

# Be Prepared

## Emergency Supplies

In order to evacuate quickly and safely, prepare **the minimum amount of items that you can carry**, taking into consideration **your family structure, condition, chronic illnesses, etc.**, and pack them in a **backpack**. Or something similar, and keep it in a place where it is easy to access, such as near the front door.



## Extra supplies

In the days following a disaster, logistics may stop and you may not be able to shop as you normally would. In case you have to stay at home, it is a good idea to stockpile at **least three days'** worth of supplies in a place that is less susceptible to flooding.

Category	Item	✓	Category	Item	✓	Item	✓
Foods	Retort packaged foods (rice, rice porridge, etc.)		Daily necessities	Bathroom necessities (toilet paper, portable toilets, etc.)			
	Instant noodles			Containers for waste			
	Instant miso soup			Plastic tank for water			
	Hardtack			Dry shampoo			
	Canned food			Sleeping bags			
	Nutritional supplements			Tissues			
	Snacks (candy, etc.)			Wet wipes			
	Potable water			Plastic bags			
				Can opener			
				Paper plates and cups			
		Gas burner					
		Plastic wrap					
		Lantern					

These are just some examples. Think about your own family's needs and make a list of what you would need.

### Estimated supply stock

- **Potable water** 2-3 liters per day per adult
- **Toiletries** 5 per day per person
- **Water for daily use** Keep a store of water separate from drinking water in a plastic tank or the bathtub

### Incorporate stockpiling into your lifestyle (rolling stock)

The rolling stock method is a concept of stockpiling emergency food and other items that are not normally used, but rather **consuming them on a daily basis and restocking them as they decrease**.

This is an effective method for reducing issues with expiration dates and costs that come with maintaining such stocks.



## Steps you can take against flooding at home

There are ways to reduce the damage caused by flooding, including using sandbags or watertight barriers around entrances like doors, windows, and cellars.

If you cannot prepare soil or sand at home, simple sandbags that absorb water and harden can be bought at stores. Or you can make simple waterbags by hand using materials you have available.

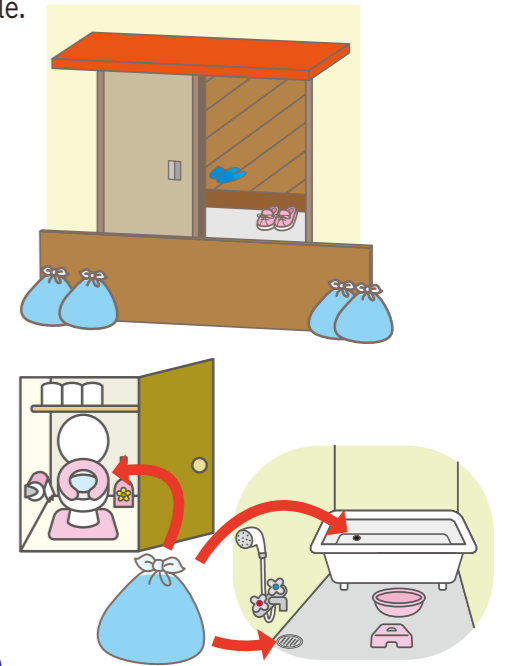
### How to use simple waterbags

Create a bag by layering two roughly 45-liter garbage bags and fill it about halfway with water. Squeeze the air out and tie it closed to finish the waterbag.

Sometimes heavy rain can cause sewers to clog up, which can lead to water shooting out of **toilets**, sinks, bath tubs washers, and other **drains** in the house.

You can use waterbags in **toilets** or on **top of drains** to stop water from shooting up.

In addition, to reduce damage to household goods, it is also important to move expensive home appliances and family photo albums to the **highest place possible**, and to move private cars to a safe place as soon as possible.

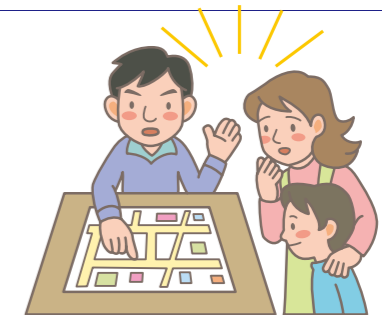


## Think about your evacuation plan

Talk with your family about your evacuation plan.

Everyone in the family should share information about where the emergency supplies are kept, where to evacuate to and which evacuation routes to take depending on conditions, and so on.

Draw an **evacuation map of your home** on the inside back cover of this booklet to help you get to the evacuation shelter safely.



## For pet owners

**Designated emergency evacuation shelters are for the protection of human life**, and pets are not allowed in the building. Therefore, if you evacuate with your pets, **please do so in an area that is not expected to be inundated or at the homes of relatives or friends**.

(Evacuation shelters will be opened sequentially for evacuation of the elderly, etc. (alert level 3). It is not always open.)



## Disaster preparedness videos

### Predicting flood danger levels in real time

This includes a number of key points that are useful in judging the timing for beginning evacuation based on a threat level distribution of flood warnings.

### Real-time Risk Map (Cabinet Office)



From the government's online channel

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### How to Protect Yourself from Flooding ~Three Keys to Saving Lives~ (MLIT)

This resource teaches children the dangerous situations they may face during flooding and actions they can take to protect themselves and be prepared at all times.

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