

Please hold a “disaster prevention meeting” with your family.



What is worrisome in the event of a disaster is the safety of the family. Discuss disaster prevention with the family.

Regarding the division of roles of family members in the event of a disaster

Decide on the roles of your family members, such as the person in charge of putting out the fire, checking what to bring out in an emergency, and checking the evacuation route.

How to contact your family members

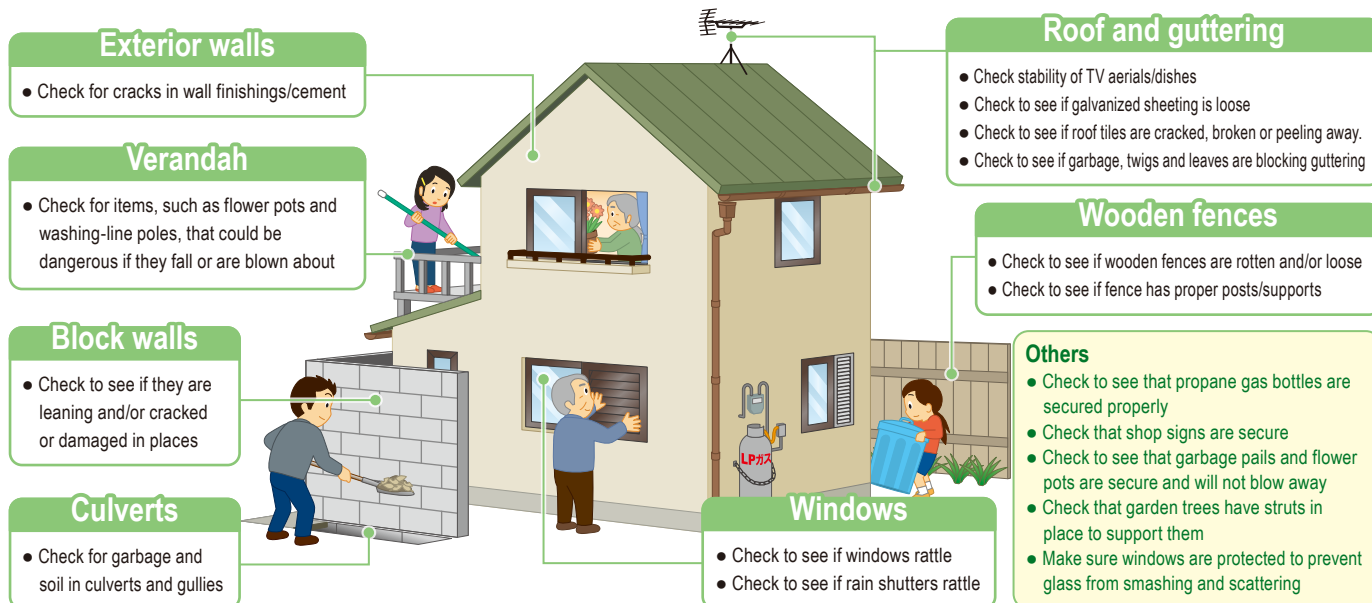
Choose from disaster message dial number, LINE, Facebook, etc. to decide how to inform them your location in the event of a disaster.

How to confirm the evacuation centers and evacuation routes

Find a safe route from your home, school, or office to the shelter and decide where your family will meet in the event of a disaster.

Limit Damage to Your Home

Regularly inspect and maintain the area around your home to limit the damage caused by storms and flooding.



Prepare Stock and Emergency Supplies to be Taken with You

Emergency supplies (1 day's worth) : Things to bring during evacuation

Please use a backpack etc. so that you can use both hands when you carry it on your back. Store that in an easy-to-access location.

Food provisions <ul style="list-style-type: none"> Drink Water Emergency foods (pregelatinized rice, tinned food, hardtack biscuits, etc.) Snacks (chocolate, candies, etc.) 	Emergency and safety measures <ul style="list-style-type: none"> Emergency medical supplies(Bandages, gauze, sticking plasters, salves, antiseptic and eye drops, etc) Constantly maintained stock of medicines (stomach, cold cures and analgesics) Medications for people with illnesses and medication notebook Helmets Whistle Thermometer, masks and Alcohol disinfectant 	Valuables <ul style="list-style-type: none"> Cash (also set by some small change) Bank books and seals (stamps) Copies of driving license, mynumber card and insurance card Various types of cards
Clothing, etc <ul style="list-style-type: none"> Clothing (thick and thin items) Underwear Gloves Towel, Toiletries Rainwear Aluminum thermal sheet 	Supplies <ul style="list-style-type: none"> Portable toilet Tissue paper and wet tissues Polythene bags Lighter, matches Torch(spare batteries) Radio, spare batteries Mobile phone (charger,battery) Writing equipment (permanent marker) Newspaper (paper) Rope, Gummed fabric tape Disposable pocket warmers and body cooling sheet Hazard map 	
What you need depends on your family structure		
<ul style="list-style-type: none"> Spectacles, contact lenses Long-term care foods, disposable for adult 	<ul style="list-style-type: none"> powdered milk, liquid milk, baby food, Disposable dispers, wipe Allergy-friendly foods 	<ul style="list-style-type: none"> Sanitary items Pet food, Lead and cage

Stock (3~7 day's worth) : Things to prepare for your life after a disaster

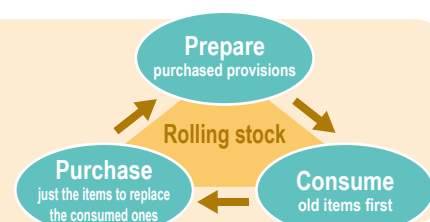
For the first few days after a disaster, distribution system often stop and you cannot shop as usual. please be prepared on a daily basis so that you will not be in trouble until the relief supplies arrive. Please prepare drinking water and food for one week (or at least three days).

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| <ul style="list-style-type: none"> <input type="checkbox"/> Drinking water (Aim for 3 liters per person per day) <input type="checkbox"/> Emergency foods (pregelatinized rice, tinned food, hardtrack biscuits, etc.) <input type="checkbox"/> Blanket, sleeping bag <input type="checkbox"/> Blue tarp (for rug and rain protection) <input type="checkbox"/> Slippers <input type="checkbox"/> Mouthwash, Dry Shampoos <input type="checkbox"/> Screwdriver, shovel, crowbars, car jack, saw, etc | <ul style="list-style-type: none"> <input type="checkbox"/> Portable toilet, toilet paper <input type="checkbox"/> Portable gas cooker, spare gas cartridges and solid fuels <input type="checkbox"/> Plates, paper cups and dispensable chopsticks <input type="checkbox"/> Cling film <input type="checkbox"/> Garbage bag <input type="checkbox"/> Poly-tank to store drinking water in |
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Take care to keep rolling stock

"Rolling stock" refers to the idea of making use of (consuming) emergency provisions of food and drinking water before their use by dates expire and then refurbishing your provisions with just new items to replace consumed ones, in order to always have the set amount of usable provisions ready. Periodically consuming old stocks prevents waste and prevents loss of provisions due to expired use by dates when there is an actual emergency.



● Protecting yourself from sudden localized cloud bursts

In recent years, rapidly forming cumulonimbus clouds lead to sudden localized heavy rain (cloud bursts), which are causing some serious accidents. In some cases, these accidents are occurring even when the amount of rainfall has not reached the level for a Heavy Rain Advisory or Warning urging caution about potential rain-made disaster - so, care must be taken if you are in or nearby a river.

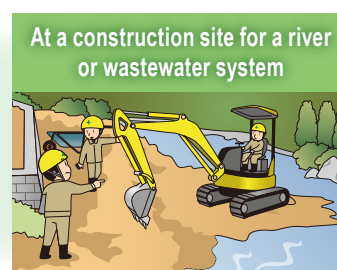
Action to take when in one of the following places



Fishing or playing in a river



Camping or barbecuing on a riverbank or river sandbar



At a construction site for a river or wastewater system

Even though the overall amount of rainwater involved is small, serious damage can occur in a matter of minutes.

Take heed of sudden changes in the weather, and take safety measures to protect yourself if you sense danger.

Checklist	Take heed of the following
Weather forecast	When expressions like "unstable atmosphere", "lightning" and "sudden change in weather" are being used
Advisories and warnings	When advisories or warnings are being made about lightning, heavy rain and flooding
Observation information like meteorological radar data (gathered by a mobile phone)	When rain is falling nearby or upstream
The state of the sky	When suddenly jet black clouds gather nearby, there is a sound of thunder and then a flash of lightning
The state of the river	When water rises and becomes cloudy and driftwood and leaves start floating by
Noticeboards	When expressions like "stay away from dangerous areas" are being used

Evacuate immediately if you sense danger!

As it is difficult for children playing and workers involved with construction to notice the changes around them, parents (guardians) and construction supervisors must warn the people with them and evacuate immediately if danger is sensed.