

Preparing for Disasters

Earthquakes can happen at any time, power outages can be caused by lightning, and floods can result from heavy rain. Preparation is essential for these disasters. In the event of a disaster, necessary items for families with small children may not arrive immediately. We should be well-prepared so that we can respond whenever an emergency occurs.

Where should I start??

Rather than preparing something special, start by keeping an extra stock of the food you usually eat!! Replenish what you consume each time (Rolling Stock Method).

Example: Household Emergency Supplies (Stock up so your family can survive for at least 3 days)

☐ Drinking water (3 liters per person per day × 3 days)	☐ Plastic wrap, aluminum foil, disposable tableware
☐ Staple foods (Pre-washed rice, bread, dried noodles, etc.)	☐ Disposable heat packs (Kairo)
☐ Canned foods like tuna (Pull-top types that don't need a can opener)	☐ Plastic bags, writing materials
☐ Retort-pouch (ready to eat) foods	☐ Mobile phone charger
☐ Vegetable juice	☐ Radio, flashlight, batteries
☐ Snacks (Biscuits, chocolate bars, etc.)	☐ Hygiene products such as masks and first-aid kits
☐ Matches, lighters, candles	☐ Toothbrushes, liquid toothpaste, oral cleaning wipes
☐ Powdered milk (Always use "soft water" for formula) , liquid milk	☐ Medicines you keep on hand, sanitary products, tissues
☐ Baby food	☐ Diapers, baby wipes (Can also be used to wipe an adult's body)

※These are just examples. Please list what your specific household needs and create your own emergency kit! For children with allergies, don't forget to prepare allergy-friendly foods!



Hygiene is crucial during a disaster ! !

If you cannot wash your hands, germs will remain ! !

Prioritize sanitizing baby bottles; focus on saving water in other areas.

For baby food, we recommend using disposable tableware.

To save washing up, mash or chop food inside a plastic bag.



Preventing tooth decay (often overlooked) & Preventing colds!

Even just once a day, make sure to brush your teeth thoroughly and carefully.

Having toothbrushes and liquid toothpaste (non-alcoholic type) for the whole family is very helpful.

Prepare more than just food!

- Regularly check sizes for children's spare clothes and diapers.
- Keep some coins ready for public phones.
- Keep a copy of your Maternal and Child Health Handbook and a family photo.

Disasters do not necessarily happen when the whole family is together!

Check the hazard map for your area and discuss family meeting spots and communication methods in advance!



Our Family' s Evacuation Site



Our Family' s Meeting Spot



Ikeda City Hazard Map

検索

