

Preparing for Disasters

Preparations before a disaster strikes

Purpose of the disaster preparedness guidebook

Gyoda City may suffer disasters such as floods—including inland flooding—as well as storms and earthquakes.

We cannot prevent natural disasters from occurring. However, each of us can raise awareness of disaster preparedness and prepare to reduce the damage natural disasters cause on a regular basis.

The “Gyoda City Disaster Preparedness Guidebook” was created to help residents prepare for disasters and as a set of guidelines on what to do when a disaster strikes. It describes the preparations you should make to mitigate damage, the various measures necessary for earthquakes, floods and storms, and how to evacuate safely and efficiently.

Please read this guidebook and review what you can do at home and in the neighborhood to be ready just in case a disaster strikes.



Self-Help, cooperation and public assistance

When a disaster strikes, it may take some time for government assistance to arrive. Your first step in protecting everyone is to protect yourself and your family, and minimize damage by cooperating with others in your neighborhood.

The city is implementing a variety of initiatives to strengthen local disaster preparedness, such as training community disaster preparedness leaders.

Self-Help

Everyone acts to protect their own lives and those of their families

- ◆ Have a stockpile of supplies at home sufficient to survive for at least three days after a disaster
- ◆ Check and reinforce your house and implement anti-toppling measures on furniture
- ◆ Confirm the location of evacuation sites and evacuation routes
- ◆ Confirm emergency contact information

Cooperation

Mutual help in the community and neighborhood

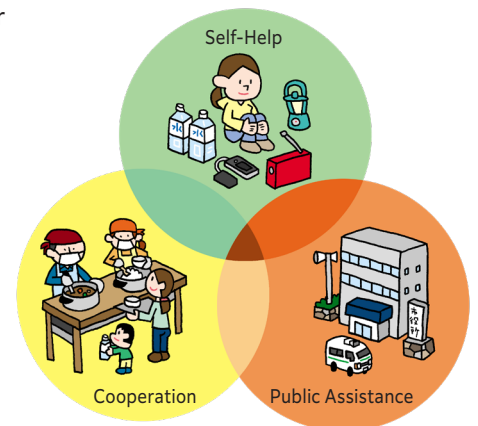
- ◆ Participate in the activities of voluntary disaster preparedness organizations
- ◆ Cooperate with community disaster preparedness inspections
- ◆ Cooperate with evacuation shelter operations
- ◆ Support seniors, the disabled and other people in the community who need assistance

Public Assistance

Rescue and support activities by government agencies

- ◆ Maintain and manage disaster preparedness equipment (municipal radio communication system for disaster preparedness, stockpile warehouse, etc.)
- ◆ Establish community disaster preparedness plans
- ◆ Perform rescue activities when a disaster strikes
- ◆ Support self-help and cooperation
- ◆ Promote certification of disaster preparedness specialists*

* A disaster preparedness specialist has a private certification issued by the NPO Japan Bousaishi Organization. This certification is given to those who have shown they possess the proper knowledge, skills and awareness of disaster preparedness through the completion of a curriculum and examination the organization prescribes, as well as through participation in emergency lifesaving courses.



Do you know about volunteer disaster preparedness organizations?

Voluntary disaster preparedness organizations are operated by residents associations, who work to protect their own neighborhoods themselves.

Getting to know your neighbors is an essential part of disaster preparedness. Participate in voluntary disaster preparedness organization activities on a regular basis so you can cooperate with neighbors to minimize damage in the event of a disaster.

Emergency supplies and stockpiles

A major natural disaster may affect logistics, causing a shortage of supplies, and water, electricity, gas and other essential services may be cut off. Prepare emergency supplies of the most necessary items that you can easily take with you if you have to evacuate, and prepare a stockpile of items for at-home evacuation.

Example of emergency supplies and stockpiles

Drinking water

At least a one-week supply for the entire family (approximately three liters per person per day).



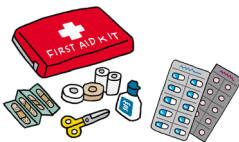
Food

At least a one-week supply of foods that do not require cooking.



Prescription medications and other medicine

Medicine is often in short supply in affected areas, so each household should have an ample supply of necessary medication.



Body wipes Wet wipes

Have these in case you are unable to bathe.



Dental care supplies

People with bad dental hygiene are at a higher risk of pneumonia.



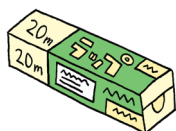
Valuables

Personal identification such as a driver's license, health insurance card, My Number card, etc. Cash is also useful to have (both bills and coins).



Plastic wrap

Plates do not have to be washed if wrapped with plastic wrap, which saves water.



Plastic bags

These can be used for multiple purposes, such as transporting water, as stand-ins for rain gear, and preventing backflow in toilets (water bags).



Lights and lanterns

Use as lighting if there is a power outage. LED-types last longer and are brighter.



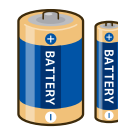
Battery-powered mobile power supply

Carry as a backup power supply for cellphones and the like in case of a power outage.



Dry-cell batteries

Have more than enough in stock for use in battery-powered mobile power supplies and the like.



Portable gas stoves and gas cylinders

A necessity if you want warm food. Keep more than enough gas cylinders in stock.



Blankets

Since there are limited numbers available at shelters, have a few blankets that are easy to carry.



Newspaper

Can be used as paper dishes, to absorb toilet water, and to keep the body warm.



Emergency toilets

Toilets cannot be used if the water supply is cut. Have at least five on hand per day for each family member.



Menstrual goods

Keep enough stock of the product you normally use on hand.



Infection prevention supplies

Masks, disinfectant and the like are often in short supply at shelters.



The Gyoda City website also has information on emergency supplies and stockpiles.



Necessities vary depending on your household situation

When gathering emergency supplies and stockpiles, the items you include will differ depending on whether your household includes an infant, a pregnant woman, a person requiring nursing care, a pet, and so on. Make preparations based on your household needs.

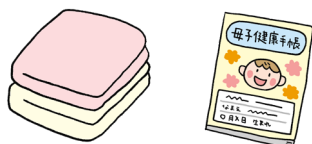
Households with infants

Formula and liquid milk, baby bottles, disposable diapers, baby wipes, toys, Mother and Child Health Handbook (*Boshi Techo*), etc.



Households with pregnant women

Gauze, maternity belts, childbirth supplies, newborn supplies, Mother and Child Health Handbook (*Boshi Techo*), etc.



Households that include someone in need of nursing care

Nursing care supplies, dentures, hearing aids, adult diapers, medicine, reading glasses, etc.



Households with pets

Cage, leash, pet food, dishes, toiletries, owner information, etc.



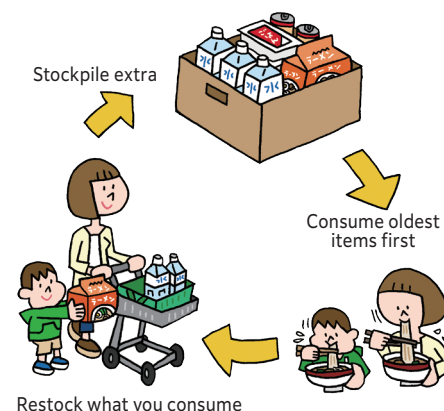
Rolling stock: Restocking as you use supplies

“Rolling stock” is a method where you purchase extra amounts of food and other goods that you buy on a daily basis. You restock as you consume goods so that you always have a certain amount stocked.

In addition to preserved and emergency foods made for disasters, foods with long expiration dates such as canned foods and retort pouches are suitable for rolling stock.

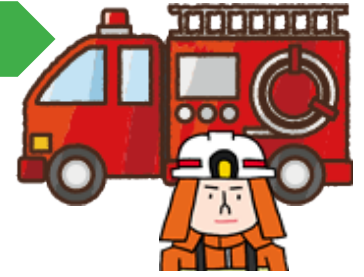
Key points

- ◆ Prepare at least three days' worth of drinking water and food, and preferably enough for one week
- ◆ Prepare food and water stocks according to your family situation (infants, seniors, food allergies, etc.)
- ◆ Prepare foods that you and your family actually like
- ◆ Prepare about the same amount of familiar daily necessities



Firefighting measures

Do not try to extinguish the fire yourself. Tell your neighbors about the fire and call 119 immediately. If initial firefighting activities fail to extinguish the fire, evacuate quickly.



Three principles of initial firefighting

1. Notify quickly

- ◆ Shout "Kaji da!" (*kaji* means "fire") to alert family members and neighbors
- ◆ Call 119 even if the fire is small and tell them the location and situation



2. Extinguish quickly

- ◆ Initial firefighting activities are essential immediately after a fire breaks out. A fire can be extinguished if it has not spread to the ceiling.
- ◆ Besides water and fire extinguishers, you can use other objects around you, such as a wet blanket



3. Evacuate quickly

- ◆ If the fire spreads to the ceiling, it is much harder to extinguish. Evacuate immediately.
- ◆ Before evacuating, close the windows and doors of the room on fire to block the airflow



Tips for preventing a fire

Do not step away from the kitchen

- ◆ Never put flammable objects near the stove
- ◆ If you must step away, turn off the flames

Smoking while lying in bed and throwing away cigarette butts on the streets are strictly prohibited

- ◆ Never leave lit cigarettes
- ◆ Use a deep ash tray when smoking, and always put out cigarettes with water

Organize your power cords

- ◆ Never overload outlets/put too many plugs in one outlet
- ◆ Never place objects on power cords
- ◆ Clean the area around outlets regularly

Clean the area around heaters

- ◆ Never put flammable objects such as clothing and mattresses near heaters
- ◆ Never place heaters near furniture
- ◆ Never dry laundry near heaters

Prevent children from playing with fire

- ◆ Teach children the dangers and proper handling of fire
- ◆ Never leave matches/lighters where children can find them

Measures to prevent arson

- ◆ Put out garbage on the morning of the designated collection day and never leave flammable objects around your house
- ◆ Always lock garages and storage units

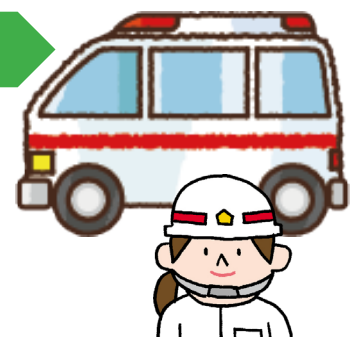
Installing and maintaining/managing household fire alarms

Household fire alarms will quickly alert you when they detect a fire. Most homes will already have one alarm installed since they are required by law. However, older fire alarms may no longer detect fires if their electronic components or dead batteries have deteriorated, so they should be inspected regularly and replaced after approximately ten years.



First aid

In a sudden disaster, getting professional medical treatment may take some time. Regardless of a disaster, you should acquire the knowledge and skills necessary to make calm observations and judgments and to perform proper first-aid procedures when a loved one gets injured.



Learn first-aid methods

Prompt first-aid procedures saves precious lives.

The fire department offers first-aid courses and first-aid instruction so that residents can acquire proper knowledge about what to do in an emergency.

Visit the Gyoda City website for more information.



Remember the location of AEDs

AEDs are located in public facilities such as city offices, community centers and schools, as well as a variety of places like convenience stores and large commercial facilities.

Be sure to confirm the location of AEDs and learn first-aid procedures.



Personal disaster preparedness memo

Discuss evacuation sites and emergency contact information with your family.

Our evacuation site	Family meeting place

Contact numbers for family and relatives

Name	Blood type	Telephone number	Company/school name	Company/school contact number

Checking the safety of family members

Phone lines become very crowded during a disaster. Decide on multiple ways to confirm the safety of family members.

NTT Disaster Emergency Message Dial Dial 171 and follow the voice guidance to record or listen to messages.

Record a message: Dial 171 → Press 1 → Enter telephone number with area code → Record a message

Listen to a message: Dial 171 → Press 2 → Enter telephone number with area code → Listen to a message

NTT Disaster Message Board (Web 171) Website: <https://www.web171.jp/>

You can write and check messages online here in the event of a disaster.

Cellphone carriers also provide disaster message board services. Visit your cellphone carrier's website for details on how to use these services.



Obtaining disaster preparedness information

If a disaster occurs, it is vital to obtain disaster preparedness information as quickly as possible. The city and public agencies disseminate local weather and evacuation information via various methods. To protect the lives of you and your family, be sure you know how to obtain disaster preparedness information.

Gyoda City official SNSs



Gyoda City's official LINE, Twitter and Facebook accounts normally send out notifications and information about events. If a disaster occurs, however, these SNSs will send out disaster preparedness information, such as evacuation information and evacuation shelter information.



Municipal radio communication system for disaster preparedness



When a disaster strikes, the 152 speakers in the city will broadcast emergency information. You can also listen to the content of the broadcasts through the Audio Confirmation Service for twenty-four hours after the broadcast. Tel: 0120-360-100 (free)

Town of Ukishiro: Safety information mail



Information on disaster preparedness and crime prevention is sent to cellphones and PCs. Prior registration is required. Send an empty email to gyoda.bouhan@mpme.jp to complete registration. If you have spam mail settings turned on, be sure you are able to receive email from the "mpme.jp" domain.



Emergency alert area Email / Emergency alert Email



Evacuation information and the like will be simultaneously sent to all cellphones within the city's base station area. No registration is required.

Television



You can use the data broadcast function (press the d-button on your remote) on NHK or TV Saitama to check for evacuation information and evacuation shelter information the city releases.

Radio



The city has a disaster support agreement with FM Kumagaya (87.6MHz) to broadcast disaster preparedness information.

Website



◆ Gyoda City website
Disaster preparedness information on evacuation and evacuation shelters
<https://www.city.gyoda.lg.jp/index.html>



◆ Saitama Prefecture Crisis Management, Disaster Preparedness, Crime Prevention, etc. Sai-no-Kuni Safety and Security
Evacuation and emergency information for the prefecture
<https://www.pref.saitama.lg.jp/theme/anzen/>



◆ Japan Meteorological Agency (JMA)
Weather information on typhoons, heavy rain, tornadoes, etc.
<https://www.jma.go.jp/jma/index.html>



◆ Yahoo! Disaster Preparedness Alert
Weather and disaster preparedness information for the registered area
<https://emg.yahoo.co.jp>

