



# Disaster Countermeasure Checklist (self-help)



※ The items you need will differ based on your family structure and the region you live in. Have regular family meetings.

## Protect yourself

### 【 When an earthquake is occurring 】

- ① Keep away from furniture that could fall
- ② Move under a desk and protect yourself against falling objects
- ③ Don't rush outside

### 【 ShakeOut 】

- ① Crouch down
- ② Protect your head
- ③ Keep still



### 【 When an earthquake stops 】

- ① Fire prevention
  - Shut off the main gas valve
  - Disconnect any plugs from their sockets
  - Turn off the circuit breaker
- ② If a fire occurs, stay calm and extinguish it.
  - Use a fire extinguisher
- ③ Secure an escape
  - Open doors and windows



## Safety measures in the house

In past earthquakes, many people were crushed to death or got injured under fallen furniture. Remember that furniture will always fall over in a powerful earthquake. You need to take precautions.

- Shatterproof glass
- Tip-resistant furniture
- Securing table ware



## Means of communication when cell and fixed-line phone service is limited

### 【 Emergency messaging service (171) 】

※ Voice message board is only available during times of major disaster

#### Directions for recording a messages

- ① Dial 171
- ② Follow the voice guidance and press 1
- ③ Enter your telephone number
- ④ Record your message under 30 seconds

#### Directions for listening to another person's message

- ① Dial 171
- ② Follow the voice guidance and press 2
- ③ Enter the phone number of the person you would like check on
- ④ A message plays

### 【 Disaster message board provided by mobile carriers 】

- ① Open disaster message board from your carrier's menu or application

#### Directions for posting a messages

- ② Choose "post" (登録 TOUROKU)
- ③ Enter messages (up to 100)

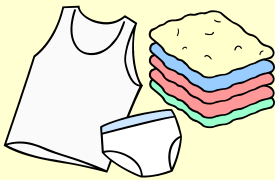
#### How to read a message

- ② Choose "read" (確認 KAKUNIN)
- ③ Enter cell phone number of the person whom you would like to check on
- ④ Read a message

※ Emergency kit checklist is published on the back !  
Please confirm ! !

【Emergency supplies list】

- backpack
- helmet
- gloves
- mask
- tissues
- towels
- underwear
- toiletries
- food
- water
- glasses (contact lens supplies)
- antibacterial wipes



【For infants】

- formula for babies, milk powder
- baby bottle
- disinfection tools
- disposable diapers
- wipes



【For the elderly】

- dentures
- special meal
- adult diapers



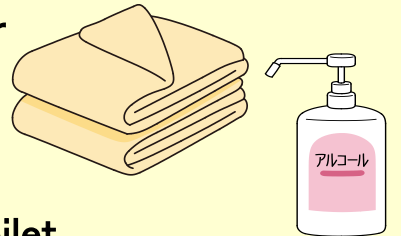
【For people with chronic illnesses】

- contact information of doctor
- drug history and medical records
- medicine for chronic illness



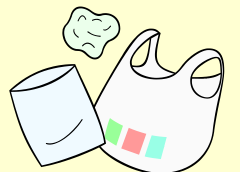
【Stockpile list】

- water tank
- portable gas stove
- gas container
- drinking water  
(three liters of water per person per day)
- foods  
(quick-cooking rice, canned goods, vacuum packed foods, snack foods, energy bars, etc.)
- batteries
- can opener
- blanket
- clothing
- candle
- portable toilet
- antibacterial agent, deodorant
- first-aid kit
- alcohol for disinfection



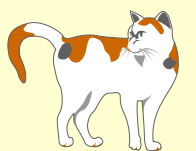
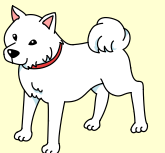
【Others】

- plastic wrap
- garbage bag
- packing tape
- sheet of vinyl



【For pets】

- contact information of an animal hospital
- leash
- cage
- pet food
- excrement tools



※This pamphlet was compiled from documents of the Aichi Prefectural Government

In Japan, every year many regions experience disasters such as major earthquakes and floods. It is impossible to predict when a disaster will occur in your region. When disasters occur, first of all protect yourself and your family. In short, for self help, check preparations with your family and begin to plan for a disaster.

※ Check hazard maps created by cities, towns and villages, and find your nearest evacuation shelter and a safe route there.



AICHI POLICE