

Disaster Preparedness (Stockpiling essential items)

Items to stockpile at home (minimum of 3 days' worth, if possible 1 week's worth)

Food / Drinking Water

Cup noodles, dried noodles, ready-to-eat packaged meals, dried bread, canned food, biscuits, chocolates, etc.

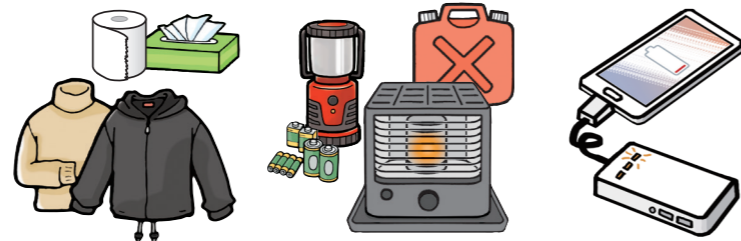
Drinking water, with 3 liters per person per day as an estimate



**Prepare enough:
To last 3 days to 1 week
For all individuals
in the household**

Daily essentials

Toilet paper, tissue paper, lanterns, tabletop stoves (as well as spare gas cylinders), heating equipment/materials (petroleum stoves that are not powered by electricity, fuel, disposable hand warmers, clothes with good insulation, blankets, etc.), flashlights (preferably 1 for each person), battery-operated portable radios (with spare batteries), mobile batteries, etc.



Planning and stocking up with a period of 1 week in mind (the rolling stock method)

In addition to stockpiling instant food, make the most use of your refrigerator to store a week's worth of food items.



The Rolling Stock Method

This method of "stockpiling while consuming" calls for regularly (once or twice per month) consuming the food on hand, while replenishing the stock with new food items you want to eat

Each bottle of gas cylinder lasts for 60 minutes. Gas cylinders are necessary for cooking raw ingredients and instant food in times of power failure.



Emergency Survival Kits

Valuables

Cash, bank passbooks, personal seal, insurance cards, mobile phones (with chargers), mobile batteries, etc.



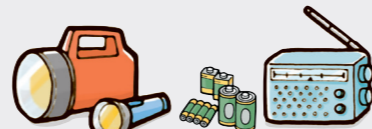
Emergency Food / Water

Bread, canned food, and other food items that can be consumed without re-heating. Bottled water is convenient



Torch / Portable Radio

Prepare 1 flashlight for each person if possible. Prepare radios that are able to tune in to both AM and FM, as well as spare batteries



Clothes / Towels / Personal Hygiene

Clothing (including cold-weather clothing), towels, wet tissue, toiletries, portable toilet materials, sanitary pads, blankets, sleeping bags, disposable hand warmers, masks, gloves, etc.



Medical Supplies

Ointments, plasters/bandages, fever medicine, cold medicine, gastrointestinal drugs, eye drops, household drugs, medicine notebooks



Others

Infant milk, baby bottles, paper diapers, pet supplies, etc.



Disaster Preparedness (How to protect yourself from floods)

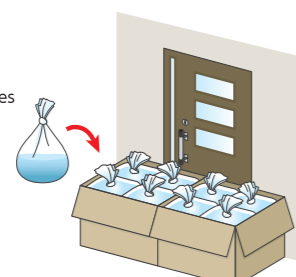
If flooding is imminent

Use items in your house to prevent flooding

Use simple water-bags

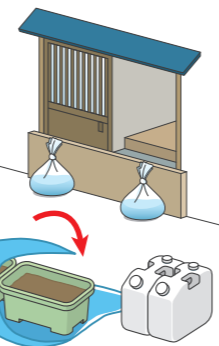
To make simple water-bags, fill up double-layered waste bags with water until around half-full, then tie them up.

Placing items in cardboard boxes makes them easier to carry around and set up.



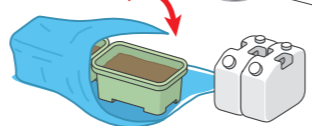
Use water-sealing plates

Join water-bags and plastic tanks together using long planks to prevent flooding.



Use planters and plastic tanks

Line up the planters and plastic tanks and wrap them in a picnic mat to prevent flooding.



Disaster Preparedness (Things to watch out for during an evacuation)

In the case of floods, only walk if the water level is below knee-level (around 30cm), even when the water is still. If the water level has risen up to waist-level, or if there is rapid flow even in shallow regions, evacuate to a higher spot without pushing yourself.

Point 1



As far as possible, avoid evacuating alone. Also, do not take your eyes off children. As it takes longer for children, the elderly, and the sick to evacuate, evacuate as early as possible.

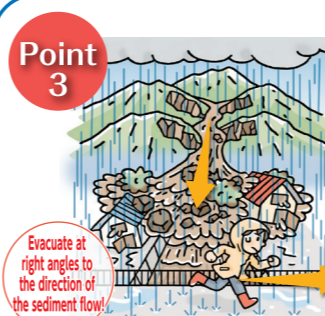
Point 2



While evacuating, look out for manholes and gutters. It is useful to have on hand a stick or pole to check the condition of the ground. Avoid walking barefoot and wearing high boots; instead, wear sport shoes with laces that can be tied.



Point 3



Evacuate at right angles to the direction of the sediment flow!

Begin evacuation immediately if you observe warning signs such as rock noises, cracks on the ground, rolling pebbles, etc. Also, in the case of landslides, evacuate at right angles to the direction of sediment flow.

Point 4



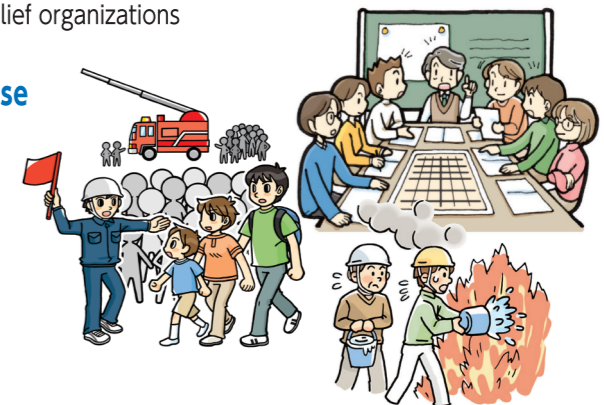
When the water level reaches 10-30cm, brakes become less effective and you should move your vehicle to a safe spot. Furthermore, when the water level exceeds 30cm, the vehicle engine might stall, so evacuate out of your vehicle right away.

Evacuation Routes / Evacuation Drills

Do encourage locals to take part in the evacuation drills at voluntary disaster relief organizations and neighborhood associations.

Familiarize yourself with the evacuation route from your house to the designated shelter or safe spots in the neighborhood.

- Check the location of your home.
- Check the level of flooding near your home.
- Check the location of designated shelters and safe spots in your neighborhood.
- Plan an evacuation route with an actual evacuation in mind, and try to write it down.
- Test the evacuation route on foot, and check the surrounding conditions as well as time required.



Things to watch out for when planning your evacuation route

- If possible, avoid traversing lower grounds, places where water is likely to pool, and areas with the risk of landslides.
- Always assume that in an actual disaster, the situation will differ from the norm and it will take time to evacuate.



Other Hazard Maps

In addition to the Flood Hazard Map, you can also find the Sediment Disaster Hazard Map, Earthquake Disaster Prevention Map, and Reservoir Flooding Hazard Map on the city's website.

《Sediment Disasters Hazard Map》

<http://www.city.asahikawa.hokkaido.jp/kurashi/320/dosya/index.html>

QR Code



《Earthquake Disaster Prevention Map》

<http://www.city.asahikawa.hokkaido.jp/500/522/53901/5439010/p003979.html>

QR Code



《Reservoir Hazard Map》

<http://www.city.asahikawa.hokkaido.jp/kurashi/364/374/376/d063461.html>

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