

Prepare necessary emergency supplies by considering your family's situation. Make a "Family Emergency Supply List" and regularly check it. Put your supplies into a bag and leave the bag in a place where you can easily get to it. Separate these emergency supplies from stockpiled items that you can take later.

## 1) Emergency Supply Checklist (Example)

-Put your Emergency Supplies into a bag and leave it in a convenient location.



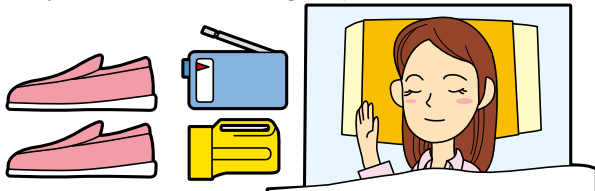
## 2) Stockpile Item Checklist (Example)



※It will be difficult to acquire food right after an earthquake.

### Even while you are sleeping...

Put a flashlight, radio, and shoes or slippers near your bed. (If you are barefoot, you can cut your feet on broken glass)



### For families with babies...

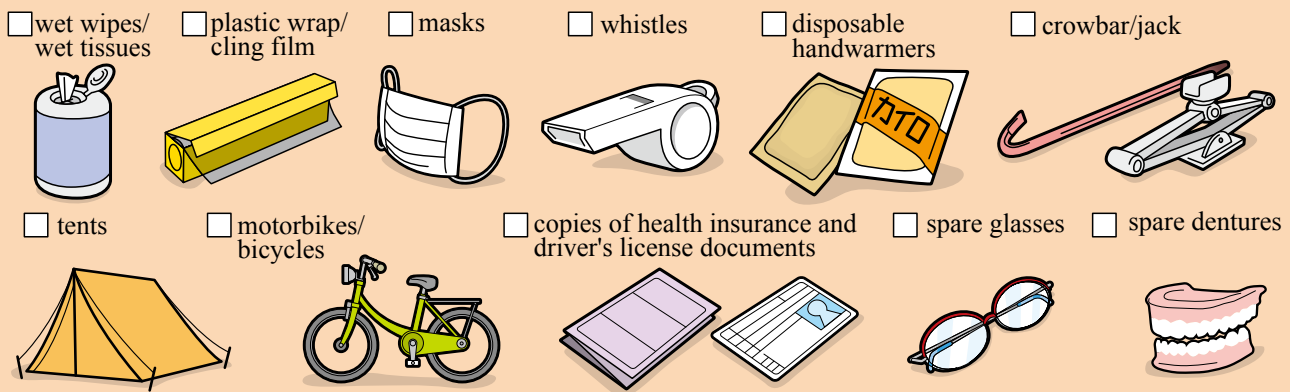
Include milk, baby bottles, baby food, spoons, diapers, sterile cotton, baby carrier, bath towel or baby blanket, and gauze or a handkerchief.



**Pregnant Women** Include the following items in your stock: cotton, gauze, cotton clothes, T-bandages, sterilized cotton and other items for newborn babies, tissues, plastic sheets, Maternity record book, newspaper, etc.

### 3) Other Useful Items

During the extended stays at evacuation centers after the Hanshin Earthquake, a wide variety of goods were in demand



## 8 Things to Do in the Event of an Earthquake / Making an Evacuation Map

### List of Duties and Things to Do

Name	Place most likely to be during the day	Family meeting place	Evacuation place

### ★ Family Responsibilities

Description	Name	Description	Name	Description	Name	Description	Name
Confirm information on the radio and TV		Put tape on the window panes		Unplug electric appliances		Check the emergency supplies	
Turn off the stove		Secure the entrances and exits		Take items down from shelves		Write down messages if anyone can't come home immediately	
Turn off the gas		Prepare buckets/fire extinguishers		Secure furniture so that it doesn't fall down		Help elderly family members and children	
Move dangerous items to a safe place		Collect drinking water					

### Make a map of your local disaster preparedness facilities

