

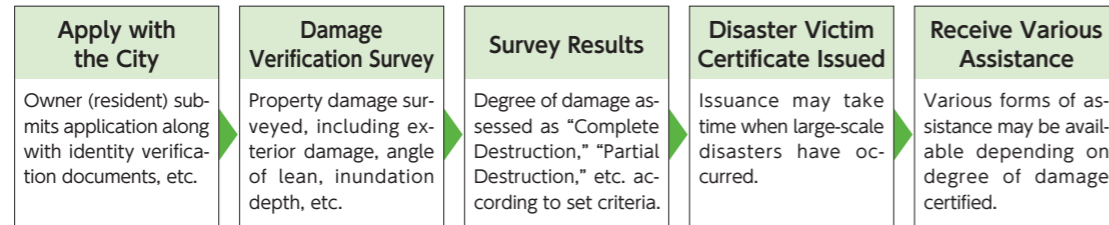
Helpful Knowledge when Disasters Occur

Be sure to review the basics of what to do if your home happens to be affected by a disaster, including support systems and procedures in the event your house is damaged, tips for cleaning up around your home, and more.

“Disaster Victim Certificates” Certify Degrees of Residential Damage

If your residence has been subject to damage from a natural disaster and you wish to apply for public assistance, make a fire insurance or mutual-aid insurance claim, etc. you will need a Disaster Victim Certificate to attest to the level of damage sustained. City examiners perform site surveys when issuing certificates.

Issuance Process



Contact Disaster & Crisis Management Div. TEL 089-948-6794

Guide to Degrees of Damage (assuming water damage to a 1-2-floor wooden/prefabricated detached house)

Degree of Damage	Complete Destruction	Partial Destruction (Extensive)	Partial Destruction (Moderate)	Partial Destruction	Partial Destruction (Quasi)	Less than Partial Destruction (Quasi) level (Limited damage)
Illustration						
% of Destruction	50% +	40%–50%	30%–40%	20%–30%	10%–20%	< 10%
Assessed Inundation Depth	Inundation over 1.8 m above floor, or washed away	1–1.8 m above floor	0.5–1 m above floor	Less than 0.5 m above floor		Below-floor

Document Damage with Photos

The process of Disaster Victim Certificate issuance can be lengthy. If you plan to perform clean-up work or repairs before the damage verification survey is conducted, make it a priority to document the extent of damage with photographs first. Some key points to keep in mind are:

- ★ Shoot a large number of photos to ensure accurate verification
- ★ Take photos in pairs of zoomed-out (wide-angle) & zoomed-in (closeup) shots
- ★ Orient photos to clearly indicate spots of damage
- ★ Document the date & time photos were taken, etc.

Key Points for Exterior Photos

- Shoot from all 4 angles. Be sure to include close-ups of particularly heavy damage.
- Take photos that make the inundation depth clear. Include a tape measure in closeups for reference.
- Include photos of your damaged car, storage space, etc. as well.

Key Points for Interior Photos

- For each room in your home, take photos that show the overall condition of the room along with closeups of damaged portions. Include windows, interior walls, flooring, sashes, doors, shōji sliding doors, washbasins, dampened household appliances, etc.



Reference

Certificate of Disaster Victim Notification

Certifies that notification has been received from the victim of a disaster and damage to their residence, etc. from the disaster has been reviewed with photographic evidence, etc. Site surveys are not conducted. Support for light damage to houses, personal property damage to cars, household goods, etc., damage to fences, storage rooms, etc. is handled based on this certificate.

Feature Column

Emergency Post-Disaster Structural Safety Assessments

Rapid assessments of structural safety conducted to check whether buildings have damage from aftershocks, fallen walls, etc. Intended to mitigate secondary disasters, not to assess damage for disaster victim certification. Inspected buildings are marked with red “UNSAFE”, yellow “LIMITED ENTRY”, or green “INSPECTED” stickers. Please note, however, that receiving an “UNSAFE” assessment does not necessarily guarantee verification of “Complete Destruction”/“Partial Destruction” status in the Disaster Victim Certificate application process.



Tips for Home Cleanup Work (Cleaning / Drying / Disinfection)

Cleaning up around a house that’s been inundated is no easy task. Work won’t always go as planned when lifeline utilities have yet to be restored. Let volunteers lend a helping hand if possible and be careful not to overexert yourself.

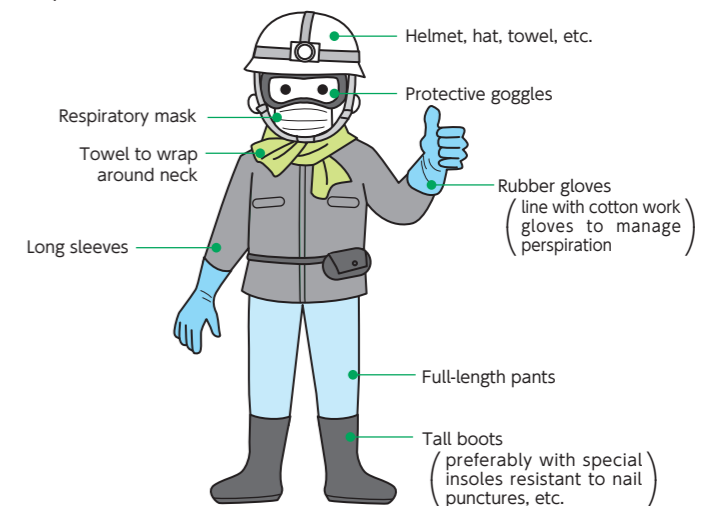
Interior Cleanup

- ① Clear away unneeded items inside the home and remove any dirt or sand that has gotten in.
- ② Rinse off floors, walls or ceilings that have gotten soiled with mud, etc., or wipe with a rag. Allow them to dry sufficiently, then wipe with a disinfectant-moistened cloth.
- ③ Group dampened furniture in 3 categories: usable as is, usable after drying, and discardable.
- ④ For discardable items, be mindful of special garbage disposal rules established during disasters.

Work Attire

As a general rule, choose clothing that keeps your skin covered as much as possible to avoid injury from wood, nails, etc. and to keep dust and sand off you as well. Be sure to drink plenty of fluids and take frequent breaks to avoid heatstroke.

* It will also be handy to have a headlamp for under-floor work, a waist pouch for valuables, etc.



Cleanup Under Floors, Around the House, etc.

- ① Clear away any filth, refuse, etc. from around your house, and rinse off mud or dirt stuck to trees in the yard, exterior walls, etc. with water.
- ② Water left to collect beneath the floor can cause mold or unpleasant odors. Remove any filth, refuse, etc. from under the floor with a shovel, etc., and rinse with streams of water. Finally, use an electric fan, duct fan, etc. to make sure it gets fully dried out. If there’s been above-floor inundation, make sure to disinfect as well.
- ③ Remove any refuse from the under-floor vent opening to improve ventilation under the floor.
- ④ Many tasks require technical knowledge, so it may be helpful to consult with a contractor or accept volunteer assistance, etc.



Thorough Drying is Crucial!

Two steps are even more vital than disinfection: getting rid of mud/filth and allowing sufficient drying. Falling to adequately take care of these steps may lead to mold growth and attempts to disinfect will be futile. Make sure to allow time for thorough drying.

How to Disinfect

Before disinfecting your house or furniture, first perform cleaning and allow everything to sufficiently dry. Disinfectant solutions are primarily made of invert soap, sodium hypochlorite (substitutable with household chlorine bleach), and antiseptic ethanol (disinfecting alcohol), and can be found at drugstores and home improvement centers. Be sure to choose a solution suitable for the material you disinfect and follow the instructions on the label.

Reference

Disaster Relief Volunteers

If your house has been affected by a disaster and you might need extra assistance with cleanup work, let volunteers lend a helping hand.

Disaster relief volunteer centers are established during disasters, offering consultation when needed.

Also be sure to enroll in volunteers’ insurance beforehand if you plan to engage in disaster relief volunteer activities yourself.

Contact

Matsuyama Council of Social Welfare Volunteer Center
TEL 089-921-2141

Disposing of Waste During Disasters

Residential Waste

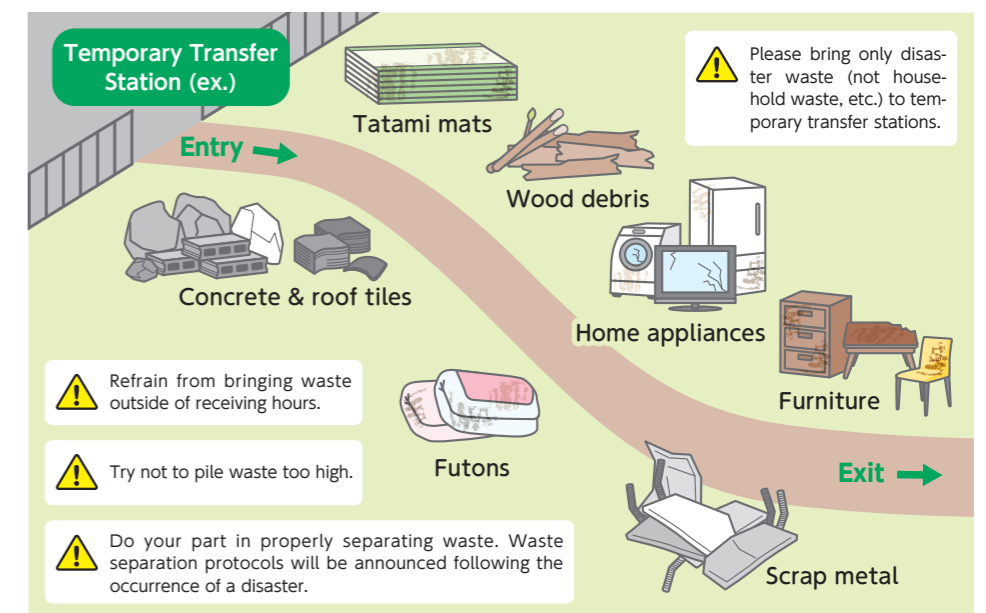
Start with any combustible waste such as raw garbage (food waste, etc.) that is susceptible to spoilage. Try to store paper waste, cans, glass/PET bottles, etc. onsite as much as possible.

Disaster Refuse (Cleanup Waste)

Transport to city-designated temporary transfer stations. Temporary transfer stations are locations set up to store disaster refuse on a temporary basis. Details such as site locations and methods of waste separation & collection will be announced when preparations are in order.

No Dumping of Waste or Debris on Roadsides or Vacant Lots!

Disaster waste and debris left along roadways can delay lifesaving efforts, restoration of lifeline utilities, etc. Please keep it stored onsite until the city announces details for temporary transfer stations.



⚠️ Refrain from bringing waste outside of receiving hours.

⚠️ Try not to pile waste too high.

⚠️ Do your part in properly separating waste. Waste separation protocols will be announced following the occurrence of a disaster.

⚠️ Disaster conditions may cause temporary closures of garbage collection, waste disposal facilities, etc. The latest details on garbage collection, separation into waste categories, locations of temporary transfer stations, etc. will be announced on the Matsuyama City website following the occurrence of a disaster.

Contact Eco-Model City Promotion Division TEL 089-948-6434

Protect Lives with a Spirit of Mutual Aid

In times of disaster, mutual aid between neighbors is vital.

Mutual community support forms the basis of providing help for those in need of assistance (incl. people requiring special care¹ and people requiring assistance during evacuations²), such as the elderly and people with disabilities as well. Cooperative support systems for local residents are indispensable in raising disaster preparedness levels.

¹ People in need of special assistance, incl. the elderly, people with disabilities, infants, etc.

² Among people requiring special care, those who would experience difficulty evacuating on their own and require special assistance with evacuation during disasters or when there is the potential for a disaster.

Disaster Management: Linking Self-Reliance, Mutual Aid & Public Assistance

Self-Reliance: Protecting the lives & property of one's family & self

Mutual Aid: Cooperative efforts made by local communities

Public Assistance: Aid offered by national & local government organizations

The basis of disaster management involves linking self-reliance, mutual aid, and public assistance together in respective proportions of 7:2:1. Let's consider what disaster prevention & mitigation means in terms of knowing how to protect oneself and one's family through self-reliance and connecting this with community efforts to protect each other through mutual aid.



Routine Preparations to Make

Take Part in Local Disaster Prevention Drills

Participate in practice drills, etc. to develop disaster management skills and maintain a calmer presence of mind in responding to disasters.



Engage in Community Events & Reach Out to Neighbors

Cultivate neighborhood relations by taking part in community functions and making a point of exchanging greetings with neighbors, etc.



Make a Note of Potential Mutual Aid Partners

If you know or meet someone whose cooperation you would think of requesting in the occurrence of a disaster, convey this to them and copy down their contact details.



Voluntary Disaster Prevention Organizations in Matsuyama

Large-scale disasters may exceed the capacities of public organizations such as fire departments and police stations to handle rescue operations. Voluntary disaster prevention organizations work regularly to prepare for such scenarios and minimize levels of local damage. Such organizations engage in disaster prevention activities suited to the actual demands of local communities, such as those with a large number of elderly residents, a high risk of landslides or other sediment disasters, etc.

Contact the city for more details on the activities and drills performed by voluntary disaster prevention organizations. Matsuyama City has more Bōsaishi (Disaster Prevention Experts), who form the cores of voluntary disaster prevention organizations, than any other municipality in Japan.

Voluntary Disaster Prevention Organizations in Matsuyama

- No. of organizations **753**
- No. of Disaster Prevention Experts **7,136**
(Current as of Jan. 2022)

Contact

Disaster & Crisis Management Div.
TEL 089-948-6795

System for People Requiring Assistance During Evacuations

Maintaining a system to complete advance registration of people who would experience difficulty evacuating on their own is helpful in providing evacuation assistance and confirming safety status during disasters by facilitating cooperative efforts by government officials, commissioned welfare & child welfare volunteers, supporters/assistants, voluntary disaster prevention organizations, etc. Lists of people requiring assistance during evacuations are maintained under strict management protocols, and registered information is regularly shared with people and organizations involved with providing evacuation assistance.

People Eligible for Registration in Matsuyama City

- ① Elderly people who live alone
- ② Elderly people who are confined to bed
- ③ People with physical disabilities (holders of level 1-3 Physical Disability Certificates)
- ④ People with intellectual disabilities (holders of Intellectual Disability Certificates)
- ⑤ People with mental disabilities (holders of Mental Disability Certificates)
- ⑥ Patients with intractable diseases (holders of intractable disease medical treatment recipient certificates)
- ⑦ Children with particular chronic childhood diseases (holders of specified chronic childhood disease medical treatment recipient certificates)

Contact / Registration Application

- **For the elderly**
Elderly Welfare Division TEL 089-948-6408
- **For people with physical or intellectual disabilities**
Disabled Persons Welfare Division
TEL 089-948-6353
- **For people with mental disabilities or intractable diseases**
Public Health & Disease Prevention Division
TEL 089-911-1816
- **For children with particular chronic childhood diseases**
Health Promotion Division TEL 089-911-1870

Assisting People with Special Needs as a Community

Aim to come together as a community to help people with special needs and those requiring assistance during evacuations so that everyone is able to make a safe evacuation and have a comfortable stay at an evacuation shelter, etc.

The Elderly & Injured/Sick People

Provide assistance with multiple people. Guide to safe locations carrying them on your back, offering an elbow or shoulder for support, etc. In urgent situations, carry on a stretcher, etc.



People in Wheelchairs

Always have 3 or 4 people work together to help up/down stairs, etc. Keep the person facing forward when ascending stairs and facing backwards with their back facing downward when descending, and be careful not to make them feel afraid.



* 1 person each on right/left sides, plus 1 or 2 in front/back

Overseas Residents & Visitors

Some may not understand Japanese and could potentially end up being isolated. Try using simple English or Japanese, gestures, etc., and make sure no one gets left all on their own.



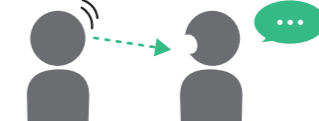
Visually Impaired People

Help someone walking with a cane by touching them near their elbow rather than grabbing their hand or having them lightly hold on to your elbow. Walk a half step in front and communicate directions using the numbers on a watch dial as a guide.



Hearing-Impaired People

Stand directly in front, looking straight at their face, and speak slowly, making conspicuous movements of your mouth. Communicating with writing is effective as well. When there are no writing implements handy, also try tracing words/characters in the palm of your hand with your fingertip.



Expectant Mothers & People with Babies/Small Children

Expectant mothers and those with babies or small children may tend to take a reserved stance in consideration of people around them. Be sure to reach out to them yourself to make sure they're not experiencing trouble.



Learn to Administer First Aid

Large-scale disasters make it difficult for emergency response crews, as there may be large numbers of people subject to injuries all at once. Equip yourself with first aid-related knowledge and skills on a routine basis so that you will be able to administer basic treatment, provide proper transportation, etc. if you, a member of your family, or another person around you happens to get injured.

Administering CPR (Cardiopulmonary Resuscitation)

1 Check for Responsiveness

- Pat their shoulder and ask, "Are you OK?"
- Watch for signs of responsiveness.



2 Call 119 & Request an AED

- If unresponsive, call for help in a loud voice.
- Ask someone assisting you to make an emergency call to 119
- Ask them to request the delivery of an AED (automated external defibrillator)

3 Check for Breathing

- Watch chest & abdomen for movement, & check whether normal breathing takes place within 10 seconds.
- If chest & abdomen show no signs of movement, conclude that they are not breathing normally, and administer chest compressions.

4 Administering Chest Compressions

- Extend your arms with elbows straight, and place both of your hands on the center of their chest, one on top of the other.
- Administer chest compressions to a depth of about 5 cm (2 inches).
- Administer compressions at a rate of about 100-120 per minute.



* If administering both chest compressions and mouth-to-mouth resuscitation, give 30 chest compressions followed by 2 breaths & repeat.

5 Administering Mouth-to-Mouth Resuscitation

- Elevate their chin to open their airway, and pinch their nose closed with your index finger & thumb.
- Ensure a proper seal to keep air from leaking from their mouth, & administer a breath lasting for about 1 second.
- Make sure the breath makes their chest rise.
- Take your mouth away, then repeat the steps to administer another breath.



Using an AED (Automated External Defibrillator)

If an AED is delivered while you are administering CPR, begin preparing to use it right away.

Check the Matsuyama City website for a list of facilities equipped with AEDs.
<https://www.city.matsuyama.ehime.jp/kurashi/iryo/kyubyokuyuku/aed.html>

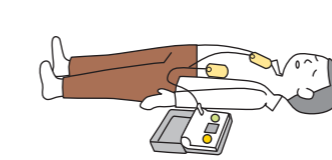


1 Turn power on.

* A voice prompt will sound.



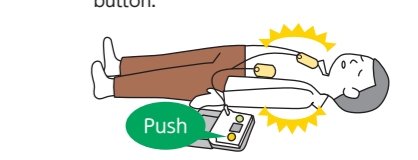
2 Attach pads.



3 The AED will determine the necessity of a shock.



4 If the AED determines a shock is needed, make sure no one is touching the person, & push the "shock" button.



Disaster Prevention Measures for Your Home

For disaster prevention/mitigation, staying on top of routine prevention measures is crucial. Be sure to learn specific approaches you can take and perform needed measures on a routine basis. If your home is not subject to damage, you will be able to stay at home without the need to evacuate to a shelter.

Safety Measures Outside the House

Trees & Shrubs

Check on a regular basis to make sure limbs from trees or shrubs in your yard aren't protruding outside your lot and causing a nuisance to neighbors or hindering free passage.

Rain Gutter & Storm Shutter

Check to make sure your rain gutter hasn't gotten clogged with leaves, dirt, etc. and that it isn't coming apart at the seams. Also check to make sure your amado sliding storm shutter still makes a good fit, and take care of any needed repairs.

Concrete-Block Wall

If your wall is missing steel reinforcement beams, its foundation is not in the ground, etc., be sure to strengthen it. If it is cracked or has a lean, repair it.

Roof Tiles & TV Antenna

Check to make sure your roof tiles aren't out of alignment or coming loose, your antenna isn't unstable, etc. and take care of any needed repairs.

Gutter/Drainage Ditch

Remove refuse, leaves, and sediment on a regular basis to ensure an unobstructed flow for rainwater.

Around Entrance

Don't leave anything that makes it harder to enter/exit. When there is gale force wind, secure potted plants, bicycles, etc. or bring them inside.

Window Frames/Glass

Keep potted plants out of windowsills. Check windows for cracked glass, rattly window frames, etc.

Propane Gas

Place propane tanks on a solid base to keep them from tipping over and use a chain to secure them to a wall surface.

Feature Column

Consider Earthquake Insurance

Incidental earthquake coverage is available with fire insurance, providing compensation for damage to housing and property caused by seismic shaking, as well as certain compensation for damage from earthquake-caused fires, tsunamis, etc. (Ordinary fire insurance does not cover damage from earthquake-caused fires.) Consider enrolling to help get back on your feet after a disaster has occurred.

Veranda & Outdoor Units

Keep your veranda neat and tidy, so things don't get dispersed in the wind, and make sure outdoor units (AC condenser units, etc.) are secured as well. When typhoons approach, lay laundry-drying poles down and clean out the drainage basin.

Seismic Retrofitting Subsidies

Subsidies for Seismic Retrofitting of Wooden Houses

Eligibility: Detached wooden houses built with construction starting before the end of May 1981 (with 2 floors or less & total floor space not above 500 m²)

Evaluation of Seismic Resistance

If you have a preferred evaluating firm
(Subsidy system)
Reimbursed: Up to ¥40,000 of evaluation fee

If you do not have a preferred evaluating firm
(Subsidy system)
Out-of-pocket expense: ¥3,000 or ¥9,900

Seismic Retrofitting Improvements

Reimbursed: Up to ¥1 million for seismic retrofitting improvements (80% of expenditure)

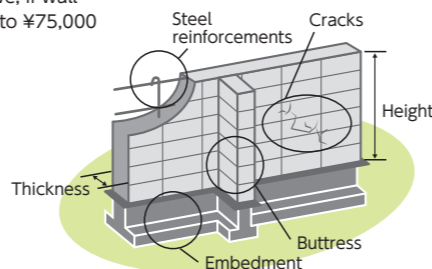
According to projections, if seismic retrofitting improvements were made to 100% of houses in Matsuyama, the number completely destroyed in a Nankai Trough earthquake would drop to 1/10, and the number of fatalities from building collapse/fires would drop to 1/19.

Subsidies for Safety Measures Involving Concrete-Block Walls, etc.

Eligibility:

- Concrete-block walls facing an evacuation route, school commuting route, etc.
- Concrete-block walls with safety hazards (even 1 mark from inspection checklist)
 - ① Is it too high? (Under 2.2 m?)
 - ② Is it thick enough? (At least 10 cm thick?)
 - ③ Is it buttressed? (If wall is over 1.2 m high)
 - ④ Does it have a concrete foundation?
 - ⑤ Is it sound, with no cracks or leaning?
 - ⑥ Is it steel reinforced? (Consult with professional)

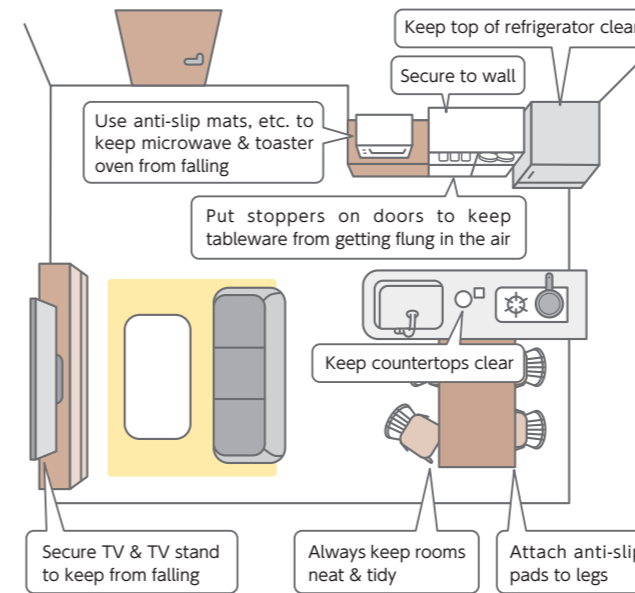
Subsidy system: • 2/3 the cost to remove or rebuild (¥80,000/m) up to ¥300,000
• 1/2 the cost to remove, if wall lacks foundation, up to ¥75,000



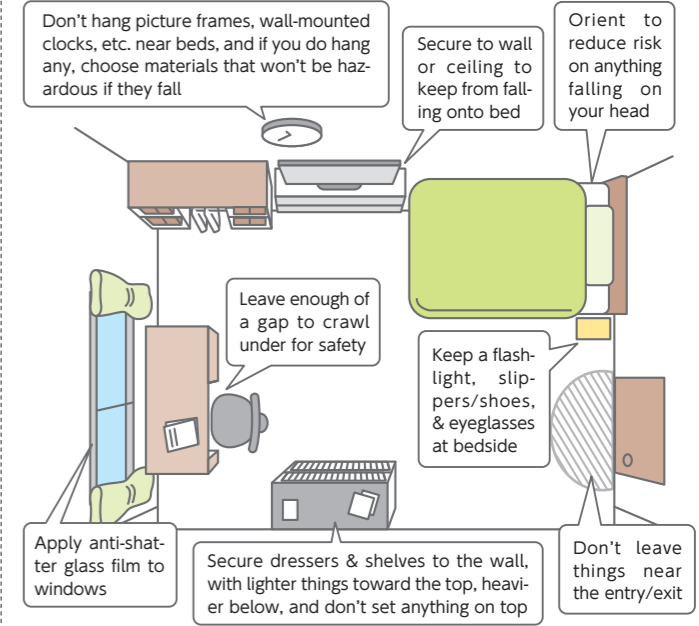
Contact Building Guidance Division TEL 089-948-6512

Safety Measures Inside the House

Living Room & Kitchen



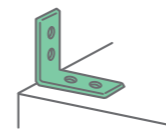
Bedrooms



Securing Furniture to Prevent it From Falling

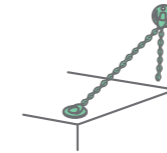
L-Brackets

Use to secure furniture directly to the wall. The most effective method. Secure at wall locations with studs or a solid foundation to fasten to.



Chain Anchors

Secure furniture with fixtures attached to the furniture & wall with a chain or strap between the two.



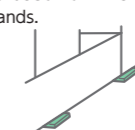
Tension Rods

Install in the spaces between furniture and the ceiling. Also effective when used in combination with anti-slip mats placed under the furniture.



Anti-Slip Sheets (Mat-Type)

Sticky gel-type mats help secure furniture when placed between the furniture & floor. Can also be used for TVs & TV stands.



Stoppers

Insert wedges under furniture at the front and tip it back against the wall to keep furniture from tipping over or moving.



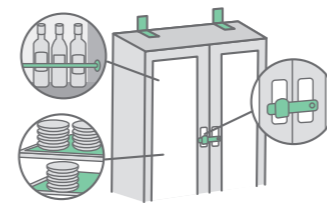
Caster Cups

Place small cups under caster wheels to keep furniture from moving.



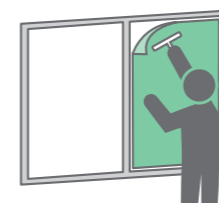
Securing Doors & Drawers

Attach fixtures such as stoppers to cupboard doors to prevent contents from flying out, and place anti-slip sheets under tableware inside. Aseismic latches that automatically lock when shaking is sensed are also available.

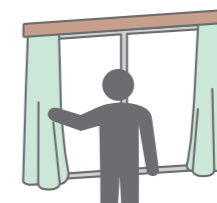


Making Glass Shatter-Resistant

Apply anti-shatter film to glass to make it more resistant to breakage and to keep shards of glass from being scattered if it does break. Some provide added features like UV protection as well.

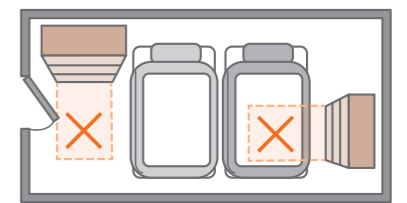


Keeping thin lace curtains drawn in the daytime and heavier curtains during the night will help prevent the scattering of shattered glass as well.



Furniture Layout

Don't place furniture near the entryways to rooms or in hallways to avoid obstructing doors and evacuation routes. Make sure to place it where it won't tip over onto sleeping areas, heaters, etc. Also be mindful of the direction its drawers are pointed.



Preventing Fires

Household Fire Extinguisher

Two types are available: one using chemical powder and one using water & alkali salt. Easy to use even for women and elderly people.



Household Fire Alarm

Install on ceilings in the kitchen and in bedrooms, etc. An alarm or voice alert will sound if smoke or heat is sensed. Be careful to make sure batteries haven't run out.



Flame-Resistant Items

Certain items are made to resist bursting into flames even if they come into contact with fire. These include curtains, carpets, futons, etc.



Earthquake-Sensitive Circuit Breaker

A device that shuts off power when it senses intense shaking. Simple models, electrical outlet-type models, etc. are available.



Feature Column

Beware of Fires from Restored Electrical Power

Fires can occur when electric power is restored following an outage that may have been caused by an earthquake or storm/flood damage. For example, if a combustible item is left in contact with an electric heater, it may cause a house fire by catching fire when power is restored and the heater comes back on. Effective approaches to preventing such fires involve shutting down the circuit breaker when evacuating and unplugging electrical appliances from outlets during power outages.

Disaster Prevention Items to Keep on Hand

Make sure to be prepared with a range of items to have on hand for different potential disaster scenarios: items to carry with you, items to bring with you to evacuation shelters, items to prepare for in-home evacuations, etc.

Carry an Emergency Pouch with You

A pouch with a limited disaster prevention kit is worth carrying with you. Such a kit should contain about enough supplies to help you make it through a half day if a disaster occurs when you are away from home. Keeping it light is a key point. Store in a small bag or drawstring pouch and be sure to carry it with you when you go out.



[Example Contents]

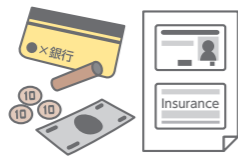
Whistle, light, power bank, compact high-calorie food items such as candy & chocolate, contact details for family members, photocopy of ID, pen/pencil & writing pad, cash, medication, mask, wet tissues, eyeglasses, contact lenses, etc.

Preparing Emergency Items to Take with You

Prepare the minimum essentials you plan to take with you if you need to evacuate. Be sure to keep this kit in a backpack and store it in a place where you can grab it in an instant. Don't forget to check that radios, flashlights, etc. are working on a regular basis as well.

Valuables

Bankbook, hanko seal, cash, health insurance card & driver's license (photocopies)



Daily Necessities

Clothes, towels, raingear, wet tissues/facial tissues, picnic sheet, plastic bags, plastic wrap, blanket, disposable heating pads, knife, pen/pencil



Water & Food Supplies

Drinking water, high-calorie foods such as candy & chocolate. Foods that don't require cooking, such as canned foods, crackers, etc. * Don't forget can opener



Hygiene Supplies

Masks, disinfectant, thermometer, liquid soap, toothbrush & toothpaste, emergency toilet, toilet paper, feminine hygiene products



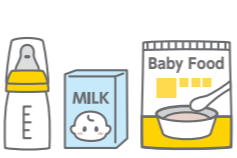
Medical Supplies

Medication for chronic conditions, household medicine (fever reducer, cold medicine, digestive medicine, etc.), spare eyeglasses & contact lenses, prescription notebook, dentures, hearing aid



Baby Supplies

Baby formula/liquid milk, bottle, baby food, diapers, wet wipe, clothes, cold-weather clothes, gauze handkerchief, bath towel, maternal & child health handbook



Evacuation Supplies

Flashlight (preferably 1 per person) & headlamp, helmet or disaster prevention hood, cotton gloves, slippers



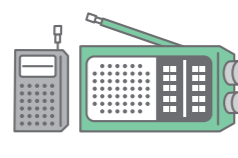
Caregiving Supplies

Nursing care food (okayu rice porridge, etc.), caregiving supplies, disposable diapers, body wipes, clothes, household medicine



Portable Radio

A small, light model with AM/FM reception. Handy features such as models that can be hand-cranked to recharge the battery or that can be used to recharge mobile phones are available as well.



AC Adapter & Spare Batteries

AC adapter for mobile phone, spare batteries for flashlight, headlamp, portable radio, etc. (Try to bring extra.)



Feature Column

Matsuyama Disaster Preparation Guide for Parents & Children

A guide compiling key disaster preparation points for families with small children, such as what to feed babies during disasters, points of note in staying in evacuation shelters with children, and more. Available on the Matsuyama City website. Families with babies or children should be sure to review this guide as well.



Preparing Stockpiled Reserves at Home

Stock up on items you will need to live in your home for at least 3 days, and preferably a week, in the event water, electricity, and gas service is cut off. The point is not to prepare special, out-of-the-ordinary items, but to incorporate items into your ordinary life that you will regularly consume and replenish.

Water & Food Supplies

Water & Staple Foods

A standard amount of water is about 3 liters per person per day to use as drinking water and for cooking. Pre-packaged heat-and-eat rice, cup noodles, dried noodles (udon, soba, pasta, etc.), cereal.



Main & Side Dishes

Canned foods (meat, fish, soybeans), heat-and-eat foods (curry, gyūdon beef rice bowls, etc.), freeze-dried foods (miso soup, other soups, etc.)



Other

Vegetable juice, kamaboko steamed fish paste, cheese, sweets such as cookies & chocolate, root vegetables, dried foods, seasonings, nutritional supplements.



[The "Daily Stockpile" Method]

The daily stockpiling approach involves stocking up on a little extra of the food supplies and daily necessities you use on a daily basis, using them as you go starting with the oldest first, and replenishing what you use.

Refrigerator Storage

Stocking up on frozen foods or storing items in the refrigerator is a recommended approach. Foods will naturally thaw to be ready to eat.

[Gas Cartridge Stove & Gas Canisters]

If you have a portable gas cartridge stove & gas canisters, you will be able to boil water and do simple cooking as well. A must-have item for in-home evacuation. A gas canister lasts about 1 hour, so assuming about 30 minutes of use per day, you will need 3 or 4 canisters for 1 week.

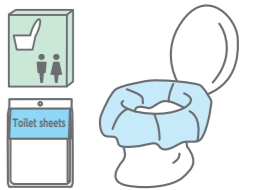


Keep An Eye on Use-By Dates!
(General guide)
Gas cartridge stove: 10 years
Gas cartridge: 7 years

Keep extra canisters on hand!

[Easy-to-Overlook Toilet Preparation]

Bathroom facilities at home may not be usable due to water outages, damage to the sewage system, etc., so you will need to prepare ahead. Handy sets including bags that can be fitted over Western-style toilets and coagulants are available. Assume about 5 uses per person per day.



Daily Necessities

High-Priority Items

Emergency water bag or plastic water can, lantern, portable gas cartridge stove & gas canisters.



<Appropriate Reserves for Your Family>

Families with elderly members, babies or small children, members with chronic diseases, pets, etc. should consider the items needed for their stockpile reserves accordingly. For those with food allergies, medicine and allergy-free foods will be needed. Disposable spoons, paper plates, etc. are convenient as well. For pets, bring food, waste supplies (kitty litter, pet sheets, waste bags), pet carrier bag, leash, etc.



Feature Column

Stockpiled Supplies to Leave at the Office

Be sure to leave certain items at the office like the following so that you may be able to stay there when it would be difficult to return home.

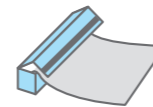
Power bank, emergency food & water, flashlight, dry-cell batteries, portable toilet, shoes that are easy to walk in, raincoat, blanket, hygiene supplies, etc.



Make sure to review stockpiled essentials on a regular basis to check expiration & use-by dates!

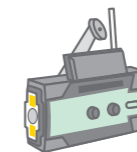
Take Advantage of Extra Uses

Plastic Wrap



Place a layer on top of dishes, etc. and change the wrap for repeated sanitary use without the need to wash. Can even be used as a substitute for bandages or gauze in first-aid treatments, and in protecting against the cold.

Hand-Crank Solar Power Bank



A type of power bank, or portable battery charger, that can be recharged by hand cranking or solar charging even during power outages. Some models include LED lights, attached radios, etc.

Rainwater Tank

Collect rainwater to have spare water on hand for use in toilets or for miscellaneous uses. Subsidies for installation costs may even be available.



Contact

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