

Pocket Guide

Disaster Prevention

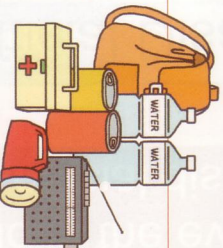
- Name
- Address
- Date of birth
- Gender
- Blood Type
- Nearest Shelter
- Native Language
- Emergency Contact Number
- Chronic Illnesses

Personal Details

Emergency Stores

Stockpiled Household Items

Every household should have at least three days' worth of food, drinking water and other necessities ready. These items should be packed in a backpack or bag and should weigh no more than 15kg for men and 10kg for women.
Important: Please be aware that evacuation sites do not provide food, water or other items for evacuees.



<input type="checkbox"/> Underwear/clothing	<input type="checkbox"/> Cash
<input type="checkbox"/> Raingear	<input type="checkbox"/> Bankbook and investment certificates
<input type="checkbox"/> Blankets	<input type="checkbox"/> Personal name seal (inkan)
<input type="checkbox"/> Towels, cloths	<input type="checkbox"/> Passport/Certificate of Alien Registration

<input type="checkbox"/> Portable gas burner	<input type="checkbox"/> Extra batteries	<input type="checkbox"/> Garbage bags
<input type="checkbox"/> Rope	<input type="checkbox"/> Writing implements	<input type="checkbox"/> Matches/lighters
<input type="checkbox"/> Disposable body warmers (kairo)	<input type="checkbox"/> Flashlights	<input type="checkbox"/> Diapers/hygiene products
<input type="checkbox"/> Portable radio	<input type="checkbox"/> Plastic wrap	<input type="checkbox"/> Tissues, wet towels

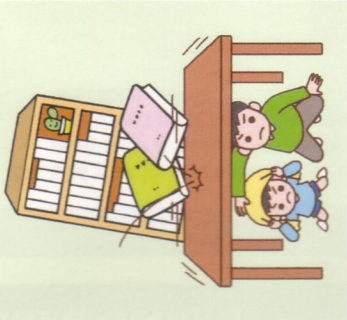
During the Great Hanshin Earthquake the following items proved useful:
Over-the-counter drugs, dry shampoo, body soap, whistles, jerry cans, portable stoves, crowbars, tarpsaulins, spare glasses and hearing aids, bicycles, over-the-counter items that will be useful when living in a shelter for an extended period: pots, portable toilets, sewing kits, rain gear, duct tape, maps, cloth (can be used as a bandage, diaper, cloth, rope, wrapping cloth, etc.), writing implements (permanent markers, etc), shovels, small novels, etc. If there are children in the household, textbooks, note pads, etc.

<input type="checkbox"/> Drinking water (3 liters per person per day)
<input type="checkbox"/> Pots, water bottles, paper plates
<input type="checkbox"/> Handiack, crackers, canned foods
<input type="checkbox"/> Knife and can opener
<input type="checkbox"/> Instant foods
<input type="checkbox"/> Powdered milk, bottles (if there is a baby in the household)

Safety

- First aid kit
- Over-the-counter drugs
- Helmets/hats
- Thick-soled shoes
- Thick gloves
- Anti-dust masks

Most people will try to protect themselves. Dishes or books may fall from shelves and furniture may move.



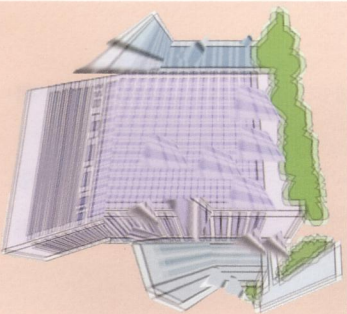
Seismic Intensity Low 5

It is difficult to stand. Most furniture that is not restrained will move or fall over. Homes that are not earthquake-proof may collapse.



Seismic Intensity Low 6

People will be tossed around and unable to move freely. Even earthquake-proof buildings may suffer severe damage.



Seismic Intensity 7

Basic Earthquake Information

The JMA's Earthquake Intensity Scale

Disaster Message Exchange: Dial 171

During earthquakes, floods, and other large-scale disasters, telephone use increases enormously, and it can be difficult to get calls through for days afterwards. There is a service called the "Disaster Message Exchange" in place for just such times, which will serve as an "audio bulletin board" for both the affected area and other areas during such emergencies.

Dial 171 (note: this system can not be used during normal times and guidance is only available in Japanese)

Recording a Message

Dial **1 7 1** (automated guidance)
Press **1** (automated guidance)

(X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X)

Dial the full telephone number, including city code. (People in the affected area should dial their own home numbers; those outside the affected area should dial the number of the person in the affected area whom they wish to reach.)

↓ (automated guidance)

Press 1, then # (the pound sign). If your phone is not a touch-tone phone, please stay on the line.

At the sound of the tone, you will have 30 seconds to leave a message.

Receiving a Message

Dial **1 7 1** (automated guidance)
Press **2** (automated guidance)

(X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X)

Dial the full telephone number, including city code. (People in the affected area should dial their own home numbers; those outside the affected area should dial the number of the person in the affected area whom they wish to reach.)

↓ (automated guidance)

Press 1, then # (the pound sign). If your phone is not a touch-tone phone, please stay on the line.

Listen to your message