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.

ODisaster Message Dial (171) [NTT West]

ODisaster 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.

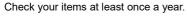
Preparing for Disasters

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

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|-------------------------|---------------------------------------|----------------------------|
| What to prepare at home | | |
| ●Drinks | Clothing | □Plates (paper, stainless |
| ☐Drinking water | □Jacket | steel, etc.) |
| □Emergency water | □Underwear | □Cups (paper, stainless |
| supply bag | □Socks | steel, etc.) |
| | | ☐Disposable chopsticks |
| ●Food | Daily necessities | □Spoon |
| □Instant rice | □Towel | □Fork |
| □Dry bread | ☐Bath towel | □Toothbrush |
| □Canned bread | □Blanket | □Soap |
| ☐Instant noodles | ☐Spare batteries | □Dry Shampoo |
| □Canned food | ☐Tabletop stove | ☐Mobile phone charger |
| ☐Retort pouch food | □Portable gas | □Newspaper |
| □Soup | ☐Solid fuel | ☐Disposable pocket warmers |
| ☐Miso soup | ☐Cooking pot | □Safety pins |
| □Cookies | □Wrapping film | |
| □Candies | ☐Aluminum foil | ●Other |
| □Chocolates | □Kettle | □Plastic blue sheet |
| □Salt | | □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.





Citizens' Disaster Prevention Manual



| 1 1 4 | |
|--|--------------------------------------|
| Emergency supplies (32 basic items | s ※for two adults) |
| □1 Emergency bag | □First-aid bag (to keep * in) |
| ☐2 Canned dry breads (110g) | □1 Tweezer* |
| \square 6 bottles of drinking water (500ml | ☐1 Bottle of disinfectant* |
| PET bottle) | □Appropriate amount of cotton wool |
| □2 Flashlight | □2 Gauze (sterile)* |
| ☐2 Candles | ☐More than 10 plasters* |
| ☐2 Lighters | ☐2 Rolls of bandage* |
| ☐1 Portable radio | ☐2 Triangular bandages* |
| ☐1 Multipurpose knife | □2 Masks* |
| ☐2 Pairs of gloves | ☐ Basic medicines, medicines for |
| ☐1 Leisure sheet | chronic diseases* |
| ☐2 Survival sheets | Baby supplies (adjusted according to |
| ☐2 Portable toilet | baby growth) |
| □4 Towels | □Powdered milk □Spoon |
| □10 Plastic Bags _ | ☐Washing cotton ☐Drinking bottle |
| ☐1 Roll of Toilet Paper | □Snack □Bath towel |
| ☐2 Wet Wipes | □Baby food □Gauze |
| ☐50 ten yen or one hundred yen coins | □Paper diapers □Stroller |
| (Small change for public payphone) | ☐ Mother and Child ☐Blanket |
| ☐1 Tape (Fabric) | Handbook |
| ☐1 Oil-based marker (Thick type) | □Baby carrier |
| ☐1 Writing utensil | □Toys |
| □Sanitary products | □Spare clothes |

Are you prepared? Let's go and check!