

Daily preparations

Things to take with you in an emergency and related supplies

To protect yourself from disaster, it's necessary to prepare during daily life

There are certain things you'll want to take with you if you evacuate in the event of an emergency. A backpack is a convenient way to store these items. Keep enough supplies on hand for at least three days after a disaster, and if possible, aim for one week.

Emergency supplies (example)

Place as many essential items as you can carry in a bag like a backpack that leaves both hands free.

Valuables

- ☐ Driver's license, health insurance card, My Number card, etc. ☐ Cash (including change)
- ☐ Bank passbooks ☐ Inkan seal

Medicines

- ☐ Medicine notebook ☐ Household medicines ☐ Masks ☐ Thermometer ☐ Disinfectant

Evacuation supplies

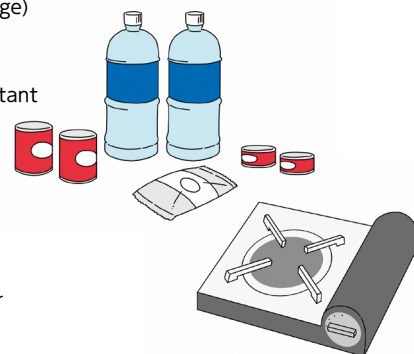
- ☐ Flashlight ☐ Portable radio ☐ Spare batteries ☐ Mobile phone and charger

Emergency rations

- ☐ Crackers ☐ Canned foods ☐ Nutritional supplements ☐ Candy or chocolate
- ☐ Drinking water

Other

- ☐ Towel ☐ Tissues ☐ Wet wipes ☐ Thick gloves ☐ Blanket ☐ Socks and underwear
- ☐ Long-sleeve shirt and long pants ☐ Warm clothing and rain gear ☐ Slippers
- ☐ Mobile hand warmer ☐ Feminine hygiene products



Supplies to stockpile (example)

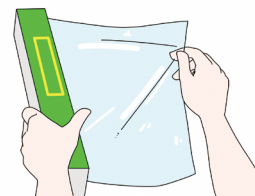
Keep enough of these items on hand to last until things calm down after a disaster.

Food

- ☐ Drinking water (about 3 L per person per day)
- ☐ Emergency rations (alphanized rice, pouch-packaged foods, instant foods, etc.)

Daily necessities

- ☐ Plastic cans for water ☐ Portable butane stove ☐ Butane canisters ☐ Lantern ☐ Tissues
- ☐ Wet wipes ☐ Plastic wrap and aluminum foil ☐ Paper plates, cups, and disposable chopsticks
- ☐ Plastic bags ☐ Waterless shampoo ☐ Rope ☐ Set of tools ☐ Portable toilet



Rotating through your supplies

Emergency supplies like food and drinking water have expiration dates.

To ensure that these items haven't expired when you need them, it's a good idea to "rotate" through your supplies by purchasing and storing items and then using them in daily life while replacing them to ensure that you always have enough on hand.



Key infrastructure

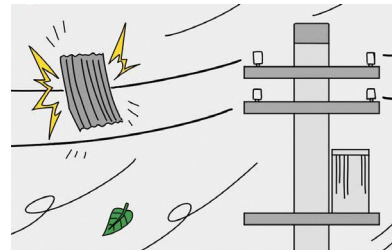
Key infrastructure can sustain significant damage in the event of a major disaster. It can take time for service to be restored, and sometimes outages can even threaten life and limb.

To minimize damage, it's a good idea to review what you can do in advance.

Electricity

Power outages can occur when telephone poles come down or when transmission wires are damaged by flying debris in strong winds.

A variety of objects can be blown about by strong winds, especially during typhoons. Before heavy rain or strong winds, take steps to secure objects that could be blown away and objects that are in an unstable state.



Water

Hirakata City is working to ensure a supply of drinking water in the event of a disaster by hardening water supply infrastructure, including by increasing the seismic resistance of facilities and water mains.

Water service may be cut off in the event of a disaster. Such outages may impact not only drinking water, but also water for firefighting, first aid, toilets, and other uses.

It's a good idea to ensure a supply of water by storing it in plastic cans, bathtubs, and other containers.



Gas

In most cases, microcontroller-equipped meters will shut off gas service in the event of a strong earthquake.

It's a good idea to review how to use these devices and contact information for your local gas company in advance.

In the event of an earthquake, the first step is to ensure your own safety and wait for the shaking to subside.

Once that has happened, put out any fires and shut off gas valves.

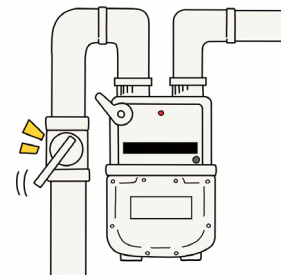


If you smell gas, there may be a gas leak.
Don't use fire! Never allow a flame anywhere near a potential gas leak.
Don't touch switches for appliances like exhaust fans and lights.

Open the windows to let in fresh air.
Close the gas valve as well as the meter's gas valve.
Contact Osaka Gas Co., Ltd., and get outdoors.
Special numbers for reporting gas leaks

Phone: ☎️ **0120-5-19424** Fax: ☎️ **0120-6-19424**

*If you use propane, contact your propane supplier.



Daily preparations

Opening of shelters

Hirakata City has 52 primary shelters and 19 secondary shelters.

Primary shelters are opened in sequence and as appropriate depending on the type of disaster that's occurring.

Members of volunteer disaster readiness organizations, city workers assigned to shelters, and others work together to prepare to open these facilities, but it's essential to ensure that evacuees help each other and cooperate in facility operations.



Procedure for opening a shelter (example)

Preparing to accept evacuees



Workers start by unlocking doors and preparing to accept evacuees. They check for safety inside the facility and in its general vicinity.

Laying out the shelter



Workers put in place an environment in which evacuees can live by considering questions such as what supplies will be needed and where, and how living space should be laid out in accordance with shelter operations manuals and other resources.

Establishing a reception area



Workers compile a list of names and assess the condition of evacuees (residents of disaster-stricken areas, including those who require special consideration or assistance).

Please cooperate with anti-infection measures at shelters

More detailed information is available here.

Ministry of Health, Labour and Welfare

Search



Taking care to wash your hands thoroughly and properly



Before washing your hands, clip your fingernails and remove your watch and any rings. Apply soap to your hands after wetting them thoroughly with running water. Spread out your fingers. Take care to clean your fingertips, under your fingernails, and between your fingers, too. Don't forget to wash your wrists as well. Rinse thoroughly with water once you're finished washing and then thoroughly wipe your hands dry with a clean towel or paper towel.

Adhering to "cough etiquette" in areas where people gather



Wear a mask.



If you don't have a mask

Cover your mouth and nose with a tissue or handkerchief, or, in a pinch, your sleeve.



In a pinch

Life at a shelter

Tips for life at a shelter

At a shelter, you'll be sharing the same space with a large number of strangers. You'll need to work to avoid problems by thinking about rules and manners.



Privacy considerations

When living in a communal manner at a shelter, it's important to consider privacy and mind your manners. Each living space is like a separate home, so you shouldn't barge in without permission.



Shelter rules

It's important to comply with predetermined rules at shelters, including rules about how to dispose of trash, lights-out times, and the order in which evacuees receive supplies.

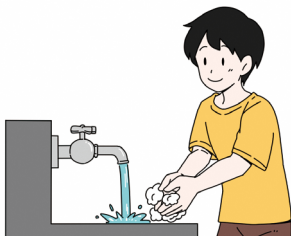
Assignment of roles and mutual assistance at shelters

To improve the shelter's environment, don't just do the job that's been assigned to you, but rather take the initiative to do what you can and help out other evacuees.



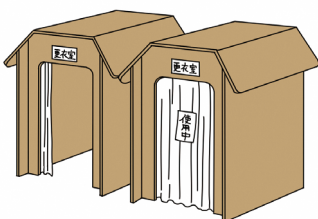
Food and supplies

Food like alphanized rice and other supplies will be delivered to each shelter. Some evacuees will have difficulty going to pick up those supplies, so it's important for evacuees to help each other out.



Preventing foodborne illness and infectious disease

The hygiene environment typically deteriorates following a disaster, making people more susceptible to foodborne illness and infectious disease. Food that's handed out should be consumed as soon as possible. Wash your hands thoroughly before eating or preparing food. If there's a water shortage, use hand sanitizer or other suitable products to keep your hands clean.



Keeping a diverse range of needs in mind

Keep differences in the needs of the elderly, people with disabilities, and men and women in mind from a diverse range of perspectives. Additionally, it's necessary to take into consideration the needs of women and families with children, for example by establishing women-only areas for drying clothes, changing, and nursing infants.

Daily preparations

Shelter-in-place recommendations

Choose to shelter in place if you can verify that your home is safe after a disaster

Due to the communal nature of life at a shelter, it's difficult to maintain privacy, and there are limits on the amount of living space available; some people may become ill due to stress and other factors.

If you can ensure your own safety and that of your home, it's desirable to shelter in place (by staying at home). You can receive aid supplies at a shelter even if you're sheltering in place, but it's a good idea to stockpile key items at home in advance.

Additionally, exercise care concerning secondary damage, for example overturning of furniture due to aftershocks.

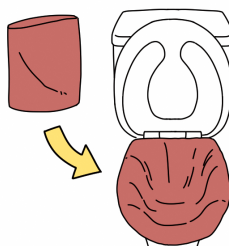


How to make an emergency toilet

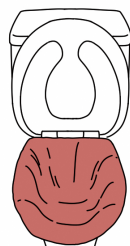
If drainage and sewage systems have been damaged, you may not have access to running water until service is restored. It's a good idea to prepare an emergency toilet for use in such situations. You can also use newspaper and plastic bags.

Place one 45-liter bag inside another.

You can also use disposable diapers.



Raise the seat of your toilet and cover the toilet with the two plastic bags.

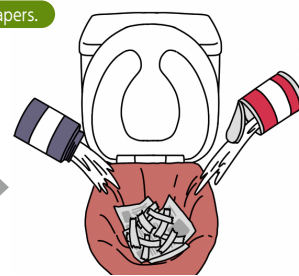


Line the plastic bag with mixed strips and pieces of crumpled newspaper.



Newspaper cut into strips and crumpled up.

Place strips and pieces of crumpled newspaper in the bag.



Add store-bought coagulating agent and disinfectant.



Dispose of the bag in the designated area.



Take out the inner plastic bag, remove any air, and cinch it tightly closed.



Lower the seat and use the toilet (apply a substance with deodorizing effects afterwards).