

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)

- 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.



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.)



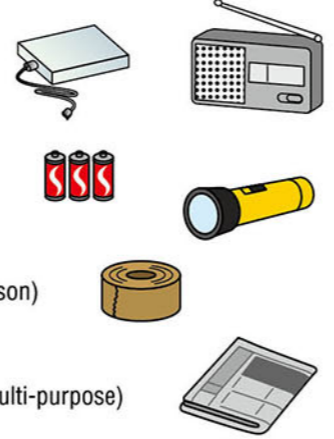
Food Stockpile using the rolling stock method (see below).

- 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.



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

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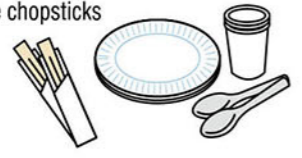
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What you need for a meal

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



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.



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.

- Stay** 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
- 7 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)



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



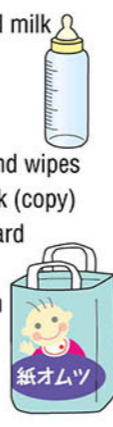
Valuables

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



Those with small children

- Powdered milk/Liquid milk
- Baby bottle
- Baby Food
- Snack
- Disposable diapers and wipes
- Maternity record book (copy)
- Patient registration card
- Toy
- 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 replenished.

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 expiring.

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

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

[Disaster prevention metropolitan area net] <http://www.9tokenshi-bousai.jp/stock/rollingstock.html>

An example of the rolling stock method

For retort rice



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.



Townspeople

- Matsubushi 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
- Mutual assistance** House-to-house visits by community associations, voluntary disaster prevention organization network, and fire brigade
- Firefighting/Police** Fire station (fire engine), police station (police car)
- Information and communication/Media** 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

◆ Yahoo! Disaster Preparedness Alert (app)

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



◆ 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&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



◆ 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.)



How to Communicate by Voice in the Event of a Disaster

◆ Disaster emergency message dial (171) (*)

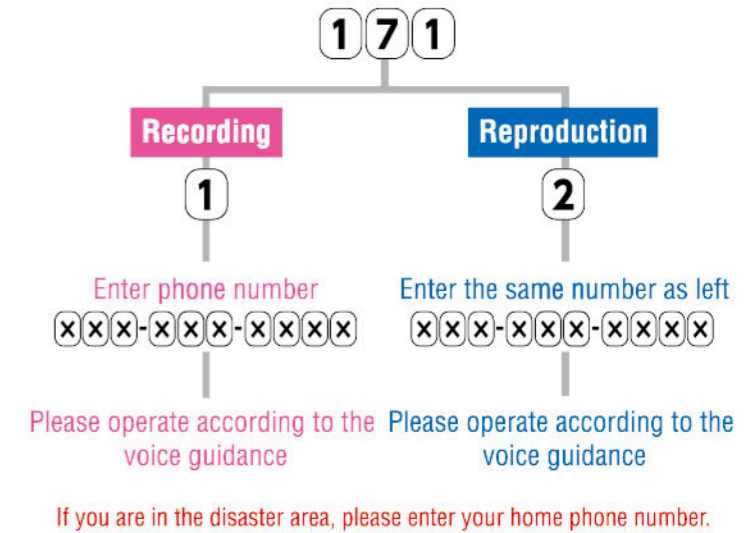
Disaster emergency message dial is a "voice message board" for communicating with people in the disaster area and other areas. In addition to being able to listen to information recorded by people in the disaster area regarding their safety, people in other areas can also send messages to people in the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



Even in the event of a disaster, it is relatively easy to make calls from the affected area to places other than the affected area. Decide on a contact relay point so that information can be exchanged via relatives and friends in remote areas.



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 and Disaster message board**
- 1st and 15th of every month
 - 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)

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/kesatsusho/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 (Saitama Prefecture weather and earthquakes)	1-6-10 Sakuracho, Kumagaya City	048-521-0058	https://www.jma-net.go.jp/kumagaya/
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.

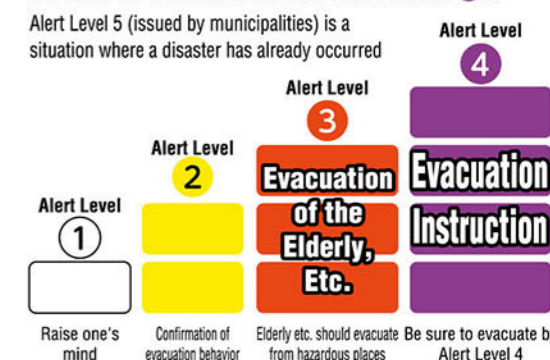
Access to information

- 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!!



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]

Time Elapsed	3 days ago (typhoon occurred)	2 days ago	1 day ago	Rain and wind intensify over time	0 hours ago
Content from Administration	Typhoon Forecast Equivalent to Alert Level 1	Heavy Rain Advisory Flood Advisory Equivalent to Alert Level 2	Heavy Rain Warning Flood Warning	Alert Level 3 Proclamation Evacuation of the Elderly, Etc.	Alert Level 4 Proclamation Evacuation Instruction
My Timeline	Let's fill in what we can do in advance (Example) Preparation of emergency items -Check the path of the typhoon with the weather forecast -Bring items that can be easily blown into the house -Check your family's future plans -Check evacuation routes on the hazard map -Refuel the car -Prepare to emergency items -Contact relatives' aunts (may evacuate) -Mobile phone charging (mobile battery charging) -Change into clothes that are easy to move in (prepare) -Move important items to the second floor -Check the water level of the river	Enter the time to evacuate -Evacuation start -Start evacuating to a relative's aunt's house while calling out to neighbors	Enter the evacuation destination -Evacuated to my relative's aunt with my family of five and my pet!	Write down the best course of action to save your life if you are unable to escape. [If you are unable to escape] Best action to save lives	Be sure to evacuate before Alert Level 4!
Examples of carry-out items	<input type="checkbox"/> Food and drinking water <input type="checkbox"/> Slipper <input type="checkbox"/> Cell phone <input type="checkbox"/> Towel <input type="checkbox"/> Charger <input type="checkbox"/> Plastic bag <input type="checkbox"/> Mobile radio <input type="checkbox"/> Blanket <input type="checkbox"/> Cash, Passbook, Signature stamp <input type="checkbox"/> Glasses (reading glasses) <input type="checkbox"/> Mask, Sanitizer <input type="checkbox"/> Thermometer <input type="checkbox"/> Medicine, Medicine notebook		Confirm the numerical value of your home and write it in [] ●The depth at which your home will be flooded is [5] m Distance from the river [300] m ●Distance and time to the nearest designated emergency shelter Designated Emergency Shelter [Matsubushi Dai-ni Elementary School] Distance [1200] m, Time [25] minutes ●[30] minutes to the assumed evacuation destination 1 [Relatives aunt] ●Emergency items for pet evacuation [Pet food, Cage, Leash]	Evacuation decision ●When to evacuate When "Level 3" is issued, evacuate to a relative's aunt's house. This is an item to write in what kind of situation you will evacuate.	
Surroundings	[Example] Surrounding roads are prone to flooding The estimated maximum inundation depth is 5m. My aunt's relatives in the neighboring town will not be flooded. The area around the house is prone to flooding.				