



Next year is on a **Monday**

## Every year on 17 January, we run a citywide disaster drill together!

In Minoh City, regardless of which day of the week, every year on 17 January, the date of the Great Hanshin-Awaji Earthquake, the whole city runs a citywide disaster drill.

Next year's drill is on a Monday!

Please participate in the drill from wherever you are in your designated role!

\*There may be changes to the schedule or the scale depending on COVID-19

### Daily Habit ③

## Always keep your car's gas tank full

Instead of thinking "I'll fill it up next time I go out", change your habit to "I'll fill it up before I go home".

Your car is not just a means of transport, it can also provide you with heating.

Also, you can use the car battery to charge your phone.



### Daily Habit ②

## Always keep your bath full of water!

Always keep me full!

When a disaster occurs, you can use bath water for your everyday water needs, such as flushing the toilet.

Always keep the bath full of water.



#### Water outage during the Northern Osaka Earthquake in June 2018

In my apartment building both the power and water were cut. At the time, the thing I was most concerned about was water for everyday life, like using the toilet and washing clothes. Someone living on the same floor as me was kind enough to share their bath water, and it was a huge help. Since then, I try to always keep water in my bath as a daily habit.

#### Great tip!

#### The biggest struggle "water for everyday life"

According to a national survey of survivors of the Great Hanshin-Awaji Earthquake, the thing most people struggled with after the earthquake was "securing water for everyday life". For example, you need one bucket of water (around 6-8 liters) of water to flush a toilet. Try to always keep your bath full of water.

## Prepare your house to hold out for three days

### Daily Habit ①

## Always keep your fridge and pantry full!

Buy lots of groceries, eat the oldest groceries first, and buy more as you start running out.

Always keep a "new stockpile" in your house.



### Start now!

Make it a habit to do these 3 things

If you start making small changes in your everyday life, it can be a big help in the event of a disaster. Please start the following daily habits!

Always keep me full!

In an emergency...

"A full refrigerator and pantry" is part of your emergency supplies.

#### Power outage during the typhoon in September 2018 (Typhoon No. 21, Typhoon Jebi)

After the power went out, we started eating from the refrigerator compartment, then after that the freezer, then the long life food items, being careful with the order we ate things in. The power outage lasted 3 days, but we managed.

#### Great tip!

#### Your fridge is your emergency food supply storage.

In a power outage, avoid opening and closing the door of your refrigerator as much as possible to keep it cold inside. Also, any frozen items can be used in place of an icepack. When you have a lot of items to refrigerate, you could move them to the freezer compartment, or put them in a cooler box with frozen items in order to make them last longer.

#### Food Supply It's OK to use what you eat everyday!

Please store food that you can eat without cooking.

- Retort pouches (okayu, zosui, stew, etc.)
- Canned, bottled food



#### Water 9 liters × No. of people in household

Each person needs 3 liters of drinking water per day

(4 person household = 9 liters × 4 people)



Buy a whole box and put it in storage!

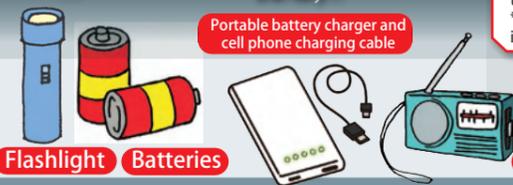
It's vital that you stock up on food and water!

For 3 days!

## Imagine there is a power and water outage, and prepare an emergency bag!

### POWER OUTAGE

- Can't turn on lights...
- Can't watch TV...
- Cellphone runs out of battery...



#### Please buy a radio!

In Minoh City, in an emergency we continuously broadcast emergency information on Tackey 816 (FM81.6). Please always take a handheld radio with you in times of disaster. Some smartphones may also be able to tune in. \*At specific times of the day, we broadcast information in English.

Put it near your entrance

### Preparing an emergency bag

### WATER OUTAGE

- Can't flush the toilet...
- Can't take a bath...
- Can't wash the dishes...



#### Other

- Whistle (to call for help)
- Things you might need
- \* A little bit of water and some snacks
- \* Milk powder and diapers for babies
- \* Your regular medicine
- \* Alcohol-based sanitizer
- \* Contact lenses or a spare pair of glasses
- \* Menstrual products
- \* Tissues
- \* Masks
- \* Thermometer

Regularly put these items in your emergency bag, and put it near your entrance!