors daily.

Preparing for Disasters

Prepare for earthquakes, windstorms, floods, and other emergencies on a daily basis!



What to prepare at home

●Drinks

- Drinking water
- Emergency water supply bag

●Food

- Instant rice
- Dry bread
- Canned bread
- Instant noodles
- Canned food
- Retort pouch food
- Soup
- Miso soup
- Cookies
- Candies
- Chocolates
- Salt

●Clothing

- Jacket
- Underwear
- Socks

●Daily necessities

- Towel
- Bath towel
- Blanket
- Spare batteries
- Tabletop stove
- Portable gas
- Solid fuel
- Cooking pot
- Wrapping film
- Aluminum foil
- Kettle

- Plates (paper, stainless steel, etc.)

- Cups (paper, stainless steel, etc.)

- Disposable chopsticks

- Spoon

- Fork

- Toothbrush

- Soap

- Dry Shampoo

- Mobile phone charger

- Newspaper

- Disposable pocket warmers

- Safety pins

●Other

- Plastic blue sheet

- Fabric tape

- Keep these items in a backpack or something that allows you to move your hands freely, and keep them in a place where you can take them out at any time.

Consider the members of your family and minimize the number of items you need to carry and try carrying them on your back once.

Check your items at least once a year.



Citizens' Disaster Prevention Manual



Approx. 15 kg
for men



Approx. 10 kg
for women

Emergency supplies (32 basic items ※for two adults)

- | | |
|---|---|
| <input type="checkbox"/> 1 Emergency bag | <input type="checkbox"/> First-aid bag (to keep * in) |
| <input type="checkbox"/> 2 Canned dry breads (110g) | <input type="checkbox"/> 1 Tweezer* |
| <input type="checkbox"/> 6 bottles of drinking water (500ml PET bottle) | <input type="checkbox"/> 1 Bottle of disinfectant* |
| <input type="checkbox"/> 2 Flashlight | <input type="checkbox"/> Appropriate amount of cotton wool |
| <input type="checkbox"/> 2 Candles | <input type="checkbox"/> 2 Gauze (sterile)* |
| <input type="checkbox"/> 2 Lighters | <input type="checkbox"/> More than 10 plasters* |
| <input type="checkbox"/> 1 Portable radio | <input type="checkbox"/> 2 Rolls of bandage* |
| <input type="checkbox"/> 1 Multipurpose knife | <input type="checkbox"/> 2 Triangular bandages* |
| <input type="checkbox"/> 2 Pairs of gloves | <input type="checkbox"/> 2 Masks* |
| <input type="checkbox"/> 1 Leisure sheet | <input type="checkbox"/> Basic medicines, medicines for chronic diseases* |
| <input type="checkbox"/> 2 Survival sheets | |
| <input type="checkbox"/> 2 Portable toilet | |
| <input type="checkbox"/> 4 Towels | |
| <input type="checkbox"/> 10 Plastic Bags | |
| <input type="checkbox"/> 1 Roll of Toilet Paper | |
| <input type="checkbox"/> 2 Wet Wipes | |
| <input type="checkbox"/> 50 ten yen or one hundred yen coins (Small change for public payphone) | |
| <input type="checkbox"/> 1 Tape (Fabric) | |
| <input type="checkbox"/> 1 Oil-based marker (Thick type) | |
| <input type="checkbox"/> 1 Writing utensil | |
| <input type="checkbox"/> Sanitary products | |

Baby supplies (adjusted according to baby growth)

- | | |
|--|--|
| <input type="checkbox"/> Powdered milk | <input type="checkbox"/> Spoon |
| <input type="checkbox"/> Washing cotton | <input type="checkbox"/> Drinking bottle |
| <input type="checkbox"/> Snack | <input type="checkbox"/> Bath towel |
| <input type="checkbox"/> Baby food | <input type="checkbox"/> Gauze |
| <input type="checkbox"/> Paper diapers | <input type="checkbox"/> Stroller |
| <input type="checkbox"/> Mother and Child Handbook | <input type="checkbox"/> Blanket |
| <input type="checkbox"/> Baby carrier | |
| <input type="checkbox"/> Toys | |
| <input type="checkbox"/> Spare clothes | |

Are you prepared? Let's go and check!