

Preparation in case could save your life !

英語/English



Do you have stockpiling in case of a disaster that we cannot predict when it occurs? After a disaster occurs, it would take time until necessary supplies reach you. Please think about having stockpiling at your home to save lives of your family members and yourself.



Elderly household

Put check marks

- Soft foods like a nursing care food
- Household medicines
- Prescription record book
- Walking stick
- Reading glasses
- Crime prevention buzzer or whistle
- etc.



List emergency supplies that meet your family

Necessary things right after disaster

- Put check marks
- -
 -
 -

Elderly household

Put check marks

- Adult paper diaper
- Spare glasses
- Spare dentures
- Denture case
- Denture cleanser
- Help Mark



This cycle allows us to keep stockpiles of foods and daily necessities with short expiration dates.

Effortlessly Prepare for foods and daily necessities by stock rotation



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Emergency supplies for three days

These are supplies that you should take out after disaster. Please put about a three-day supply in your evacuation bag.

Put check marks

- Emergency foods: ready-to-eat foods
Requirement: 3 days × number of people
- Drinking water Requirement: 2~3 ℥ a day × 3 days × number of people
- Infection prevention products: mask, hand sanitizer, thermometer, etc.
- Handy toilet
Requirement: five times a day × 3 days × number of people
- Valuables: cash, bankbook, copy of health insurance card, etc.
- Cell phone, portable radio with charger, battery, dry battery.
- Daily necessity: toilet paper, lighter, towel, sanitary products, etc.
- Safety supplies: flashlight, helmet, work gloves, etc. And others.



Mother's bag can be used to contain emergency supplies.



Childrearing household

Put check marks

- Liquid milk
- Disposable baby bottle
- Weaning foods
- Diaper
- Baby wipe
- Snacks for infant
- Mother and Child Health Handbook or Prescription record book, etc.



List of stockpiles that meet your family

Necessary things during a week after disaster

- Put check marks
- -
 -
 -

Necessities of all households

Put check marks

- Foods: foods after cooking such as boil-in-the-bag meals, canned food, etc.
Requirement: 4 days × number of people
- Drinking water Requirement: 2~3 ℥ a day × 4 days × number of people
- Portable toilet and handy toilet
Requirement: five times a day × 4 days × number of people
- Cooking utensils and disposable tableware: gas cartridge stove, cassette gas cylinder, disposable chopsticks, paper plate, plastic wrap, etc.
- Daily necessities: wet wipes, garbage bag, etc.
- Spare clothes, under wear
- Lamp and lantern etc.



Stockpiles for seven days

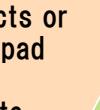
They are necessary items that evacuees can lead lives at shelters or their houses for about one week. Please keep them at a place that you can take out them from, even if your house suffers from a disaster.

★ These items above are examples. Please keep stockpiles according to the actual situation of your family.

Childrearing household

Put check marks

- Baby formula
- Drinking water (for baby formula)
- Weaning foods
- Baby carrier
- Blanket
- Sanitary products or breast pad
- Toy



Absolutely stockpile portable toilet!

After disasters, toilets become unusable with high rate. Please stockpile a handy toilet or portable toilet in preparation for disasters.



▲Handy toilet:
Bag type one that stabilizes moisture by a water absorbing sheet or coagulant.

▲Portable toilet:
Portable small one with a sitting seat. Coagulant is required as accompanying item and must be stockpiled.



Effortlessly Prepare for foods and daily necessities by stock rotation



This cycle allows us to keep stockpiles of foods and daily necessities with short expiration dates.



Toilet problems at a disaster are serious!!



Immediately after a disaster, household toilets become unusable with high probability. Temporary toilets will be installed in an evacuation center, however, they would be crowded and make users wait for a long time depending on the situation.

When anxiety and stress to endure not going to a toilet come together, you may become sick. Please store "portable toilet" or "handy toilet" to prepare for a disaster and maintain you and your family healthy.



Please add portable and handy toilets to emergency supplies



Portable and handy toilets



●Portable toilet
Small toilet with a sitting seat. Handy toilet is also required as emergency supplies.

Feel safe with this during a disaster!



●Handy toilet
Use it by attaching to Western-style toilet or dry toilet. It is an easy-to-use bag-type toilet and is disposable as garbage.



How to use a handy toilet.

① Cover toilet bowl with plastic bag and then put portable stool bag on it.



After use toilet, only replace h stool bag. Clamp it between the plastic bag and seat.

② After putting water absorbing sheet in the stool bag and relieve yourself.

『Coagulant type』
Before or after relieving yourself, scatter coagulant.

Dispose the stool bag with putting used toilet paper inside.



③ Deflate the bag and tie its opening tightly closed.



④ Store bags separately from general garbage and dispose stool bags all together.



Estimated quantity of Handy toilets to be stockpiled

About

5

times



7

days



Number of family members

= Min.

times a day



Things to be stockpiled with handy toilet.

●Toilet paper

… Always store one more bag.

●Wet wipes or disinfectant

… Instead of hand wash, keep hands clean by hand wiping or disinfection.

Please calculate it by adjusting to your family.

