

One Point Advice

Discussing Disaster Readiness with Your Family

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家庭で防災について話し合おう

In order to be ready for a major earthquake or other natural disaster, it is important for everyone you live with to know what to do.

Part of this is pre-quake planning, especially with emergency supplies. Families need to have 3-days worth of food and water, but it has to be portable. And not only do the supplies have to be gathered, but replacing items that have expired, such as batteries or expired food rations, must not be forgotten. Families also need to decide in advance what to do about any children or seniors in the house, who takes care of turning off the gas, what to do if there is a fire, and things like that.

Remember there is no guarantee that everyone in the family will be at home when an earthquake strikes. That makes it a good idea to set up an information and contact network with friends and relatives, to find the nearest evacuation zone and practice how to get there, and should it be necessary to evacuate, leave a note in the entrance of your home stating where you have gone and what your condition is.