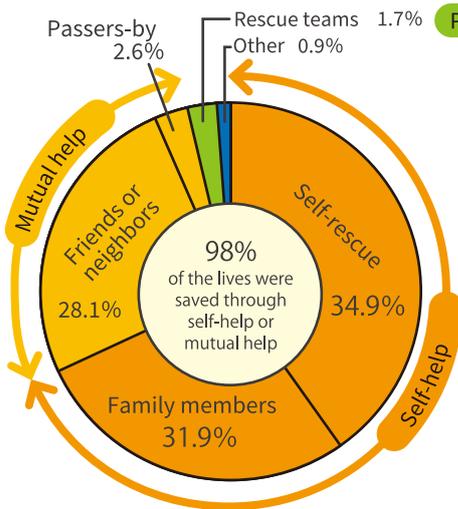


# Chapter 4

## Participate in Community Disaster Preparedness Activities

### Self-Help and Mutual-Help Will Save Lives!

In the Great Hanshin-Awaji Earthquake, 98% of those buried alive were saved by self-help or mutual help. On the other hand, reports say that only 1.7% of the people saved were rescued by public help.



To mitigate disaster damage, working together is important.

Self-help: Protect your life and your family's lives through your own efforts

Mutual help: Help each other in your community

Public help: Measures implemented by national and local governments

Source: Report on the Fires in the Great Hanshin-Awaji Earthquake by the Japan Association for Fire Science and Engineering

### Make the Best Use of Your Abilities

The people in your neighborhood have a variety of skills, equipment, and familiarity with the neighborhood. Their skills, tools, and knowledge can play a useful role in case of a disaster. You might have these kind of strengths, too. Talk to your neighbors what you can do during an emergency. Also, if there are any businesses in the neighborhood that have jacks, bars, forklifts, handcars, or construction machinery, ask them if they can be made available in case of emergency.



#### Contribute your labor or time

Contribute labor for things like cleaning, transportation, delivery and cooking at the homes of victims, in shelters, and for community groups



#### Supply materials and equipment

Supply relief goods, materials, and equipment for rescue and rebuilding



#### Make places available

Make places available like temporary shelters, rest areas for volunteers, warehouses for supplies, and parking lots.



#### Offer your skills and knowledge

Offer your know-how such as specialized knowledge or the use of materials and equipment



#### IT communications

Use of the internet and other means to communicate necessary information



#### Other

Provide supervision for recreation, childcare, etc.

