








# To know more about the contents of an emergency kit



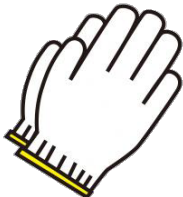

Please run away with the items in the picture below.

Place it where you can find it immediately.

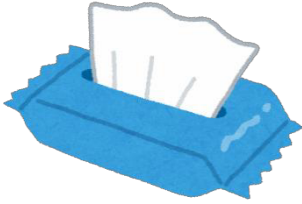
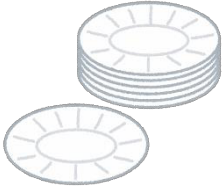

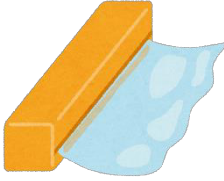
## Things necessary

|                                                                                                                                                                     |                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <p>Water (3 days stock)</p>  <p>Please prepare<br/>3Liter a day for one person</p> | <p>Food (3 days stock)</p>      |
| <p>Smartphone</p>                                                                 | <p>Money</p>                   |
| <p>Copy of passport</p>                                                          | <p>Copy of residence card</p>  |
| <p>Medicines<br/>(including medicines<br/>for chronic diseases)</p>              |                                                                                                                    |




## What to protect your body and what you need to escape

|                                                                                                             |                                                                                                         |
|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <p>Helmets and hats</p>  | <p>Mask</p>        |
| <p>Gloves</p>            | <p>Flashlight</p>  |

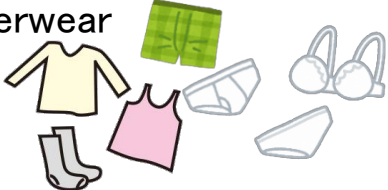


## What you need when you eat

|                                                                                                     |                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Wet tissue</p>  | <p>Paper plates</p>                                                 |
| <p>Paper cups</p>  | <p>Food wrap<br/>         [ Use it over<br/>         A plate ]</p>  |


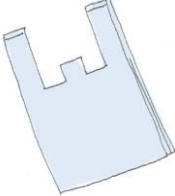
## What you need when you get injured

|                                                                                                        |                                                                                                                       |
|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <p>Disinfectant</p>  | <p>Bandage / Triangle / Gauze</p>  |
| <p>Band-Aid</p>     |                                                                                                                       |

## Clothes

|                                                                                                                       |                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <p>Clothes, underwear</p>          | <p>Towels (large and small)</p>  |
| <p>Rain gear<br/>(rain cloak)</p>  |                                                                                                                      |



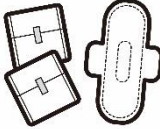
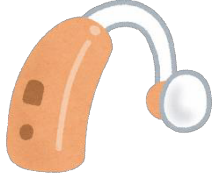

## Useful things to have

|                                                                                                      |                                                                                                                         |
|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <p>Mobile battery</p>                                                                                | <p>Portable toilet, toilet paper</p>  |
| <p>Garbage bag</p>  |                                                                                                                         |

## When you have baby



|                                                                                                                                                                                                    |                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <p>Powdered milk and baby bottle</p>                                                                             | <p>Baby food</p>    |
| <p>Paper diapers</p>                                                                                            | <p>Towel wipe</p>  |
| <p>Baby clothes</p>                                                                                             | <p>Gauze</p>       |
| <p>Maternal and child health handbook</p> <p>( A notebook that records the health of mother and children )</p>  |                                                                                                         |

## Other

|                                                                                                     |                                                                                                                           |
|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Glasses<br>        | Contact lens and cleaning solution<br> |
| Sanitary items<br> | Hearing aid<br>                        |
| Denture<br>        |                                                                                                                           |

## To live in your own home after the earthquake

If you can return to your home after an earthquake or tsunami, then please do so. Although, you might not get supplies such as water, electricity, and gas.

|                                                                                                                                            |                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Make sure you will be able to survive for one week even if you cannot not buy from a shop. Buy food, drink and necessary items in advance. |  |
| Cassette cooker/gas cylinder                                                                                                               |   |

Most of the items in above pictures can be purchased at home centers.