

# 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.



## 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.

### 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.

### Childrearing household

Put check marks

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

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



Put check marks

- ☐ Emergency foods: ready-to-eat foods  
Requirement: 3 days × number of people
- ☐ Drinking water Requirement: 2~3ℓ 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.



### List emergency supplies that meet your family

Necessary things right after disaster

Put check marks

- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----

### 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: 2~3ℓ 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.



### Elderly household

Put check marks

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

etc.

### Childrearing household

Put check marks

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

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.



### Effortlessly Prepare for foods and daily necessities by stock rotation

- ① Slightly more stocks
- ② Consume
- ③ Buy additional



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



### 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.



# 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 《Water absorbing sheet type》  
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



Please calculate it by adjusting to your family.

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.