

**A disaster could strike tomorrow!**

# Get ready now! Preparing your household

After the Northern Osaka Earthquake on 18 June 2018, a number of pipes were damaged and water supply was cut to many areas of the city. Also, during Typhoon No. 21 (Typhoon Jebi) on 4 September, large-scale power outages were caused by fallen telephone poles. Water supply pumping equipment also stopped operating at some apartment buildings, causing disruptions to water supply as well. No one can tell when disasters such as these will happen again. Right after a large earthquake, help from outside will not arrive for 3 days. Please start preparing your household with supplies to last 3 days even if power, water, and gas are stopped and services are suspended.

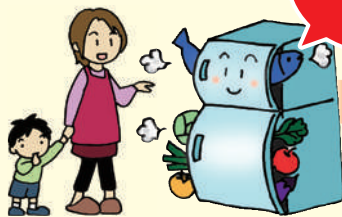
**Make it a daily habit!**

**3 ways to start preparing now**  
If you make small changes to your everyday life it can be a big help in a disaster!  
**Start these daily habits to be prepared to last 3 days!**

## 1 Always keep your fridge and pantry full!

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

**Always keep a "new stockpile" in your house.**



**Always keep me full!**

**You can count on me!**

**In an emergency**

**"A full fridge and pantry" is also part of your emergency supplies!**

**Great tip!**

**Your fridge is your emergency food supply storage**

In a power outage, avoid opening and closing the door of your fridge 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 section, 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 every day!

Please store food that you can eat without cooking

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



**Water**

9 liters x No. of people per household

Each person needs 3 liters of drinking water per day  
**(4 person household = 9 liters x 4 people)**

**Buy a whole box and put it in storage!**



**Please make sure to stock up on food and water!**

**For 3 days!**

**In the city**

### Power outage

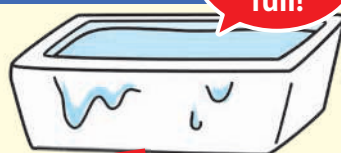
Personal experience

After the power went out, we started eating from the fridge section, then 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.

## 2 Always keep your bath full of water!

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

**Always keep the bath full of water.**



**Always keep me full!**

**Great tip!**

**The biggest struggle is "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 1 bucket of water (around 6-8 liters) to flush a toilet. Try to always keep your bath full of water.

**In the city**

### Water outage

Personal experience

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.

## 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 only for transport, it can also be useful for heating and cooling. Also, you can use the car battery to charge your phone!

**Always keep me full!**

