

You'll never know when it will happen... Big earthquake!!!



①
Make your house more earthquake-resistant



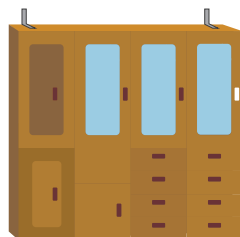
Improve the earthquake resistance of your home to avoid injuries of yourself and your family.



The three main pillars of preparing your house against earthquakes

Secure your furniture so that you and your family will not be injured should your furniture fall or move.

②
Prevent furniture from falling over



Emergency supplies are divided into "emergency kits" and "emergency stockpiles."

For emergency food and drinking water, stockpile for 7 days or more. This goes for both "emergency kits" and "emergency stockpiles".

Recommendation of stock rotation ("rolling stock method")

In order to avoid waste due to item expiry we recommend practicing good stock rotation habits. Use the oldest items first and restock immediately.



③
Prepare emergency supplies at home

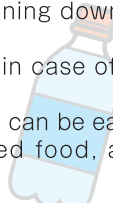
Emergency kits

Emergency kits contain the bare essentials necessary when evacuating in the event of a major disaster. This takes into consideration the possible collapse and burning down of one's home.

Store them in a backpack for quick access in case of an emergency.

Emergency food mentioned here are food that can be eaten without cooking, such as hardtack, canned food, and chocolate.

Prepare a plastic bottle for drinking water.

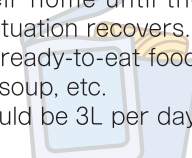


Emergency stockpile

Emergency stockpiles are used when a disaster results in the effective disruption of necessities such as electricity, gas, water, and everyday items, and where emergency kits are insufficient to sustain people in their home until the arrival of additional supplies or until the situation recovers.

Emergency food mentioned here include ready-to-eat food, instant food, dried food, soups, and miso soup, etc.

Amount of drinking water per person should be 3L per day.





●Emergency supplies checklist●

Please place a ✓ in the ☐ of the items that you have prepared
[Emergency items]

Item name	Check column	Item name	Check column
Emergency food (hardtack, canned food, etc.)		Outer garments	
Drinking water		Underwear	
Portable radio (with spare batteries)		Cotton gloves	
Flashlight (with spare batteries and bulbs)		Thermometer, first-aid kit and items <small>(ointment, bandages, antipyretic, cold medicine, gastrointestinal medicine, eye drops, etc.)</small>	
Helmet (disaster hood)		Essential medicine, medicine handbook	
Lighter (match)		Valuables (bankbook, ink/stamp/seal, etc.)	
Knife, can opener, bottle opener		Cash	
Tissue		Copy of health insurance card	
Towel		Cell phone	
Plastic bag			

Add what is necessary according to your family's needs.

Example: Infants - disposable diapers, baby bottles, etc.
 Example: Elderly people - cane, elderly care products, dentures, reading glasses, etc.
 Example: When with a person with a physical disability - disability certificate, cane, etc.



[Emergency stockpile]

Item name	Check column	Item name	Check column
Food <small>(canned food, ready-to-eat food, dried food and dietary supplements)</small>		Disposable tableware <small>(disposable chopsticks, paper plates, paper cups, etc.)</small>	
Food <small>(seasonings, soups, miso soup, etc.)</small>		Plastic wrap, aluminum foil	
Food <small>(chocolate, throat drops, pickled plums, etc.)</small>		Wet wipes, toilet paper	
Water (3L per person per day)		Masks, disposable body warmers, newspapers, sewing kits, etc.	
Fuel <small>(tabletop stove, household fuel, spare gas cylinders, etc.)</small>		Portable toilet	
Blankets, towels, sleeping bags, etc.		Spare eyeglasses, spare hearing aids, etc.	
Toiletries <small>(toothbrush, soap, towel, dry shampoo, etc.)</small>		Bicycle	
Pot, kettle		Tools (ropes, crowbars, shovels, etc.)	

Food stockpile for people requiring special attention

It is recommended to store at least 2 weeks more than the normal amount of stocked food for people requiring special attention.

Example: Infants/elderly people - powdered milk, soft ready-to-eat food, thickened food, low potassium food, etc.

Example: **People with food allergies** - Hypoallergenic powdered milk, baby formula, emergency food, food that they are accustomed to eating, etc.

⇒ **In the event of a disaster** •Inform others about your allergies
 •Check the ingredients used at soup kitchens and relief goods (for allergens).

Tip

Examples of alternative uses for everyday items.

Newspapers : matting, body heat insulation.
 Plastic wraps : wrap around the wound as a substitute for bandages.
 Plastic bags/trash bags : rain coat, body heat insulation.

Disaster preparedness tips
 for foreign residents:
 Cabinet Office website, QR Code



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