

Family contact information

Relation	Name	Contact information (Address, phone number)	Other information (Blood type, work )

Phone numbers for facilities or services in my town

	Name	Contact information (Address, phone number)	Other information
Municipal office			
Police station			
Police box			
Fire department			
Electricity			
Gas supply			
Water supply			
Phone service			

Evacuation area

Evacuation area	
How to get there	
Arrangement among family	

**How to use NTT disaster Emergency Message Dial**

Phones that can be used: Fixed phones, public phones, mobile phones, PHSs

Message Recording Time: 30 seconds or less per message

Number of storage messages: up to 10 messages per phone number

Message storage period: 2 days (automatically deleted after 48 hours )

**<How to use>** Dial 171 and follow the prompts

**(Recording)** Dial "1" and dial the number of the person you want to leave a message to including the area code (if you are a victim of the disaster, dial your own number) and record the message.

**(Play back)** Dial "2" and dial the number of the person whose message you want to play back including the area code (if you are a victim of the disaster, dial your own number) and play back the message.

# My "Safe and Secure" Check Sheet



Aichi Prefectural Police

# My "Safe and Secure" Check Sheet

## Food and drink

- Drinking water (about three liters a day/person)
- Emergency food (for three days)
- Prepared food
- Canned food
- Pan, water bottle
- Portable cooking stove
- Knife, can opener
- Infant formula

## Safety

- First-aid kit
- Medicine
- Cotton work gloves, disposable surgical masks
- Shoes, socks
- Helmet, air-raid hood, cap
- Whistle

## Clothes

- Clothes, Underwear
- Sleeping bag
- Rainwear
- Towels, blanket

## Valuables

- Personal seal
- Cash (Small change)
- Identification documents (passport, alien registration card)
- Bank book

## Daily necessities

- Portable radio
- Spare batteries
- Flashlight, candles
- Matches, lighter
- Tissues, toilet paper, sanitary napkins
- Stationery, memo pad
- Plastic bags
- Warm clothes
- Toys
- Disposable body warmer

