

Safety Guidebook

for Families with Young Children

To Protect Yourself and Your Family



Hamura City Official Character
はむらりん



Fussa City Official Character
TAKKE☆☆

たぶんかきょうせいじぎょうきょうぎかい
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Disasters in Japan

There is a possibility of many disasters such as earthquakes and typhoons in Japan. Learn about disasters to protect the lives of you and your family.



Check!

Tokyo Metropolitan Foundation
"TSUNAGARI"
Comprehensive Living Guide for
Foreign Residents in Japan



For you and your family

Disasters can strike at any time. Some cannot be predicted. Prepare on a daily basis to protect the lives of you and your family. Preparing for a disaster can help you feel safer.



What to decide with your family

Disasters can strike when your family is in different places. Decide actions to take when a disaster strikes. Confirm the location of the nearest evacuation site and shelter. Check on the disaster prevention map.

Fussa City
Disaster
Prevention Map



Hamura City
Disaster
Prevention Map



If children are alone

When making preparations, consider the possibility that children may be alone when a disaster strikes. Make sure they are safe inside the house and outside.

Check!

Secure furniture so they do not topple over when an earthquake strikes. It is also important to know where children go to play.



Roly-poly pose

The "roly-poly pose" is a pose where you cover your head with both hands and roll up. Assume this pose if there is nothing such as a desk that you can hide under when an earthquake strikes.

Check!

Teach your children the "roly-poly pose" so they can protect themselves if an earthquake strikes.



If children get lost

Children may get lost while evacuating or after you reach the evacuation site. Make sure they have a copy of a personal card, Mother and Child Health Handbook, health insurance card or the like. Put it in a bag they often use.

Check!

A personal card includes information such as your child's name, age, family's contact information, allergies and illnesses. It is also useful to include a photo of family members so people can help find family members.



Personal card

Name _____

Age _____

Contact info _____

Family gathering spot _____

Illnesses/allergies _____

- None
- Yes (_____)

When evacuating

Evacuating with children may take more time. Try to evacuate early.

Check!

Evacuation information for disasters that can be forecast (typhoons, heavy rain, etc.) are issued via TV broadcasts and the like.

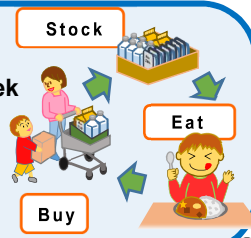
- | | |
|--|------------------------|
| 1 早期注意情報
<small>そうきちゅういじょうほう</small> | Prepare to evacuate |
| 2 大雨・洪水・高潮注意報
<small>おおあめ こうすい たかしおちゅういほう</small> | |
| 3 高齢者等避難
<small>こうれいしゃとうひなん</small> | Evacuate with children |
| 4 避難指示
<small>ひなんしじ</small> | Everyone must evacuate |
| 5 緊急安全
<small>きんきゅうあんぜん</small> | Evacuation complete |

Items you must prepare

- | | |
|---|---|
| <input type="checkbox"/> Water, food | <input type="checkbox"/> Tissue |
| <input type="checkbox"/> Cassette stoves, gas cassettes | <input type="checkbox"/> Wet wipes |
| <input type="checkbox"/> Flashlights, headlamps | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Portable power supply | <input type="checkbox"/> Masks |
| <input type="checkbox"/> Portable radio | <input type="checkbox"/> Plastic bags |
| <input type="checkbox"/> Dry-cell batteries | <input type="checkbox"/> Plastic wrap |
| <input type="checkbox"/> First-aid kit | <input type="checkbox"/> Disposable toilets |
| | <input type="checkbox"/> Daily medicine |

Check!

Prepare enough food and water for one week for the whole family. Use rolling stock, where you replenish supplies as you consume them.



What to bring when evacuating

- | | |
|---|--|
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Disposable handwarmers |
| <input type="checkbox"/> Clothing, underwear | <input type="checkbox"/> Blankets |
| <input type="checkbox"/> Raincoats | <input type="checkbox"/> Slippers |
| <input type="checkbox"/> Work gloves | <input type="checkbox"/> Whistles, crime prevention buzzers |
| <input type="checkbox"/> Towels | <input type="checkbox"/> Hygiene products |
| <input type="checkbox"/> Smartphones (cellphones) | <input type="checkbox"/> Driver's licenses, residence cards, passports |
| <input type="checkbox"/> Toothbrushes, toothpaste | <input type="checkbox"/> Health insurance cards |
| | <input type="checkbox"/> Cash, bankbook, personal seals |

Check!

Bring these along with items you must prepare. Prepare enough foods for three days for your family that can be eaten without cooking and that fits your religious view and body.

Households with babies

- | | |
|--|---|
| <input type="checkbox"/> Diapers | <input type="checkbox"/> Toys, picture books |
| <input type="checkbox"/> Baby wipes | <input type="checkbox"/> Breastfeeding cape |
| <input type="checkbox"/> Liquid (powder) formula | <input type="checkbox"/> Bibs, gauze, towels |
| <input type="checkbox"/> Baby bottles | <input type="checkbox"/> Mother and child health handbook |
| <input type="checkbox"/> Baby food | <input type="checkbox"/> Shoes, socks |
| <input type="checkbox"/> Snacks, juice | <input type="checkbox"/> Baby sling |
| <input type="checkbox"/> Utensils for children | |

Check!

Prepare items according to your child's age. If you are pregnant, prepare to enter a hospital just in case. Do not use strollers when evacuating.

Protection from crime

After a disaster watch out for violence or kidnappings.

Check!

It is dangerous if it is dark outside during a blackout. Finish errands in the daytime and stay at home at night. Do not go outside alone at night. Make sure children are with a trustful adult at all times.



Mental care

Disasters can be a very shocking experience for children.

Mental health can negatively affect physical health.

If you are worried about your child, consult with your family doctor.

It is also important for parents and guardians to be mentally healthy.



Contact methods during disasters

When a disaster strikes and phonelines are crowded, use the Disaster Message Dial, which allows you to record and listen to messages.

Check!

- To record a message
- ① Dial 171
 - ② Press 1
 - ③ Enter your own phone number
 - ④ Record your message

- To listen (play) a message
- ① Dial 171
 - ② Press 2
 - ③ Enter your family/friend's phone number
 - ④ Listen to the message

Useful websites and apps

When a disaster strikes, it is important to quickly obtain accurate information.

To learn about disasters



Disaster Preparedness Tokyo

...You can obtain useful information about disasters.



NHK News Web Easy

...You can view news in simple Japanese.

For communication support



...Multilanguage voice interpretation app Useful for short face-to-face conversations

