

Think **seriously** about preparing your family and household for a disaster

# Complete Self-Reliance Check

Things you must do NOW



In order to protect your family's **lives**

## Know (Think•Discuss)

- Hazard map
- Judgement
- Mental preparation
- Family meeting

## Escape (to a safe place)

- Escape route
- Evacuation shelter
- Home evacuation
- Emergency bag/survival kit

## Protect (Avoid danger)

- Secure furniture
- Shatterproof windows/glass
- Earthquake-proof your home
- Shake out

## Prepare (for life after a disaster)

- Food and drinking water
- Bathroom
- Power Supply
- Daily Necessities • Information



See reverse for further details

## Things you should consider

Households with **infants** Milk • Baby Bottles • Baby Food • Diapers • Baby Wipes • Mother and Child Health Notebook (*Boshi Techou*)

Households with **pregnant women** Absorbent Cotton • Gauze • Newborn Baby Supplies • Mother and Child Health Notebook • Clean Towels

Households with **elderly people** Diapers • Food (Jelly Drinks, etc.) • Oral Hygiene Products

Households with **pets** Leashes • Cages • Pet Food and Toys • Routine Training

People with **chronic diseases** Medicine • Prescription Notebook (*Okusuri Techou*) • Health Insurance Card • Other Essentials

Think about **people who may need extra help** Coordinate with neighbors • Consider situations that can't be handled by family members alone

Think about **the nature of the region** Close to a river • At/above/below sea level, etc., prepare your response dependent on potential hazards



Think **seriously** about preparing your family and household for a disaster

Complete **Self-Reliance** Check

## Know (Think・Discuss)

### Hazard map



- Toyohashi City website
- "Hazardon" (ハザードン) App
- "Chizu Miru Toyohashi" → →



### Judgement

Make the best decision for each situation. Example: Protecting your body under a desk during an earthquake, or making an immediate escape if you live in an area with a high risk of tsunamis.

### Mental preparation

Think about the safest ways to protect yourself in your home, office, and other living spaces. Make preparations and train to take immediate action in a disaster.

### Family meeting

Continuing to teach your children about disaster preparation and discussing specifics (like where you will evacuate to) in advance can help reduce anxiety.

## Protect (Avoid danger)



### Secure Furniture

This can be the most effective measure to save lives in a disaster. In the moment an earthquake hits, the most important thing is staying alive.

### Shatterproof windows/glass

Glass can easily break and turn into a deadly weapon during an earthquake. Even shatterproof glass film sold at 100 yen shops is very effective at preventing injuries.

### Earthquake-proof your home

People can sustain injuries or even die when buildings collapse. Toyohashi offers free earthquake resistance inspections for wooden homes.



### Shake out

Drop, Cover, and Hold on! If there's shaking, get on the ground and under something (desk, table, etc.) you can cover yourself with (most importantly, your head).

## Escape (to a safe place)



### Escape route

Plan and study a safe evacuation route in advance. Discuss potentially dangerous areas with your family so you can all evacuate safely.

### Local evacuation shelter

Community centers, schools, etc. will be used as shelters. They are opened for those who can't find other shelter in the event staying at home is dangerous.

### Home evacuation

It's best to avoid going to an evacuation shelter if possible. Please prepare your home to be a safe place to take shelter. Camping products and gear are very useful.

### Emergency bag

Filling a backpack/small bag with essential items will make evacuating on foot easier.

## Prepare (for life after a disaster)

### Food Drinking water

3 days' worth of each is the bare minimum; if you can, have 7 days' worth. We recommend a "rolling stock" strategy of always buying new food for your household before your current supply runs out.

Food	3 meals × 7 days × number of people
Bathroom Water	3 liters × 7 days × number of people

### Bathroom

Going to the bathroom can also be a problem in the event water and sewer services stop. Prepare portable/emergency toilets in advance.

### Power supply

Portable batteries and generators (Solar panels, etc. are also useful)



### Daily necessities

Things that will immediately be necessary in your daily life. Items and quantities will vary by household, so it's crucial to consider this on your own.

### Information

- Toyohashi Hotmail
- Portable emergency radio
- Hazardon app
- Toyohashi website
- Wireless disaster warning system
- Yahoo! Bousai, etc.



This may seem like a lot, but because it is for the sake of **saving lives**, please try to take care of items on this list one at a time. Every individual and household will have different preparations to make, so it is essential that you think about and take disaster preparation measures necessary for your situation.