

Checklist



Fm yokohama 84.7

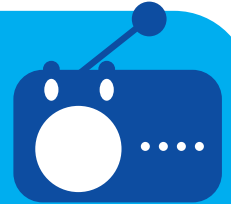
英語版

for Natural Disaster Preparation



In order to evacuate swiftly in case of natural disasters, it is wise to prepare emergency requisites in advance, which you should take with you.

Please check the list above. They are "The First Priority Goods" that should be taken with you when you need to leave home for an evacuation shelter or a safer place soon after the disaster strikes. It is important not to take too many things with you ! The adequacy would be 15kg for male and 10kg for female.



List of the Emergency Requisites

- Backpack/Rucksack

Food

- Water
- biscuit, cracker, retort-pouch or canned food
- Feeding bottle and milk powder if you have a baby
- Knife and can-opener
- Sauce pan with a lid and canteen

For Your Safety

- First Aid Kit
- Adequate medicines, especially for those who need regular medication
- Extra pair of eyeglasses
- Safety hood (Bōsaizukin) or helmet
- Shoes with the thick soles
- Whistle

Valuables

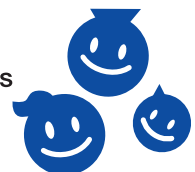
- Cash (including small change)
- Bankbook, copies of your securities and the seal
- Copy of your National Health Insurance Book
- ID card or anything which can prove your identity

Clothing

- Underwear
- Rainwear
- Towel

Daily Necessities

- Portable radio
- Flashlight with extra batteries
- (Cotton)Work gloves and ropes
- Matches and cigarette lighters
- Disposable portable body warmers
- Sanitary products
- Disposable napkins / diapers
- Toilet tissue
- Plastic wrap
- Writing materials
- Thick plastic garbage bags



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There is another list below and we call it "The Second Priority Goods". Until the public utilities are restored, you need these things to survive by yourself for several days. You should stock your home with 3 day supply of water and food at least, preferably 5 day supply.

Food

Dried Rice Cakes, Chocolates, Cheese, etc.

Water

3 litter per person per day for drinking. Keep bath tab water for daily use.

Others

Portable gas cooking stove with extra gas cartridges, etc., which is handy to boil water and helps you stay warm.

Keep in mind.

The Telephone Message Service and the DoCoMo i-mode Emergency Message Board are available in case of disasters !

When natural disasters strike, you may not be able to use home/public telephones and your cellular phone to confirm your family members' safety or whereabouts.

So we recommend you to use the Telephone Message Service Dial 171. It is a kind of voice mail, just dial "171" and follow directions. The i-mode Emergency Message Board is available for cellular phones. Both of them will operate when the seismic Japanese scale rises 6 minor.

Everyone in your home should know how to make contact each other if a disaster occurs !

It is important to arrange with all of your family members about how to get in touch in case not everyone is at home when a disaster strikes. It would be a good idea to give a note of contact numbers to the small children and to tell them to keep it with them whenever they are out of home.

At the shelters anyone can receive services.

Regardless of Nationalities, Visa Status, Domicile, Sex, etc, anyone can receive services at the shelter.

