

# Daily preparation saves lives

Earthquakes, typhoons,,,  
When a major disaster occurs, can you  
protect yourself?  
Can we provide “mutual assistance” within  
the community?  
The students of the Chiba University  
Environmental ISO Student Committee  
have put together a leaflet created as a  
result of participating in disaster prevention  
efforts in Chiba City.

## Things you can do in your daily life.

### Stocking food and beverage

In case you cannot use water and electricity or get food in a supermarket or convenience store, you need to prepare. Always stock up on a week's worth of canned or dried food and drinks. There is no need to prepare anything special for disaster prevention. Prepare things you use on a daily basis, such as cup noodles, canned food, and retort food.

### Prepare an emergency bag

If your home is in danger, you will need to evacuate to a safe place such as an evacuation center. Pack the things you will need for life in the evacuation center in a backpack in advance, and have them ready to take with you at any time. There is a limit to the amount of luggage you can take out so you should consider how much you are able to carry, and choose the contents that you really need.



↑ Take-out bag displayed  
at evacuation center management training

## Decide how to confirm your safety with your family

During a disaster, it may be difficult to get through on the phone. Talk about how to confirm your safety and a meeting place in advance. It is a good idea to use the government's disaster message board(web171) and disaster dial(171).

## Check locations of shelters and evacuation routes

In order to take refuge in a safe place and not to panic, make sure of your evacuation routes, the places where disasters can happen, and locations of shelters ahead of time using a hazard map. You need to consider each disaster because safe shelters depend on the kind of disasters.

↓ the hazard map of earthquake, storm, and flood in Chiba City(web)

[https://www.city.chiba.jp/ot/her/jf\\_hazardmap/index.html](https://www.city.chiba.jp/ot/her/jf_hazardmap/index.html)



## What to do in an emergency

### At home

#### ① Protect your head

It is important to protect your head from falling objects by using a cushion or bags. If you are able to move, go to a protected space like under the table.

#### ② Secure an escape route

Open doors or windows to make an escape route.

### ③ If there is a fire, put it out

To prevent fire, turn off the stove during or after an earthquake and keep calm.



### Outside the home

#### ① When on elevators

Press the buttons to all the floors, and escape from the elevator wherever it stops. If you get trapped, use the emergency intercom to contact someone.



#### ② When driving

Never brake or turn the steering wheel suddenly, because it is dangerous. Put on your hazard lights and slow down. Stop your car on the left side of the road and wait for the earthquake to stop. If you leave your car, leave the key inserted so that your car will not hinder emergency cars.

### What to do after the earthquake

#### •After 3 minutes

→If you are in your house, wear something to protect your feet. Prepare your emergency bag.

#### •After 5 minutes

→Gather information from devices such as radio. If you are not with your family, check if they are safe. When you contact them, try to avoid calling them. Instead, try using the disaster emergency message service.

#### •After 10 minutes

→Start working on fire extinguishing and rescuing with your neighbors. Every second counts when rescuing people from broken buildings just after big earthquakes. However, official rescuers will not arrive quickly, due to road damage. Therefore, "mutual help" is necessary in emergency situations.

## Disaster prevention by region

### ① Management drill of evacuation shelter in Todoroki cho junior high school

[Main contents]

- How to use the restroom at evacuation shelters
- Support for injured people
- How to install temporary toilets
- How to use electricity generated by solar panels

Knowledge of how to use the restroom and hygiene management will be indispensable while staying at an evacuation centre.

Facility of Todoroki-cho junior high school →  
Left: solar panels  
Right: temporary toilet



### ② Yayoi Elementary School Evacuation Shelter Management Committee

"It is difficult to run a shelter if everyone who has taken refuge in the shelter has the mindset of a guest."

Trained professionals may not arrive at the shelter immediately. Evacuees themselves can make life in an evacuation center more comfortable by cooperating with each other and voluntarily talking to each other. Some of the activities in a shelter that you have not experienced before may be confusing, but once you have experienced them, you will find it easier than you think. Why not participate in disaster prevention events held in your community?

## Comments from President of a Neighborhood Association of District15

Nishichiba Campus is located in District 15, which is called Bunkyo District. Many students are living and working there. However, I am concerned about them because they may not be a part of the local framework of disaster prevention due to their tenuous connection with the region. Local shelters cannot receive enough public support within an hour after a large-scale disaster happens. So, local residents work independently to be a local base when a disaster happens. It's a good idea to think about how you will be associated with your local shelter when a disaster happens and how you will stay in school when public transportation stops?

Yoji Machi

- "Chiba Prefecture Disaster Preparedness Quick Knowledge 'Earthquake Occurrence! Immediate Actions' Chiba Prefecture" (<http://keihatsu.bousai.pref.chiba.lg.jp/jibun/prepare/occurrence.html>)
- "Ministry of Agriculture, Forestry and Fisheries 'aff September 2019 Issue' p. 3" ([https://www.maff.go.jp/pr/aff/1909/spe1\\_03.html](https://www.maff.go.jp/pr/aff/1909/spe1_03.html))
- "Cabinet Office Minister's Secretariat Government Public Relations Office (2021) 'Preparation for Emergencies with Everyday Foods! What are the Tips for Food Stockpiling?' Government Public Relations Online" (<https://www.gov-online.go.jp/useful/article/202103/2.html>)
- "Moshimo Stock Editorial Department (2020) 'Contents & Weight of Emergency Evacuation Bags? Why they are necessary'" (<https://moshimo-stock.jp/article/entry/2020/01/post-15/>)
- "Cabinet Secretariat Cabinet Public Relations Office 'What You Can Do Before Disasters Strike' Prime Minister's Office" (<https://www.kantei.go.jp/jp/headline/bousai/sonae.html>)