

Disaster Preparedness at Home

Emergency supplies

Disaster Preparedness—Set aside at least three days' worth of food and beverages, and one week's worth if possible.

Some commodities may not be readily available in the wake of a disaster. To ensure that you are properly prepared, store at least three days' worth (one week's worth if possible) of the food and beverages you need in your home.

Home
Emergency Kit

- Food:** Crackers, canned food, instant meals, chocolate, etc. Boil-in-a-bag items are also convenient. Be sure to store easy-to-digest items.
Drinking water: 3 liters per person per day, at least three days' worth in total.
Bathroom items/toiletries, fuel, etc.: Portable toilet packs, lanterns, dry batteries, matches, portable gas stove, gas cylinders, etc.

Prepare for an Emergency Go Bag

Place the amounts you need of each item in a backpack so that you can take it with you at any time in case of emergency.



- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Water (plastic bottles) | <input type="checkbox"/> Tissue paper and wet wipes | <input type="checkbox"/> Matches and lighters | |
| <input type="checkbox"/> Foodstuffs | <input type="checkbox"/> Masks | <input type="checkbox"/> Work gloves | |
| <input type="checkbox"/> Dishes and cups (paper or plastic) | <input type="checkbox"/> Medicines | <input type="checkbox"/> Rope and packing tape | Other |
| <input type="checkbox"/> Hats and helmets | <input type="checkbox"/> Any regular medications/medication list | <input type="checkbox"/> Plastic bags | <input type="checkbox"/> Extra eyeglasses |
| <input type="checkbox"/> Outerwear and underwear | <input type="checkbox"/> Thermometer | <input type="checkbox"/> Writing materials and memo pad | <input type="checkbox"/> Feminine hygiene products |
| <input type="checkbox"/> Rain gear | <input type="checkbox"/> Disinfectant | <input type="checkbox"/> Copy of health insurance card | <input type="checkbox"/> Dentures |
| <input type="checkbox"/> Portable toilet packs | <input type="checkbox"/> Portable radio | <input type="checkbox"/> ID | <input type="checkbox"/> Paper diapers |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Flashlights and lanterns (and extra batteries) | <input type="checkbox"/> Cash (including coins) | <input type="checkbox"/> Powdered milk |
| <input type="checkbox"/> Toiletries and towels | <input type="checkbox"/> Cell phone charger (mobile battery charger) | <input type="checkbox"/> Copy of bank book | <input type="checkbox"/> Baby bottle |
| | | | <input type="checkbox"/> Toothbrushes, toothpaste, etc. |
| | | | <input type="checkbox"/> Thick-soled exercise shoes |
| | | | <input type="checkbox"/> Whistle |
| | | | <input type="checkbox"/> Food wrapping |
| | | | etc. |

Disaster risk in your region

Check the disaster risk level in your area referencing the various kinds of hazard maps.

▼ Yokohama City Sediment Disaster Map (Naka Ward)

Areas that may sustain damage due to landslides caused by heavy rains



▼ Naka Ward Flood Hazard Map

Areas projected to sustain damage in the event of flooding rivers, etc.



▼ Yokohama City Urban Flooding Hazard Map (Naka Ward)

Areas where sewers, waterways, etc., are projected to flood



Note: Evacuation sites noted on the Hazard Map will be opened and made available in accordance with the scale/circumstances of a disaster.

▼ Waiwai Disaster Prevention Map

Various kinds of information to help reduce the impact of disasters (projected seismic intensity, liquefaction risk; risk for specific areas of landslide, tsunami, flooding, urban flooding, high tides, etc.)



▼ Areas subject to immediate evacuation orders

These are areas subjected to evaluation instruction along with sediment disaster alert information. There are **nine applicable areas** in Naka Ward.

Note: Naka Office will contact people living in the areas on an individual basis.



Check the hazard maps on the website. The maps are also available at Naka Ward Office.



Note: The hazard map indicates areas (in color) highly likely to be impacted by landslide or flooding. Note, however, that a disaster may still occur in places not marked with color.

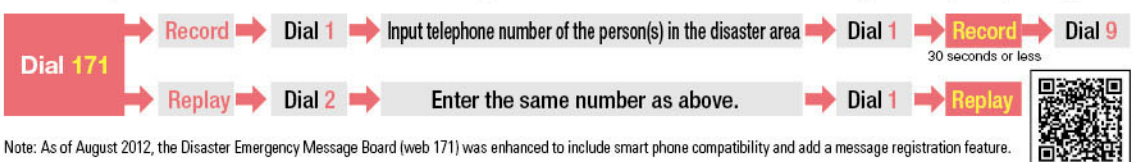
Disaster Emergency Message Dial system (171)

Ascertain safety/whereabouts of family members

In the event of a disaster such as an earthquake, everyone wants to ascertain the safety of their family members. Call volumes can be high in areas impacted by a disaster, making it difficult for calls to go through. One way to avoid this situation is for all family members to share information on how to contact a relative in a distant location (not impacted by a disaster), and agree to contact that relative in the event of disaster. In addition, the following services are also available.

● Check on the safety/whereabouts of family members using the Disaster Emergency Message Dial system (171).

This voice system activates when call volumes are high in a disaster area and callers are having trouble getting through.



Note: As of August 2012, the Disaster Emergency Message Board (web 171) was enhanced to include smart phone compatibility and add a message registration feature.

