

# Chapter 4

## What to take in an emergency and things you should prepare in advance

Always carry a method of communication such as mobile phone/smartphone

Check what you are carrying!



### Emergency equipment

- Portable drinking water
- Food (cup noodles, canned food, dry biscuits etc.)
- Emergency items (medicine record, copy of insurance certificate etc.)
- Regular medicines
- Infection prevention items (masks, sanitiser solution, thermometer etc.)
- Helmet and disaster prevention hood
- Work gloves (made from thick fabric)
- Clothing (sweater etc.)
- Underwear
- Towels, blankets
- Valuables (bank book, hanko, cash etc.)
- Radio/spare batteries
- Torch
- Matches, candles (wrapped to avoid getting wet)
- Tissue paper and sanitary products
- Disposable heating pouches
- Writing equipment (notebook, pencils etc.)
- Mobile phone battery
- Toothbrush, toothpaste



### Equipment

#### Foodstuffs

- Water (3 liters per person per day x 7 days)
- Food (7 days' supply per person)
- Knife, can opener
- Saucepan and drink bottle
- Tabletop stove
- If you have small children*
- Powdered or liquid milk, bottles



#### Valuables

- Name stamp (hanko)
- Cash (including change)
- Insurance certificate
- Bank account details and copies of documents proving ownership of shares etc.
- Contact card and ID

#### Safety/Virus prevention equipment

- Emergency medical equipment
- Regular medicines and prescriptions
- Helmet/Emergency hood/Hat
- Shoes with thick soles
- Work gloves
- Non-woven masks, sanitiser, thermometer, slippers, wet tissue wipes



#### Clothing

- Clothing/Underwear
- Sleeping bag
- Rainwear
- Towels/Blankets



#### Daily items

- Portable radio
- Torch/Candles
- Spare batteries
- Matches, lighter
- Rope
- Wrap for covering things
- Tissue paper, toilet paper
- Sanitary products / disposable nappies (for adults and children)
- Disposable heat pouches
- Writing equipment
- Plastic bags (for waste)
- Glasses
- Mobile phone battery
- Toothbrush/toothpaste



# Chapter 5

## Discuss with your family what to do in case of a disaster

Make sure you discuss how you will behave during a disaster with all your family members.



### 1 Roles of each member of your family

Discuss what roles each member of your family will play in a disaster.

### 2 Location of equipment and emergency equipment

Decide where to put your equipment and emergency equipment, and make sure everyone knows.

### 3 Check the safe places in your home

Where are the safe places in your house? Where are the dangerous places? Check to see that your furniture and electrical equipment is fixed in place.

### 4 How to contact your family

Decide on a method of contacting one another (such as "Disaster Messaging Dial 171" or "Disaster Message Board (web171)", and think about how you will contact each other if you are separated.

### 5 Confirm evacuation location and method

Confirm where your local evacuation locations are, and how to get there. Consider evacuation methods to use at home, at school etc.