Prepare "emergency items" to take with you when you evacuate and "stockpile items" to live on until assistance arrives. In addition to the items listed here, prepare your own necessary items.

Stockpile Preparation Stock up on supplies for at least three days, preferably a week!

In the event of a large-scale disaster, long-term blackouts, water outages, and distribution disruptions make it difficult to lead a normal life. Also, it may take some time for relief supplies to arrive. Stockpile so that you can live through that period. Check stockpiles once a year to prevent them from expiring.

◆Water (drinking water, domestic water)	E
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- ☐ Drinking water (3 liters per person per day × number of people × 7 days)
- Domestic water (separate from drinking water) Prepare a plastic tank filled with tap water, always fill the bath with water, etc.



Foods

[Foods for stockpiling]

Retort food

I recommend what you usually eat. Many foods can be eaten without heating.

- Dried noodles (ramen, pasta, etc.)
- We recommend the one that takes less time to boil. Canning
- In addition to meat and fish, supplement your diet with canned vegetables and fruits.
- Freeze-dried food (soup, etc.)

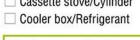
A hot meal with a little hot water. You can also supplement with vegetables.

☐ Dry bread, Biscuits, Chocolate (long-term storage food) Vegetable juice (for lack of vegetables)



◆What you need for a meal

- Paper plates, Paper cups, Disposable chopsticks Food wrap
- Can opener/Utility knife
- Cassette stove/Cylinder



Meals after a disaster [1st to 3rd day after disaster]

- Eat the perishable foods in the refrigerator or freezer first.
- In the event of a power outage, store ice packs and food in the cooler box.

[4th to 7th days after disaster]

Eat canned food, retort food, and other foods that can be stored relatively well.



Medical and hygiene products

First aid kit

- Household medicine
- Toilet paper/Tissue paper
- Sanitary items
- Disposable body warmer
- ☐ Toothbrushes and oral care products
- Dry shampoo
- Portable toilet

(During a large-scale disaster, it might not be possible to flush the toilet due to power outages, water outages, damage to drain pipes, etc.)

Daily Goods

- Mobile battery Radio Flashlight
- Various dry batteries
- Matches and candles
- ☐ Gummed tape/Curing tape ☐ Plastic tank/Bucket
- ☐ Clothing (depending on the season) Blanket
- Towel
- Newspaper and plastic bags (multi-purpose)



Others

Write down what you need

(まかいまかいご)さん

Prepare for hard times going home [7 Rules for Walking Home]

In the event of a major earthquake in the Tokyo metropolitan area, public transportation may stop operating, and many people who are out may not be able to return home.

As a general rule, do not start moving unnecessarily, but for those who have to walk home for some reason, remember the 7 rules listed on the right.

In addition, when you go out, be sure to carry the minimum amount of preparations, such as drinking water, portable food such as chocolate, and 10-yen coins for public phones.

- 1 Contact method, discuss with family in advance 2 Spare batteries for cellphones and radios
- Know 3 Regularly simulate your route home
 - 4 Your friend in the event of a disaster, a return home support station
- Return 5 Small rucksack and sneakers at work
 - 6 Check the situation before going home
 - Help each other, encourage each other, and walk home

Preparation of Emergency Items

Pack the items you need to take out in an emergency in a rucksack in advance so that you can take them out immediately at any time.

Also, food and blankets stockpiled by the town may not be distributed immediately after evacuation to the shelter. When evacuating, please bring your own emergency items.

Water and food

- Drinking water (PET bottle) Emergency food Foods
- (those that do not require heating or hot water)

Valuables

- Deposit passbook Signature stamp
- Cash (including 10-yen coins for public phones)
- Health insurance card
- Spare key



Infectious disease control supplies

- Thermometer Alcohol disinfectant Mask
- Medical and hygiene products
- First aid kit Household medicine
- Wet wipes Toilet Paper
- Sanitary items
- Toothbrushes and oral care products Disposable body warmer Clothing, Underwear, Winter clothes
- Blanket Slipper

Information gathering

- Cell phone Mobile radio
- Spare batteries Mobile battery/
- Hand crank charger
- Family photo (for confirmation in case you get separated) Contact information for family, relatives
- and acquaintances in case of emergency Wide area evacuation map Writing utensil



Daily Goods

- Helmet/Disaster prevention hood Whistle buzzer
- Utility knife
- Work gloves
- Flashlight Portable toilet/Simple toilet
- Plastic bag
- Match/Lighter
- Water supply bag
- Rain gear
- Picnic sheet



◆Those with small children

- □ Powdered milk/Liquid milk ∧ Baby bottle
- Baby Food
- Snack Disposable diapers and wipes
- ☐ Tov
- Children's toothbrush



◆Those who are elderly or have chronic diseases

- Regular medicine Medicine notebook/Prescription (copy)
- Health insurance card/Disability certificate (copy) Food that can be eaten
- (allergy-free food, nursing care food that is easy to swallow, etc.)
- Nursing care products Adult paper diapers
- Hearing aid Dentures Reading glasses

Pet owners

- Food and water for at 5 days or more
- Tableware

- Therapeutic food, Medicine Spare collar, Leash (non-stretchable)
- A record of the owner's contact information and pet information Pet sheets, Toilet supplies
- Favorite toy, Blanket Cage, Carry bag

Others

Write down what you need

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Stock up on a Daily Basis Using the Rolling Stock Method

The rolling stock method is a stockpiling method in which a large amount of stock is purchased on a daily basis, the oldest is consumed first, and the remaining amount is purchased and

Since it is prepared while consuming, it is possible to stockpile retort food with a short expiration date, dry batteries and cassette stove cylinders with a surprisingly short expiration date without

Also, keep an extra set of everyday items such as plastic bags and

[Disaster prevention metropolitan area net]

An example of the rolling stock method For retort rice Buy more Consume

The rolling stock method and reference examples of stockpiles are also introduced on the following website.

http://www.9tokenshi-bousai.jp/stock/rollingstock.html

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How to Get Information and Contact Us

In the event of a disaster, check the latest evacuation information and disaster prevention information on the town's website, TV, radio, etc. Also, share a method of confirming safety with your family during normal times and in the event of an emergency.

Acquisition Route of Evacuation Information

Evacuation information and disaster prevention information are communicated to the townspeople in various ways. Be sure to check multiple pieces of information.



Matsuhushi Town Official website, Map-Mail, Twitter, Disaster prevention administrative radio, Public relations car, TV data broadcasting service (NHK, Teledama), Emergency rapid mail (area mail), Teledome

House-to-house visits by community associations, voluntary disaster prevention organization network, and fire brigade.

Fire station (fire engine), police station (police car)

Television, Radio, Websites of disaster prevention organizations, Distribution of disaster and evacuation information from mobile phone companies

How to Obtain Information Sent by Matsubushi Town

Matsubushi Town Official Website

http://www.town.matsubushi.saitama.jp Check here first for information on Matsubushi Town!



Matsubushi Town Official Social Media

Twitter ... Name: Matsubushi Town User name (ID): @town matsubushi

Facebook ... Name: Matsubushi Town, Saitama Prefecture User name (ID): @town.matsubushi

Map-Mail (Matsubushi Town Mail Distribution Service)

Distribute desired information such as disaster prevention/crime prevention information, life information, and event information. Scan the two-dimensional code on the right, or send a blank email to t-matsubushi-mail@sg-m.jp.



Disaster prevention administrative radio/Teledome

It will be broadcast from the speaker of the disaster prevention administrative radio installed in the town. You can check the contents of the broadcast by phone (you can also check the contents on the official website, etc.). Telephone 048-990-9012

In addition to weather information such as earthquakes and heavy rains, you can also obtain emergency information on Matsubushi Town.



◆Emergency Rapid Mail/Area Mail

No pre-registration required. It will be sent to all NTT Docomo, au, Softbank, Rakuten mobile phones and smartphones in the town at once.

◆Television data broadcasting service

You can check evacuation information, evacuation center opening information. contents of disaster prevention administrative radio, etc. Please set the TV channel to NHK or tele ball and press the "d button" on the remote control.

How to Obtain Information Sent by the Prefecture/Country

Saitama Prefecture

Crisis management, disaster prevention, crime prevention, etc. Safety and security of Sainokuni https://www.pref.saitama.lg.jp/theme/anzen/index.html Information such as evacuation information and weather in Saitama Prefecture



Saitama prefecture disaster prevention information email

Advance registration is required. You can get weather information, evacuation information, and shelter information.



Saitama Prefecture river disaster prevention information email

Advance registration is required. River water level information managed by Saitama Prefecture and information on landslide disasters are delivered.



Prefectural official LINE "Saitama Prefectural Office"

Delivers "disaster prevention information" that is useful in an emergency and "emergency information/evacuation information/warnings" in an emergency. (In order to receive information, reception settings are required.)



Ministry of Land. Infrastructure. Transport and Tourism River disaster prevention information https://www.river.go.jp/

Information such as rainfall and water level of rivers nationwide



Japan Meteorological Agency

https://www.jma.go.jp/jma/index.html Nationwide weather, weather information, weather data, etc.



Kikikuru (risk distribution)

https://www.jma.go.jp/bosai/#pattern=rain_level&a rea_type=japan&area_code=010000 Displays the degree of risk of landslides, inundation, and flood disasters in the area



Landslide Disaster Warning Judgment Mesh Information

https://www.jma.go.jp/jp/doshamesh/ Judgment of landslide disaster occurrence risk



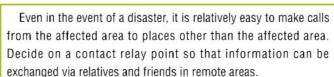
How to Communicate by Voice in the Event of a Disaster

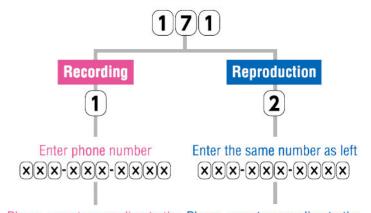
Disaster emergency message dial (171) (*)

Disaster emergency message dial is a "voice message board" for communicating with people in the disaster area and other areas. In addition to being able to listen to information recorded by people in the disaster area regarding their safety, people in other areas can also send messages to people in the disaster area.

Public phone

In the event of a disaster, public telephone lines are prioritized over general lines, and in some disaster areas they may be used free of charge (international calls cannot be made). Public telephone installation location search (NTT East Japan) can be done from the two-dimensional code on the right.





Please operate according to the Please operate according to the voice guidance voice guidance

If you are in the disaster area, please enter your home phone number.

How to Communicate Over Text in the Event of a Disaster

Disaster message board (web171) (*)

The disaster message board (web171) is a safety confirmation message board that uses the Internet. It can be used on any device that can connect to the Internet, such as computers, smartphones, and mobile phones.

Please access https://www.web171.jp or search for web171.

* All phone numbers such as mobile phone, PHS, subscriber phone, ISDN, Hikari Denwa, IP phone, etc. can be registered.

Disaster message board (mobile phone company service) (*)

This is a mobile phone company service that allows you to register your safety information on the mobile phone company's disaster message board and view that information from anywhere in the country.

You can only register on the message board of your mobile phone company, but you can also browse from your computer or other company's phone.

◆Mobile phone/Smartphone e-mail

Mobile phones and smartphones are more effective for e-mail than calls. In the event of a disaster, it may take some time to reach the other party. Also, the more you use the battery, the more the battery will be depleted and the longer the power outage, the more the battery will run out without being able to recharge. Let's get into the habit of carrying a mobile battery, etc. on a daily basis.



PC email

After the Great East Japan Earthquake, it is said that it was relatively easy to receive e-mails using personal computers (the Internet) even when telephones were unusable. It may not be possible to use it during a power outage, so be sure to prepare other means of communication.



You can mutually check the content of messages registered on the "Disaster emergency message dial (171)", "Disaster message board (web171)", and "Disaster Message Board (mobile phone company's services)" marked with an asterisk (*). In addition, these services are not available during normal times, but there are periods where you can try them out, such as twice a month,

Period of trial use of Disaster emergency message dial 91st and 15th of every month

- and Disaster message board First three days of the New Year (January 1st to January 3rd)

 - Disaster Preparedness Week (August 30-September 5)
 - Disaster Prevention and Volunteer Week (January 15th-January 21st)

Life While Evacuating

An unspecified number of evacuees live together in designated evacuation shelters. Let's follow the rules, cooperate with each other, and help each other during life while evacuating. Also, if your home is safe, evacuate at home.

Kinds of Evacuation Lifestyles

Evacuation at home

Evacuation does not mean "going to a shelter". If it is possible to continue to live at home, "evacuation at home" is the basic option.

If you live in a familiar home, you can prevent your physical condition from changing due to environmental changes and stress. Let's live at home using stockpiled food and other items while obtaining correct information.



Evacuation to a shelter, etc.

If your home is in danger, evacuate to a shelter.

When many evacuees flock to a designated evacuation shelter, it becomes a 3 Cs. It is also difficult to secure privacy, and some people get sick due to changes in the environment. In order to reduce the burden even a little, it is important to follow the established rules and cooperate and help each other.

In addition, please consider evacuating to a relative or acquaintance's house other than the designated evacuation shelter established by Matsubushi Town.

Before Evacuation

Fill out the refugee card

Matsubushi Town asks those who have evacuated to a designated evacuation shelter to fill out an "evacuee card".

The "evacuee card" is for quickly implementing necessary measures for evacuation life (arranging meals and medicine, whether or not assistance is necessary, etc.).

In the event of a disaster, it is expected that the reception desk of the evacuation center will be crowded. In addition, there is a risk of the 3 Cs, which is a factor in the spread of new coronavirus

The "Refugee Card" can be downloaded from the Matsubushi Town website. To ensure a smooth reception, please print it out in advance and fill in the necessary information. A sample entry can be found on the Matsubushi Town official website below.

[Download]

http://www.town.matsubushi.lg.jp/www/contents/1593752472405/index.html Alternatively, please search for "evacuee card" on the Matsubushi Town official website.

Check before leaving home

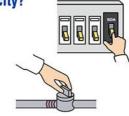
Is the information accurate and new?

Accurately collect the latest weather, disaster, and evacuation information to prepare for evacuation. Also, if the town calls you to evacuate, evacuate immediately.



Are you okay with gas and electricity?

Before leaving home, turn off the electric breaker and turn off the main gas valve. Also, let your relatives and acquaintances know that you are going to evacuate and confirm where you are evacuating.



Have you brought any emergency items?

Do you have the emergency items (food, water, slippers, plastic bags (garbage bags), blankets, infectious disease control items, etc.) in your emergency kit until the relief supplies are distributed?



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避難者カード

Is it a safe escape route?

In advance, let's decide several evacuation routes to the designated evacuation shelter by yourself. Let's evacuate by choosing a safe route from the obtained disaster prevention information.



Elderly people, people with disabilities, children, and people with illnesses need to evacuate early. If there is such a person in your neighborhood, cooperate in evacuating.



In the unlikely event that evacuation is delayed and danger approaches, evacuate to a nearby sturdy

Please act with the highest priority to protect your life.

Evacuation Center Rules

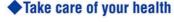
Observe manners and rules

- Observe the shelter rules, such as when to wake up and go to bed, how to use the restroom, where to smoke, and whether or not pets are allowed.
- It is bad manners to enter, peek into, or shout at other people's living spaces.



Consideration for those who need special consideration

- Persons requiring special care are people who need the support of those around them to protect themselves from disasters, such as illnesses and disabilities. Let's give the appropriate support that the person wants (see P1).
- If you have difficulty living in an evacuation center, let the management
- If you have a disability that is difficult to identify from your appearance, let others know by using a help mark. It will be easier for those around you to help.



- Exercise moderately and stay hydrated to prevent economy class syndrome. If you stay in the same position for a long time, poor blood circulation will make it easier for blood to clot, which can lead to potentially fatal diseases such as pulmonary embolism.
- To prevent heatstroke, stay hydrated, adjust the room temperature, and dress appropriately.

Beware of crime

Beware of crimes such as theft, fraud. sex crimes, and hard selling at evacuation centers, and if you see a suspicious person, contact the police or the person in charge of the facility.



Let's share roles and participate in the operation

- Basically, all evacuees cooperate and share work related to evacuation life (cleaning, garbage disposal, etc.).
- Let's participate in evacuation shelter management while helping each other.
- When women are actively involved in the operation, things like distributing sanitary products and securing spaces for breastfeeding go smoothly.



For those with food allergies

- Let others know you have allergies. Let your child have a name tag with allergen-causing ingredients written on it.
- Allergy-free food provided in relief supplies may not be suitable for you. Prepare a lot yourself. Also, check the display of support supplies.
- Let others know if you have any symptoms.



Thorough measures against infectious diseases

- Wash your hands frequently and gargle.
- Sanitize your hands with an alcohol-based disinfectant.
- Regularly disinfect high-touch areas such as handrails and doorknobs.
- Provide adequate ventilation.
- Thorough cough etiquette, such as wearing a mask.
- Keep your distance from other evacuees.
- If you have symptoms such as fever, you may be asked to live in a separate space from other evacuees.





Evacuation with Pets

Matsubushi Town accepts pets to evacuate to designated evacuation shelters. Accompanied evacuation is not to live in the same space in the designated evacuation shelter, but to put it in a cage and stay in a space separate from the evacuees. Some evacuees have animal allergies. We appreciate your understanding and cooperation.

Please check the Matsubushi Town official website below for pet types and conditions.

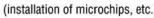
[Inside the Matsubushi Town website]

http://www.town.matsubushi.lg.jp/www/contents/1599612324262/index.html

Alternatively, please search for "evacuation with pets" on the Matsubushi Town official website.

Things to do in normal times

- Various vaccinations
- Minimum discipline
- Prepare necessary supplies (see P39)
- Measures for lost pets







Inquiries/Contact

Town Office/Fire Department/Police

Name of Facility	Address	Phone Number	URL
Matsubushi Town Office	2424 Matsubushi	048-991-2711	http://www.town.matsubushi.lg.jp/
Matsubushi Town Health Center	428 Matsubushi	048-992-3170	
Yoshikawa Matsubushi Fire Department Fire Department Headquarters	481 Ainoya, Yoshikawa City	048-982-3931	http://www.yoshimatsu-119.jp/
Matsubushi Fire Station	813 Matsubushi	048-991-2231	
Yoshikawa Police Station	144-3 Kamihikona, Misato City	048-958-0110	https://www.police.pref.saitama.lg.jp/kenke/kesatsush
			o/yoshikawa/
Matsubushi Police Box	1-1-1 Tanaka	048-991-2900	

Relevant organizations of the country/Prefecture

Name of Facility	Address	Phone Number	URL
Kumagaya Local Meteorological Observatory	1-6-10 Sakuracho, Kumagaya City	048-521-0058	https://www.jma-net.go.jp/kumagaya/
(Saitama Prefecture weather and earthquakes)			
Tonegawa Joryu River Office	2-19-1 Kurihashikita, Kuki City	0480-52-3952	https://www.ktr.mlit.go.jp/tonejo/
Edogawa River Office	134 Miyazaki, Noda City, Chiba Prefecture	04-7125-7311	https://www.ktr.mlit.go.jp/edogawa/
Arakawa Joryu River Office	3-12 Arajukumachi, Kawagoe City	049-246-6371	https://www.ktr.mlit.go.jp/arajo/
Saitama Prefecture Koshigaya Land Development Office	4-2-82 Koshigaya, Koshigaya City	048-964-5221	https://www.pref.saitama.lg.jp/soshiki/b1011/
Saitama Prefecture Kasukabe Health Center	1-76 Onuma, Kasukabe City	048-737-2133	https://www.pref.saitama.lg.jp/soshiki/b0703/

Others

Name of Facility	Phone Number					
Tokyo Electric Power Grid Co., Ltd. Kawaguchi Branch	0120-995-007					
NTT EAST CORPORATION	113 (from NTT East landline)					
	0120-444-113 (from mobile phones, PHS, landlines other than NTT)					
Tosai Gas Co., Ltd.	0120-1031-24					
Koshigaya/Matsubushi Water Supply Company	048-966-3931					

Contact Information (family, relatives, etc.)

Name	Phone Number	Email Address

Evacuate safely with My Timeline (my evacuation action plan)

Wind and flood damage such as typhoons is a disaster that can be predicted in advance. Protect yourself from wind and flood damage by creating an evacuation action plan "My Timeline" with your family so that you can evacuate without panicking in an emergency.

What is My Timeline?

My Timeline is an evacuation action schedule that each person decides in advance to prepare for evacuation.

You can evacuate before damage occurs by deciding in advance what actions to take depending on the situation when the risk of storm and flood damage increases due to heavy rain or typhoons. After creating My Timeline, proceed with preparations according to the content.

Create My Timeline

◆Confirmation in advance

- Find out what disaster risks exist where your home is located. (Whether it is in the expected inundation area, depth of inundation, duration of inundation)
- Confirm multiple evacuation sites and evacuation routes. It is important to decide in advance when and where to evacuate.

Access to information

Obtaining information leads to quick evacuation actions. Please have multiple means of obtaining information, such as disaster prevention administrative radio, disaster prevention information e-mail, and social media.

♦Evacuate early

Please evacuate immediately when Alert Level 3 or 4 is issued by the town. If you feel that your place is dangerous even before the issuance of the order, start evacuating.

Be sure to evacuate before Alert Level 4!!

Alert Level 5 (issued by municipalities) is a situation where a disaster has already occurred

Alert Level

Alert Level

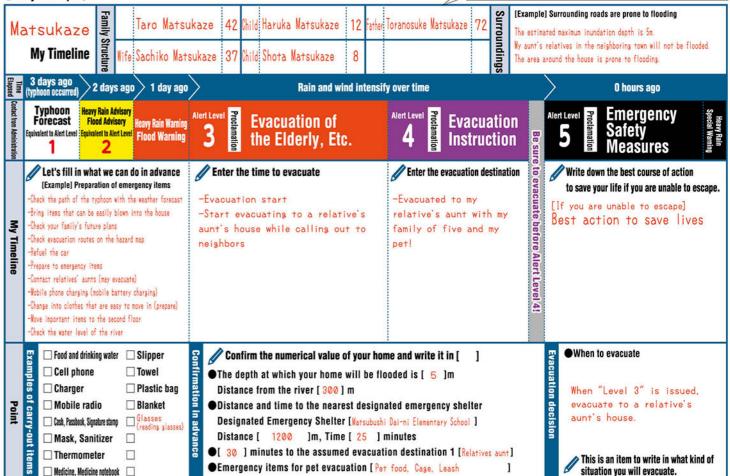
Alert Level

Cof the Elderly, Etc.

laise one's Confirmation of Elderly etc. should evacuate Be sure to evacuate by

The My Timeline sheet is on the back cover. Let's write while talking with everyone in the family. *You can download it from the town website.

[Entry example]



Please copy and use as many as you need