

Secondary Items: Those Items You Will Need to Pass Several Days Until Utilities are Restored

| Item | Ready | Item | Ready |
|--|-------|-----------------------------|-------|
| Drinking Water <small>(About Three Liters Per Person Per Day)</small> | | Portable Toilet | |
| Rice, Instant Food | | Sleeping Bag/Blankets | |
| Canned Food | | Clothes | |
| Portable Stove | | Dry Shampoo | |
| Fuel | | Toilet Paper | |
| Emergency Water Tank | | Newspaper | |
| Tarp | | LED Lantern | |
| Plastic Bags | | Other Outdoor/Camping Items | |
| Plastic Wrap | | | |

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Emergency Contact Numbers

[Police • Fire Dept. • Lifeline] As of March, 2016

| | | | |
|-------------|--------------|-------------|--------------|
| Police | 110 | Fire | 119 |
| Electricity | 0120-99-5772 | Phone | 0120-116-000 |
| Gas | | Tap (Water) | 200-3141 |

[Places of Refuge]

| | |
|------------------------------|--|
| Temporary Evacuation Shelter | |
| Wide-Area Evacuation Site | |
| Evacuation Shelter | |

Your Homes Height Above Sea Level **M**

Please check your home's height above sea level on your local neighborhood association/council's bulletin board



7

What to Do in the Event of an Emergency

[Clothing for an Emergency]

- Something to Protect Your Head (Helmet or Disaster Hood)
- Mittens/Work Gloves ○Raincoat Whose Color Sticks Out
- Regularly-Worn Shoes

[What to Be Careful of When Taking Refuge]

- Evacuate On Foot
- Turn Off Circuit Breakers and Make Sure All Flames are Out When Exiting the House
- Check in on Local Elderly and Disabled Residents
- Stay Away From Cliffs and Fences
- Be Cautious of Footing When Walking on Submerged Roads
- When Walking Through Water With Children Bind Yourselves Together With Rope

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Kawasaki Ward Residents' Assembly's Proposal "My Disaster-Preparedness Notebook"



※This notebook was created with the aim of helping residents to start a conversation with their families about disaster preparedness. Let's start a new routine of preparing for the event of disaster, beginning with writing in this notebook while discussing it with our family members.

1

Disaster Emergency Message Dial

| | |
|---------------------------------------|--|
| <Recording a Message> | Listen to Guidance Dial 171 For Recording, Press 1 Listen to Guidance Enter the Number of the Person You Wish to Reach (Starting from Area Code) Listen to Guidance Record Your Message |
| <Listening to a Message> | Listen to Guidance Dial 171 For Playback, Press 2 Listen to Guidance Enter the Number of the Person You Wish to Reach (Starting from Area Code) Listen to Guidance Message Will Play |

2

It can be hard to reach friends/family in the event of an emergency as the number of calls being made is so high, and so for this purpose there is the Disaster Emergency Message Dial Number (171).

Personal and Family Information

| | | | |
|----------|-----------------------------|------------------|------------|
| Parents | Name | Date of Birth | Home Phone |
| | Address | Cell Phone | |
| Children | Place of Work (School Name) | Phone | |
| | Name | Relation to You | Blood Type |
| Family | Name | Point of Contact | |
| | Y | | |

3

Health Information

| | |
|-------------------------|------------------------|
| Health Insurance Card # | Allergies |
| Blood Type | Pre-existing Condition |
| No. (Yes) | Hospital of Use |

[Medicine Notebook Backup]

| | |
|------------------------------------|---|
| Medicines You Are Currently Taking | 1 |
| | 2 |
| | 3 |
| | 4 |
| | 5 |
| | 6 |

4

Priority Items: What to Take With You First in the Event of a Disaster

| Item | Ready | Item | Ready |
|---|-------|---------------------------------------|-------|
| Drinking Water | | Rain Gear, Work Gloves | |
| Instant/Pre-Packaged Food | | Utility Knife, Can Opener | |
| Household Medicine, Emergency Medical Items | | Underwear, Socks, Warm Clothes | |
| Personal Stamp, Bank Account Book, Cash | | Portable Toilet | |
| Copy of Health Insurance Card | | Infant Items (Powdered Milk, Diapers) | |
| Cell Phone, Charger | | First Aid Kit, Toiletries | |
| Handheld Radio, Flashlight | | Candles, Match, Lighter | |
| Batteries, Watch | | Chopsticks, Spoon, Fork | |
| Towel | | Tissues, Wet Tissues | |
| Rope | | Plastic Bags (Large/Small) | |
| Disaster Hood/Helmet | | | |

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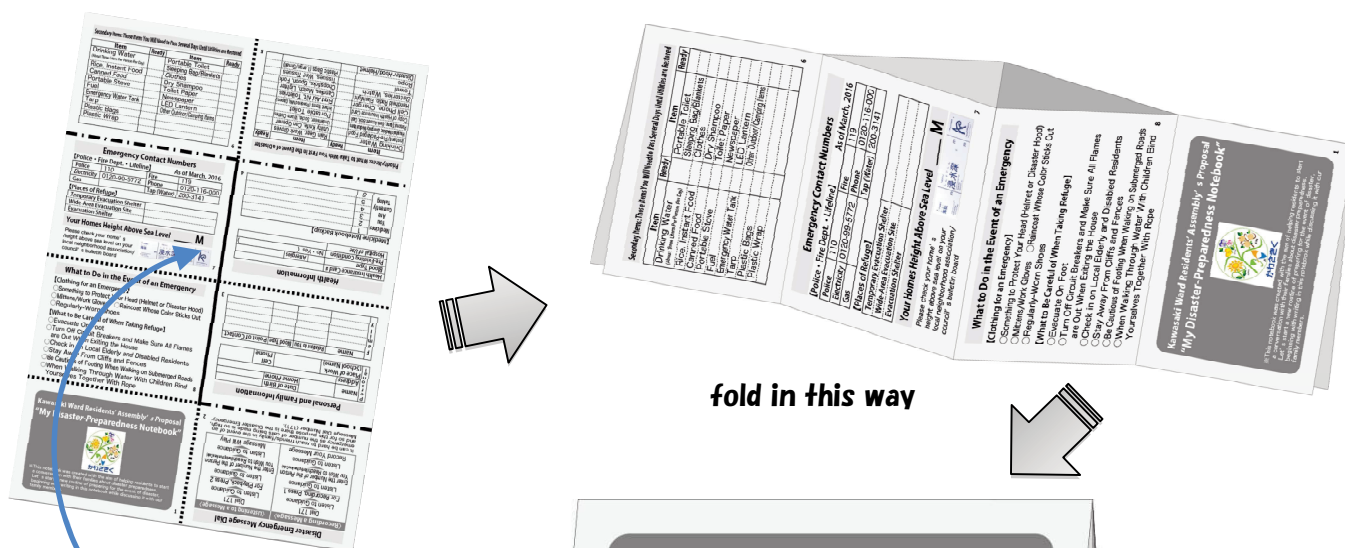
How to Make “My Disaster Notebook”

Goal

In the period of time directly following a disaster event, “self-reliance” is extremely important. Discussing disaster prevention at home with your family will help strengthen this “self-reliance” and will play a role in helping you to protect both yourself and your family. With this thought in mind, the Kawasaki Ward Residents’ Council has created the “My Disaster-Preparedness Notebook” in order to help create a pretext for each family to discuss this issue in their own “family disaster-preparedness council”.

How to Make

In order that it might be low-cost and so that every family can utilize it depending on their family structure, the “My Disaster-Preparedness Notebook” is available for download from the Kawasaki Ward Homepage. By printing on a normal A4 size page and folding it by yourself, anyone can make the 8 page notebook.



All you have to do is make a cut in the center

- Cut : _____
- Mountain Origami Fold
- (Away from You) : (dotted line)
- Valley Origami Fold
- (Toward You) : - . - . - . (dash-dot line)

fold in this way

you're done!

How to Download

You can download the “My Disaster-Preparedness Notebook” from the Kawasaki Ward Homepage.

<http://www.city.kawasaki.jp/kawasaki/cmsfiles/contents/0000075/75624/watasinobousaitetyoueng.pdf>