

## Verification and preparation of the things that you will be bring in case of emergency.

Check the things you prepare that can immediately carry in case of emergency.





### Things to bring in case of emergency (ex.)

Check  if you prepare in advance.

<b>Portable radio</b>  <input type="checkbox"/> radio <input type="checkbox"/> Battery (Keep more)	<b>Emergency medical goods</b>  <input type="checkbox"/> Daily things to use <input type="checkbox"/> Band aid <input type="checkbox"/> Medicine for gastro intestine <input type="checkbox"/> Medicine for fever <input type="checkbox"/> Pain reliever <input type="checkbox"/> Injury remedies <input type="checkbox"/> Bandage	<b>Emergency kit</b> Foods that are needed to cook or heat, etc.  <input type="checkbox"/> Water <input type="checkbox"/> Kampan <input type="checkbox"/> Can goods <input type="checkbox"/> Alfa rice
<b>Lantern</b>  <input type="checkbox"/> Lantern (As much as possible one for each person) <input type="checkbox"/> Battery (Keep more)	<b>Others</b> <input type="checkbox"/> Clothes (Underwear・Jacket etc.) <input type="checkbox"/> Menstruation napkin <input type="checkbox"/> Weaning food <input type="checkbox"/> Wet tissue <input type="checkbox"/> Helmet <input type="checkbox"/> Cellophane for wrapping <input type="checkbox"/> Hemostatic to use for stop the bleeding and covering the dishes <input type="checkbox"/> Towel <input type="checkbox"/> Powder milk <input type="checkbox"/> Diapers <input type="checkbox"/> Rain coat <input type="checkbox"/> Lighter <input type="checkbox"/> Map for preventing disaster (guide) <input type="checkbox"/> Can opener <input type="checkbox"/> Paper plate <input type="checkbox"/> Water bottle <input type="checkbox"/> Opener <input type="checkbox"/> Paper cup	

### Preparation for survival kit (sample)

Write  how many days that can be use the things in case of disaster (Minimum for 3 days, but recommended for 7 days)

<b>Water</b>  <input type="checkbox"/> Water (For 1 day 3 liters for each person) <input type="checkbox"/> Reserve water tank etc.	<b>Food for emergency</b>  <input type="checkbox"/> (Alfa rice is more convenient) <input type="checkbox"/> Can goods・frozen food <input type="checkbox"/> Umeboshi・Seasoning etc. <input type="checkbox"/> Dry foods・Chocolate・candies (Snack food etc.)	<b>Fuel</b>  <input type="checkbox"/> Portable gas range <input type="checkbox"/> Gas cylinder <input type="checkbox"/> Solid fuel	<b>Others</b>  <input type="checkbox"/> Everyday necessary things (Keeping water inside the bath tub) <input type="checkbox"/> Blanket・Sleeping bag・Toilet things <input type="checkbox"/> Kitchen utensils (Saucepan・Kettle etc.) <input type="checkbox"/> Bucket・Outdoors goods etc.
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### Check regularly the necessary things that you keep just in case of emergency

So that there is no problems, kind of foods, the expiration date and the things needed.

#### Things convenient when you are still in evacuation

Portable toilet bowl, disposal kairo (body warmer), Sewing kit, plastic tape, map, cotton cloth, materials for writing (pen), scoop etc.

#### The things that serve help when the massive earthquake happen in Hanshin and Awaji

Plastic Tank, whistle, spare eyeglasses, earphone, plastic mat, newspaper, rope for survival, scoop, hammer, saw, vehicle jerk etc.

### Rotate your stocks

It is important also to stock foods for preventing disaster, but remember that at the back of your stocks shelves sometimes the stock expired, rotate the stocks. Buy can goods and packed foods for your stocks, rotate your stocks so that not to waste, if you use then stock again.

Rotate your stocks to avoid wasting, Foods that we have will be the same even we are in disaster situation

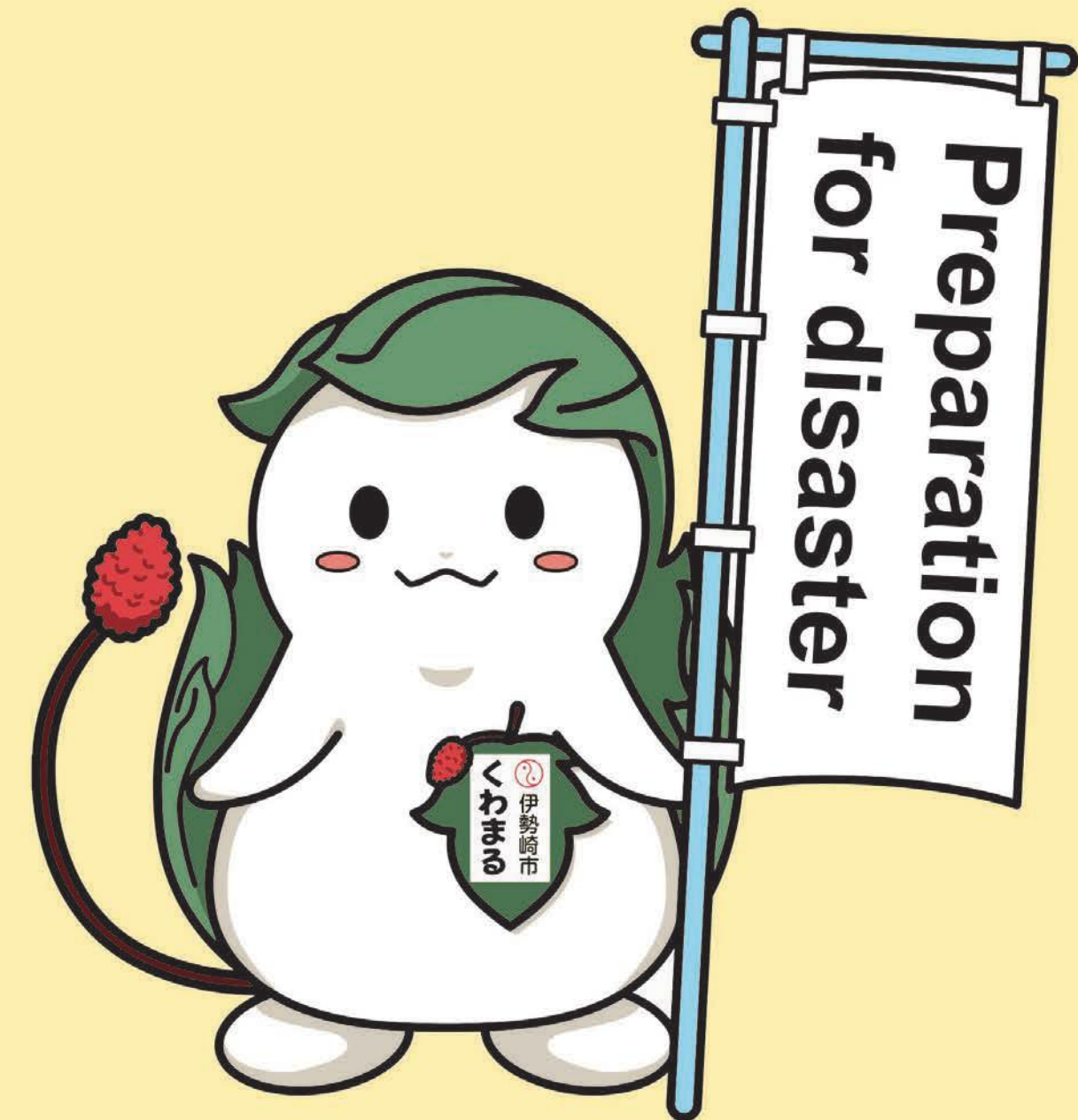
英語

 Isesaki City

Message keeping board

# Disaster Preparedness General Map

~ Maintaining our precious life ~



For inquiry contact

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