

Protecting your own life “Self-Aid”

~ Protecting your life by yourself ~ Disaster Prevention Division, Toyokawa



In large-scale disasters, it is said that the importance of life protection level is the rate of the following things. “Self-Aid (Protecting your own life) : Mutual-Aid (Helping each other in neighborhood) : Public-Aid (Support by public organizations) = 7 : 2 : 1 “. For protecting yourself before the arrival of Public-Aid, it is important to have preparations before disaster occurrence. Please check your preparations by referring to this leaflet.

Let's prepare emergency bags!

For the time of disaster occurrence, prepare the emergency take-out articles and put them in a bag. The appropriate load for men is 15Kg and 10 Kg for women.

★Prepare at least following things !

- Drinking water Emergency Food (For 3 days)
- Portable radio Flashlight with spare batteries
- Plastic bags Sanitary goods
- Clothes, work gloves, glasses Towel, tissue paper, wet tissue paper
- Rain gear, winter clothing Matches, lighter
- First-aid kit, household medicine and medicine book etc.
- Food wrap film Writing equipment Newspaper
- Valuables (cash with small change, bankbooks, health insurance certificate, driver's license, and INKAN) Toothbrush Mouthwash and so on

For a household with a pregnant woman or infant(s)

Adding to the emergency bag

Daily necessities

- Disposable diapers Nursing bottle, disposable nursing bottle
- Wet paper towels Baby carrier Breastfeeding cover
- Blanket Maternity passbook Gauze handkerchief
- Breast pad Clothes for infant(s) Toys Paper cup, spoon
- Copy of health insurance certificate and recipient certificate for child medical care and so on

Food item

- Baby food Powdered milk, drinking water
- Snacks Food ready for allergy and so on

For a household with elderly or nursing care taker(s)

Adding to the emergency bag

Daily necessities

- Food Disposable diapers/underwear
- Medicine for chronic disease
- Cane, false teeth, reading glasses
- Family's contact Personal identification
- Disability certificate Mouth wash, denture cleanser
- Nursing care products Hearing aid and so on

Have you finished earthquake-resistance for housing and furniture fixing?

Let's check the following items for disaster prevention.

Check list of your house

No	Items	X
1	For the persons who live in a house which was built before May 1981, have you conducted the seismic resistance check?	
2	I have fixed furniture, such as a chest and a fridge, to prevent overturning in earthquake.	
3	I do not have any furniture falling down in the bedroom.	
4	I do not put any tall furniture and easily falling objects in the place where family members gather.	
5	I do not put any easily falling and moving furniture around the entrance, doors and in a hall.	
6	I do not put any easily falling hazardous objects on the shelves.	
7	TVs and PCs are fixed in the places firmly.	
8	In the house, there is a safe space where nothing would be falling down.	
9	I take measures to prevent glass shattering.	
10	I avoid putting kerosene heaters near furniture and burnable objects.	
11	I put emergency bags in the place where I can take them out immediately.	

Please check these items from time to time.



Please register Toyokawa Anshin Mail !

Toyokawa city sends and updates Disaster Prevention, Weather, Fire, Childcare, Cultural, and Elderly' s Information through "ANSHIN MAIL" by multi-lingual service to your account which you registered. It is free but you need to pay packet communication and line usage fee. We will send Weather Alert via the mail after Japan Meteorological Agency' s announcement. You can get the mail by either mobile phone or PC.

How to register

- ① Send a blank e-mail to toyokawa@entry.mail-dpt.jp
- ② You will receive Register form.
- ③ Access the URL, read policy and agree.
- ④ Enter items of desired category by placing priority on Disaster Prevention, Weather, Fire, International Mail, Childcare, Culture and Elderly.
- ⑤ Register

※Once you receive [User identification has been completed.], you have completed registration.

とよかわ安心メール
登録用QRコード



あっ、
暴風警報が
発令されたわ!



※バーコードの認識できる携帯電話を
お持ちの方は、上のQRコードをご利用ください。

Disaster Emergency Message Dial[「171」]

Disaster Emergency Message Dial is a voice message board that is provided when a disaster occurs, and communication traffic to the disaster- stricken area increases causing difficulty to get through. The service is offered by NTT and other mobile phone companies.

How to use the Dial

- How to record (within 30seconds)
171→1→telephone number
- How to play back message
(within 30seconds)
171→2→telephone number

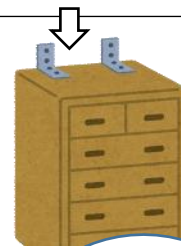
※ For person in damaged area, dial your phone number, for person in other area, dial the phone number of your desired person (e.g. family member, friends etc.) living in damaged area.

Talk about disaster prevention with your family member

Let' s prepare for disaster ! Talk with your family how to protect yourself. Check the contact method in disaster times when you are away from home for work and school etc.

- Division of roles
 - Each member' s role in times of earthquake
- Check the dangerous spots
 - Check roof tiles and antennas.
 - Are certain flower pots fixed in the balcony?
- Ensuring safe space
 - Are preventive measures taken for furniture fall and glass shattering?
- Check the emergency items
 - Do you have everything you need?
 - Check storage condition and expiration date.
- Check contact method and evacuation site
 - How to contact when your family is separated.
 - Evacuation site • Evacuation route

Take preventive measures
against furniture fall !



Prepared for
disasters
regularly!

Official Character

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