



Everyday preparations

Emergency survival kits



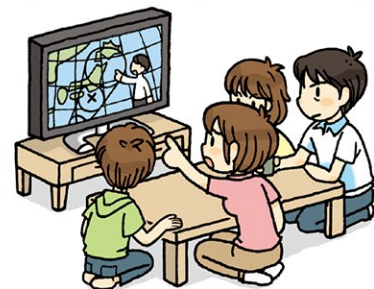
You never know when a disaster will strike. However, you can reduce the damage they cause through preparation on a daily basis. It is important to think about what you and your family can do and to improve your disaster prevention awareness so that you do not panic when disaster strikes.

Talk to your family



Talk about risk management measures as a family. Give each member of the family a role such as being in charge of extinguishing fires or looking after emergency survival kits and decide on how to keep in contact and a meeting point if you get separated.

Be aware of weather forecast / information



The period from early summer through autumn is prone to natural disasters such as heavy rain, floods, storms and high tides caused by typhoons and weather fronts. However, the route and scale of typhoons and torrential rain can be predicted to a certain extent. Pay full attention to weather information on a regular basis.

Check your evacuation shelter, etc.



Check the location of evacuation shelters and emergency evacuation areas near your home. You should also check the evacuation route to the shelter by actually walking it to see if you can get through safely or if there is any danger.

Inspect your home inside and out



Check your home preparations: things around the house that could be picked up by the wind, rattling windows or screen windows, damaged roof materials or walls and appropriate furniture arrangement and so on and work on safety and reducing the impact of disasters on an everyday basis.

Consider your neighbors, too.



It is essential to cooperate with your neighbors during a disaster. You should not only think about yourself and your family but also think about your community as a whole. In particular, it is important to regularly consider elderly people who live alone or people who are sick and so on.

Preparing stockpiles / emergency survival kits



A stockpile is food you prepare that is enough to keep you going for several days until help comes. In addition to a stockpile, an emergency survival kit is a bag you prepare with the bare minimum you will need to take with you when you evacuate.

You should prepare an emergency survival kit (bag), just in case you need to evacuate in a disaster. It should contain things that you think you will need; it is best to prepare one for each member of the family. Use a rucksack or similar that leaves your hands free and keep it at the front door or in your bedroom so that you can take it with you whenever you need it.

Peace of mind with an everyday stockpile

Prepare an everyday stockpile by buying extra food and drinking water so that you will be able to survive for at least three days if a disaster strikes.

Write down what you need and check the items off!

Valuables

- Cash (including 10-yen coins)
- Bank books
- Official seal
- Health insurance card (copy is OK)
- Driving license (copy is OK)
- Important documents
- Contact details for family and friends, etc.
- Family photos (useful if you become separated)



*It is a good idea to pack copies of valuables and important documents or a list of essential information about them.

Devices for gathering information

- Portable radio
- Batteries
- Notebook and pen (resistant to both sunlight and rain)
- Mobile phone charger

Emergency food / drinking water

- Drinking water (aim for 3ℓ per person per day)
- Crackers/biscuits
- Jelly drink packs or nutritional supplementary foods
- Chocolate and sweets, etc.

*Products that will give you energy when evacuating rather than meals.

Clothes/Things to keep you warm

- Rainwear (raincoat/poncho)
- Picnic mat/heat insulation sheet
- Disposable heat packs
- Change of clothes/warm clothes

*Prepare a change of clothes in case you get wet. Buy compressed underwear packs or store old clothes in travel vacuum bags for compact storage.

Evacuation kit

- Thick-soled shoes (lace-up shoes such as hiking boots or sports shoes)
- Gloves/work gloves (sturdy work gloves or leather gloves)
- Helmet/protective hood
- Torch/headlamp
- Whistle
- Hazard map/maps



First aid/hygiene products

- Bandages/slings
- Plasters
- Gauze/cotton wool
- Tweezers/scissors
- Over-the-counter medicine (cold remedies/ointments, etc.)
- Prescribed medicine
- Tissues
- Wet wipes
- Medical file (or copy or notes about medicine)
- Plastic bags
- Portable toilet
- Sanitary products



Infection control goods

- Thermometer
- Antiseptic
- Disposable masks
- Anti-bacterial sheet (gel, etc.)
- Indoor shoes
- Slippers



Other necessary items

- Powdered milk/baby bottles
- Baby food/snacks
- Disposable nappies/wipes
- Picture books/toys
- Baby sling
- Maternity book (copy)
- Incontinence products
- Nursing care equipment
- Spare glasses/hearing aids
- False teeth
- Folding cane, etc.

