## Preparation in case could save

our life!

□Prescription record book

□Crime prevention buzzer

Elderly household

□ Adult paper diaper

☐Spare glasses

□Spare dentures

□ Denture cleanser

□Denture case

□Help Mark

etc.

□ Walking stick

or whistle

List emergency supplies that meet your family

Necessary things right

Put check marks after disaster

□Reading glasses



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** Elderly household three days

These are supplies that you should □Soft foods like a nursing take out after disaster. Please care food put about a three-day supply in your evacuation bag. ☐ Household medicines

- □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.

#### Necessities of all households

 $\Box$ Foods: foods after cooking such as boil-in-the-bag meals, canned food, etc. Requirement: 4 days x number of people

□Drinking water Requirement: 2~3 ℓ 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 davs

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

- □Liquid milk
- □Disposable baby bottle
- □Weaning foods
- □Diaper □Babywipe

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

- □Snacks for infant
- ☐ Mother and Child Health
- Handbook or Prescription record book, etc.

List of stockpiles that meet your

Necessary things during a week after disaster Put check marks

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#### Childrearing household

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

etc.

### **Effortlessly Prepare for foods** and daily necessities

etc.

#### by stock rotation



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

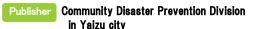
### Absolutely stockpile portable

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.





3 Buy additional



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# 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 Westernstyle toilet or dry toilet. It is an easy-to-use bag-type toilet and is disposable as garbage.

#### How to use a handy toilet.

Cover toilet bowl with plastic bag  $_{ extstyle e$ 





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

《Water absorbing sheet type》

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

《Coagulant type》

Before or after relieving vourself, scatter coagulant,

Dispose the stool bag with putting used toilet paper inside.



Deflate the bag 3 and tie its opening tightly closed.



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

#### Estimated quantity of Handy toilets to be stockpiled

Please calculate it by adjusting to your family.

About









Min.



times a dav

Things to be stocpiled with handy toilet.

- Toilet paper
- · · · Always store one more bag.
- lacktriangle Wet wipes or disinfectant  $\cdots$  Instead of hand wash, keep hands clean by hand wiping or disinfection.











