

## Being prepared for emergency situations in Hiroshima City

Emergencies and natural disasters can happen anywhere, anytime. What's important is being aware of the dangers around the places you live and the places you go, and to make a plan for emergency situations so you'll know what to do if and when the time comes. Natural disasters are **commonly** categorized as the following:

- 1) **Earthquakes** caused by large shifts in tectonic plates (Nankai Megathrust Earthquakes, etc); liquefaction of the ground due to earthquakes
- 2) Flooding from earthquake-caused **tsunami**
- 3) Flooding from **extremely high ocean tides** caused by typhoons or low pressure systems
- 4) **Flooding** of residential areas caused by heavy rains flooding rivers
- 5) Flooding from **temporary inundation** of manholes in the city caused by concentrated heavy rains

**Be prepared and stay prepared for emergency situations** so that you can act calmly and rationally when they occur.

## Everyday Emergency Preparation

There are many things inside the average household which could cause injury or block the exits during an earthquake. Take steps to avoid this by securing furniture, etc, so they don't fall over. Be sure to also prepare a bag of emergency supplies for evacuation, and a stock of emergency supplies for your home. Talk to your family and neighbors about evacuation plans and how to contact each other in an emergency.

### Household Stock Items Checklist

Prepare **at least 3 days** worth of food and water!

(1 week is optimal)



#### ◆ Food and Water

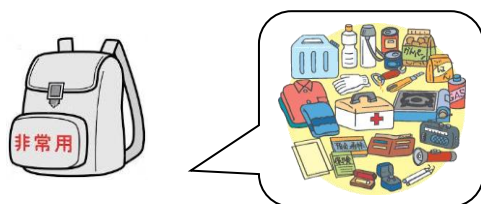
- Be sure your refrigerator is always well stocked (Eggs, meat, fish, vegetables, rice, etc)
- Freeze-dried "instant" foods, boil-in-a-bag foods
- Candy and snacks (chocolate, etc)
- Canned goods
- Drinking water (3 liters per person per day)

#### ◆ Daily Use Items

- Radio
- Flashlight/Lantern
- Portable gas stove, gas cartridges
- Plastic wrap
- Disposable hand warmers
- Medications (including regular medication, painkillers, etc)
- Wet wipes
- Plastic bags
- Simple portable toilet
- Clothing
- Batteries
- Surgical masks

### Emergency Evacuation Items Checklist

Put your items in a **backpack** – easy to carry and you'll have your hands free!



#### ◆ Basic Emergency Items

- Water (500ml PET bottles x 3)
- Non-perishable foods (canned goods, cookies, chocolate, etc)
- Flashlight/Headlamp
- Portable radio
- Batteries
- Portable mobile phone charger
- Cash (be sure to include enough change)
- Simple portable toilet
- Clothing
- Towels
- Rain gear (poncho)
- Okusuri-techou* (medicine book)
- Whistle
- Surgical masks
- Sleeping bag

◆ Be sure to tailor your emergency bag to your family's needs (sanitary items, baby formula, disposable diapers, reading glasses, dentures, etc).

### Make A Family Plan!

Talk to your family and neighbors about what to do in an emergency including who to contact, how to contact, and how to confirm you're all safe.



## Emergency Information

Evacuation and emergency information will be sent via **emergency text/email**, and broadcast via TV and radio. Emergency information for Hiroshima City is also available on **the Hiroshima City Disaster Prevention Portal** website in 7 different languages.

### Emergency Text/Email Service

Information about Hiroshima City evacuations, earthquakes, and more sent right to your home computer/mobile phone. Send a blank email to the address listed below or scan the QR code to register.

Email: [entry@k-bousai.city.hiroshima.jp](mailto:entry@k-bousai.city.hiroshima.jp)

### Hiroshima City Disaster Prevention Portal

Information on emergencies in your neighborhood, evacuation alerts, emergency evacuation sites, and more, all on your PC or mobile phone.

<http://www.bousai.city.hiroshima.lg.jp>



QR code to register



Portal site QR code