

### Visually impaired persons

- White stick
- Memo in Braille that written emergency contact information
- Recorder for the memo
- Physical disability handbook(copy)



### People accompanying pregnant women or infants

- Baby food, Powdered milk, Baby bottle
- Candy which a child is used to eating
- Nappies, Baby wipes
- Maternal handbook(copy)
- Sling, Nursing cape



### Physically disabled persons

- Extra wheelchair, walking aids
- Whistle or Buzzer
- Physical disability handbook(copy)



### A person with a chronic disease or disability

- Therapeutic diet · special food
- Intravenous equipment and medicine
- Physical disability handbook(copy)



### Children

- Favorite toys
- Belongings putting on your name
- Personal alarm



### Hearing impaired persons

- Spare hearing aid
- Whistle or Buzzer
- Conversation in writing kit
- Physical disability handbook(copy)



### Persons who are not good at communication

- Medicine that you always take
- Prescription and directions for drugs
- Things that you always use (toys, books etc.)
- Physical disability handbook (copy)



### Foreigners who don't understand Japanese

- Whistle or Buzzer
- Electronic dictionary
- Writing utensils and scratch paper
- Passport(copy)



### Persons who need care.

- Adult diapers
- Artificial tooth and cleaner
- Stick
- Nursing care insurance card(copy)
- Haturatsu passport ~Let's cooperate together edition~



### People who have pets

※Small mammals such as dogs and cats, and birds

- Cage, spare collar and leash
- Pet food and water
- Toilet supplies (pet sheets, tools for waste disposal, etc.)



Prepare at home

# Have you prepared emergency supplies?

It may be difficult to secure enough supplies at the emergency shelters immediately after an earthquake. It is advised to prepare your own supplies for use until rescue activities begin. Create a compact kit of the basic necessities that you need to stay alive, and check it once a year. It is important to keep it somewhere easy to reach in case you need to leave quickly.

### Food

Prepare for at least a week!

- Water  Preserved food
- 3L/day/person Canned foods, Retort foods etc.



### Sanitary goods

- Portable toilet
- Towels
- Hand sanitizer
- Surgical Mask
- Sanitary items

measure against infection



### Medical supplies

- First Aid kit
- Current medications
- Office drugs
- Medicine notebook(copy)



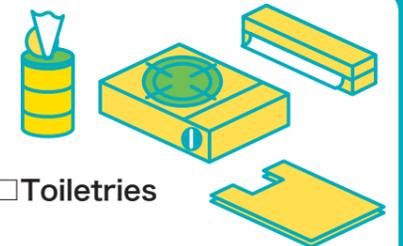
### Daily necessities

- Portable radio
- Extra Batteries
- Sneakers
- Gloves(thick)
- Glasses, Contact lenses
- Toilet paper, Tissues
- Thermometer
- Scissors, knife
- Flashlight



### Convenience goods!

- Portable stove ...you can eat a warm meal.
- Plastic wrap ...Saving time of washing dishes
- Newspapers
- Plastic bags ...Use as a carrying water, raincoat, diapers
- Disposable Pocket warmer ...It can warm food.
- Toiletries
- Wet wipes ...it can wipe face and hands



Prepare what you and your family will need.

Learn it from experience

Check the house

Prepare at home

Prepare in the community