

# **Be prepared for natural disasters!**

## **1. Get to know about self-help!**

**“ To protect yourself (self-help) “ is very important when a disaster occurs. We always need to be conscious of it and be prepared to take actions.**

## **2. Stock foods and daily commodities!**

- Have three days of foods, water and daily commodities in your emergency stock.**
- Keep a flashlight and a radio to prepare for power outage and suspension of water supply.**

## **3. Discuss with your family and friends!**

**You may be suffered from a disaster when away from home. Discuss what to do or where to meet with your family members and friends.**

# Confirm your preparedness for a disaster!

- I have three days of foods (hard, biscuits etc.) in my emergency stock.
- I have three days of drinking water (3L/day) in my emergency stock.
- I have baby formula and diapers in my emergency stock.
- I have a flashlight, a radio and other necessary devices in my emergency stock.
- I know the refuge in my neighborhood.
- I have walked to the refuge in my neighborhood.
- My family, friends and I have decided on the meeting place
- I know the “Disaster Message Dial.”
- Unstable furniture is secured to a wall or floor.

Are you ready for disasters?



## Disaster Message Dial 171

Disaster Message Dial 171 is a voice message service. People in disaster-stricken areas can record their message (safety information, etc.) by using their home phone numbers. The message can be stored, and listened by others.

