

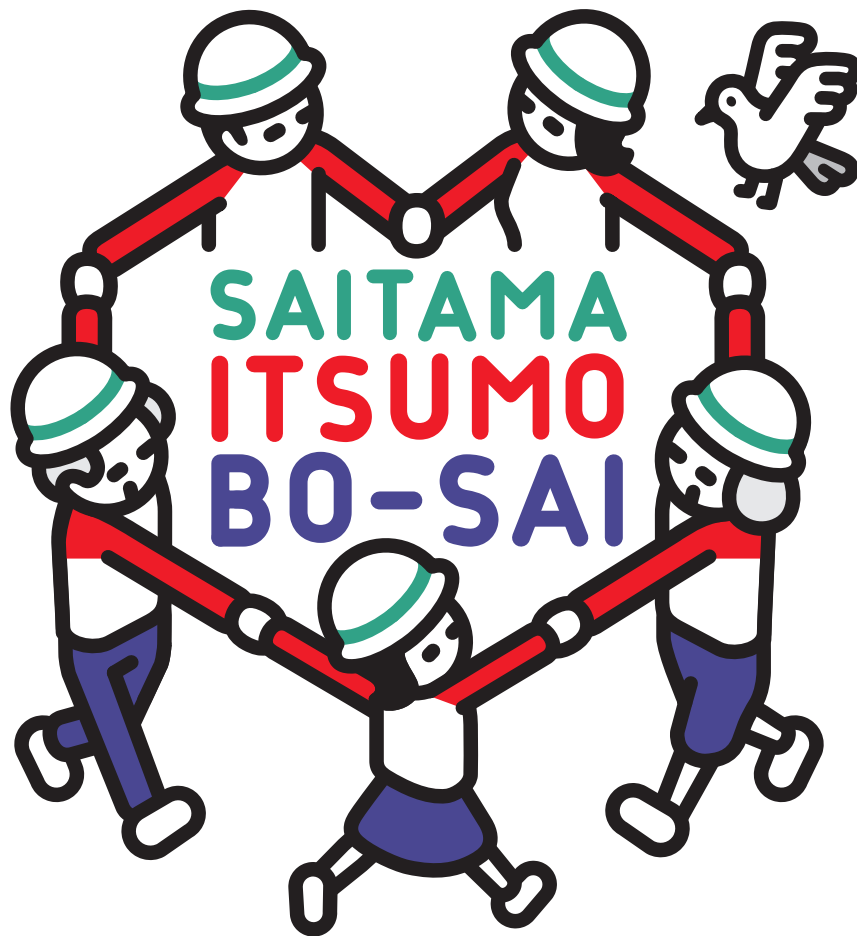
BO-SAI MANUAL

(disaster prevention)

Please keep in an easily accessible place

3 self-help actions to protect your life

Anchoring of furniture/Disaster emergency messaging services/Stockpiling of food and water for three or more days



Your routine improves your disaster response capacity

Saitama
彩の国



Pref. Govt.
埼玉県

In Saitama Prefecture, there are big cities.

The prefecture has rich nature as well.

There are people who work in their hometown and people who work in other prefectures.

People who live alone, and people who live with their family.

In fact, various people live their life in the prefecture. Saitama Prefecture is a place where various lifestyles exist.

Therefore, we believe that Saitama Prefecture can be a role model for disaster preparedness for other prefectures in Japan, if we all make an active effort towards disaster preparedness and achieve results.

Regularly discuss how to prepare for disasters with your family or people close to you, always be prepared, and continue this pattern.

If these actions become second nature, Saitama will become an even better and safer place to live.

To ensure Saitama is a comfortable place to live, no matter what happens.

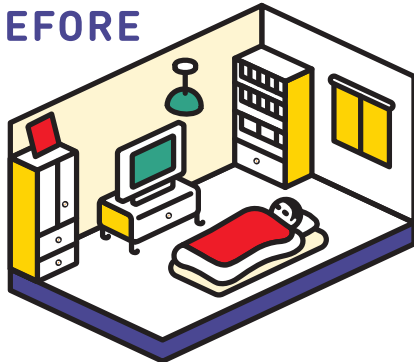
“Itsumo Bo-sai (always prepared for disaster)” starts with you.

SAITAMA ITSUMO BO-SAI

Points to be checked for a safe house

● When an earthquake occurs

BEFORE



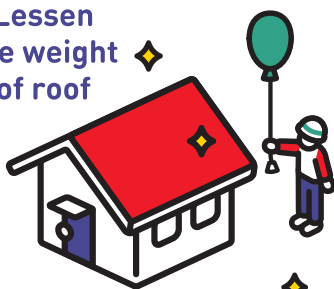
AFTER



Making a safe place to live is a basic disaster prevention measure.

● Points for a safe house

Lessen
the weight
of roof



Increase
the number
of walls



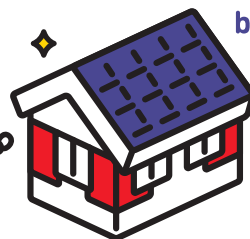
Reinforce walls
with diagonal
beams



In 1981

In this year, seismic criteria, one of the standards to check the seismic safety of buildings, was strengthened.

Improve the balance
by installing new walls

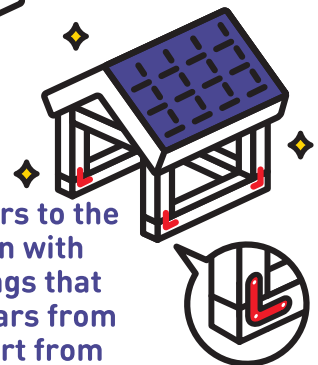


First, ask your
local government

In some areas, local municipal governments have established subsidy systems which you can use.

Conditions differ depending on municipalities, so be sure to check first.

Anchor pillars to the
foundation with
metal fittings that
prevent pillars from
pulling apart from
the foundation

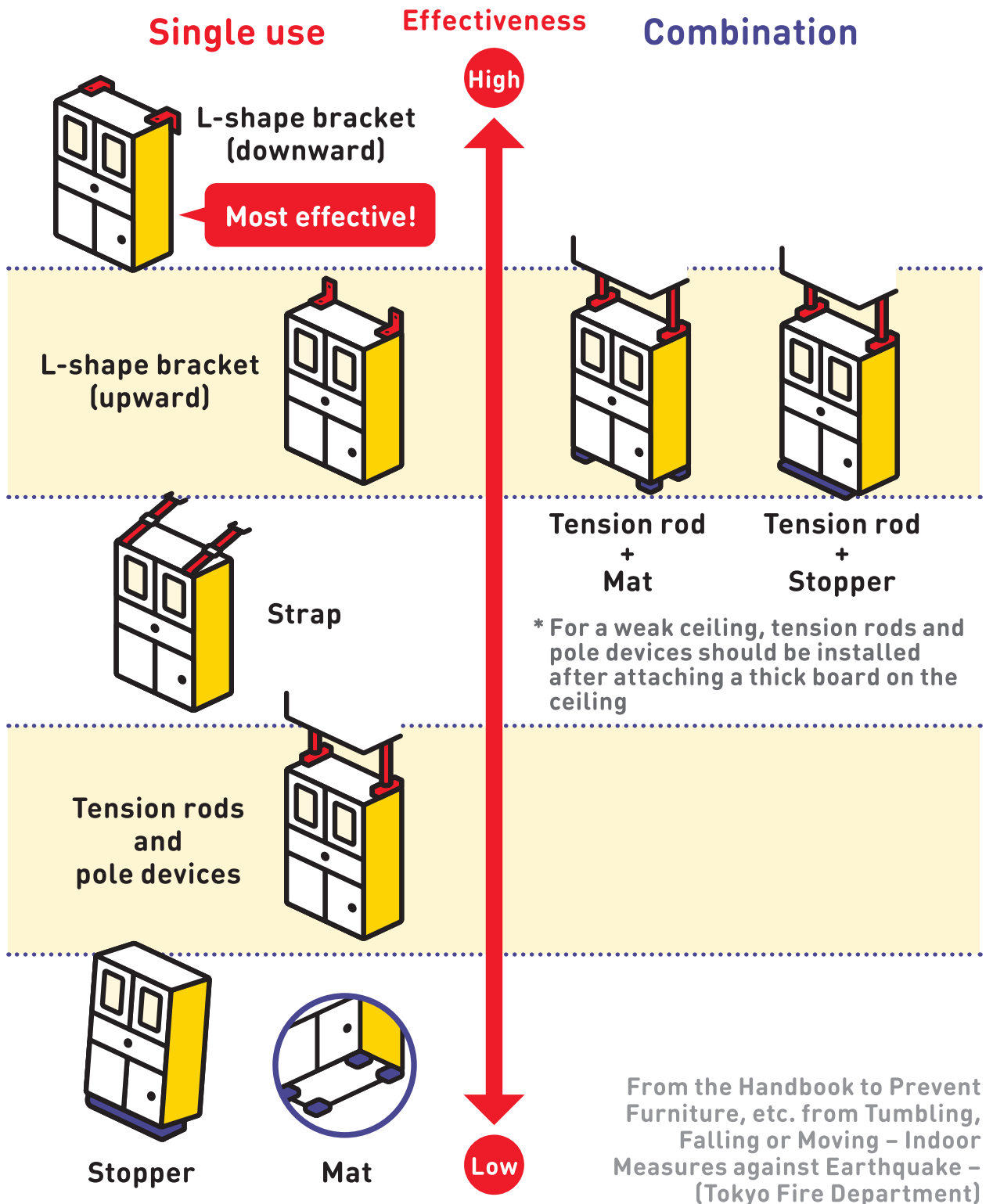


Subsidy systems and other information regarding seismic diagnosis, earthquake retrofit of residential/commercial buildings in Saitama Prefecture

<http://www.pref.saitama.lg.jp/a1106/shinsai/taishinhojyo.html>

How to prevent furniture from falling over (1)

● Effectiveness of furniture fall prevention devices

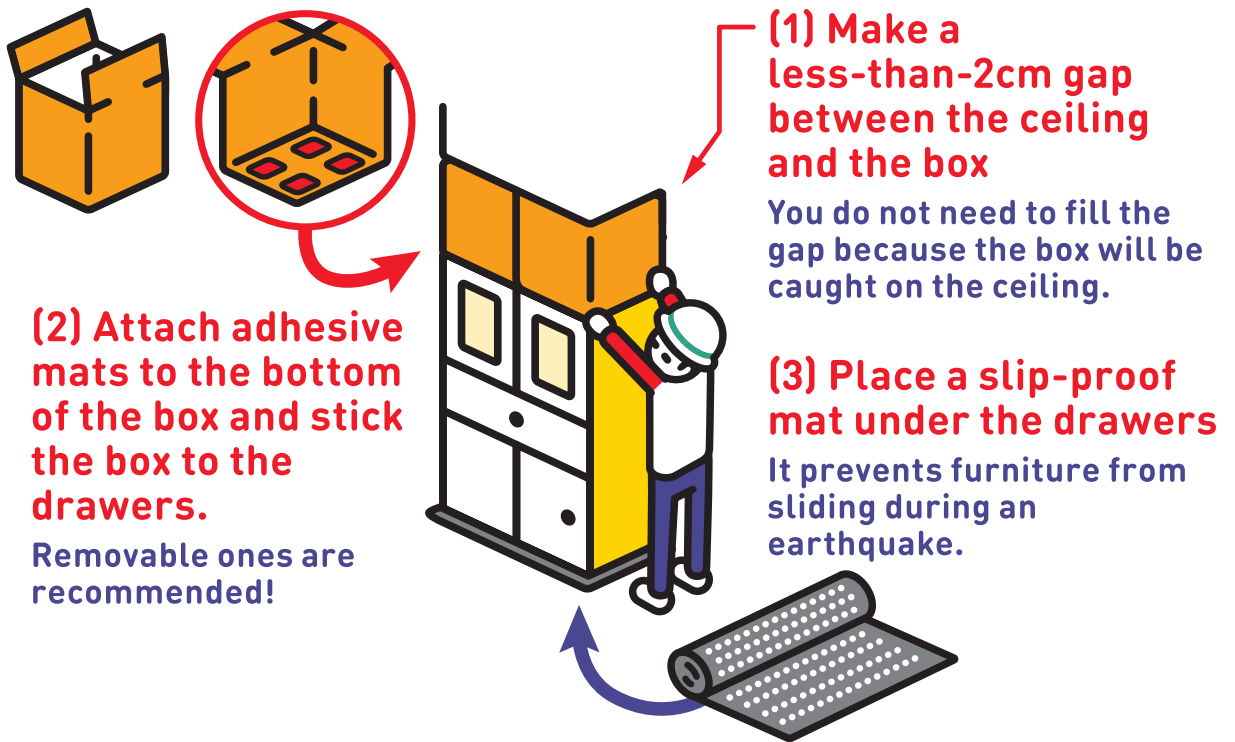


If you want to ask professionals to anchor your furniture, please use the Saitama Prefecture Furniture Anchoring Supporter (free consultation, construction fee required)

<http://www.pref.saitama.lg.jp/a0401/bousaitaisaku/index.html>

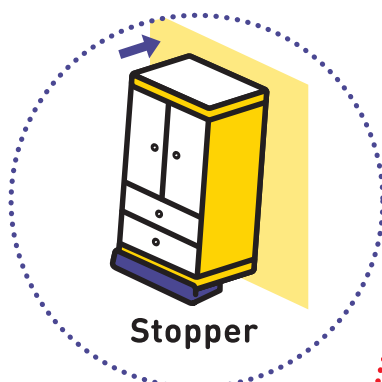
How to prevent furniture from falling over (2)

- 3 points to prevent furniture from falling over using easily obtainable materials such as a cardboard box

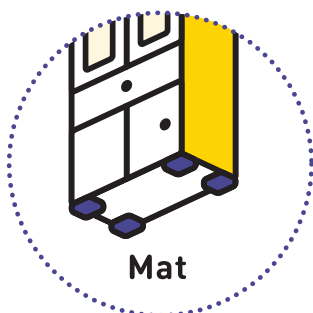


- Anchoring furniture by combining several devices

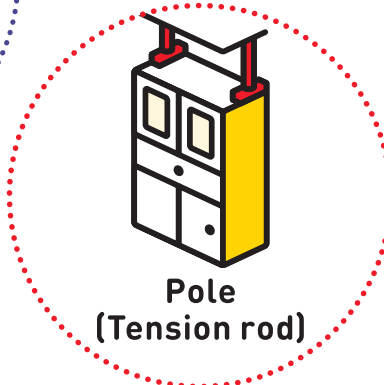
Under the furniture



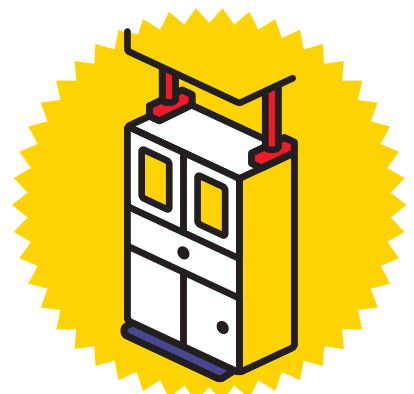
or +



On the furniture



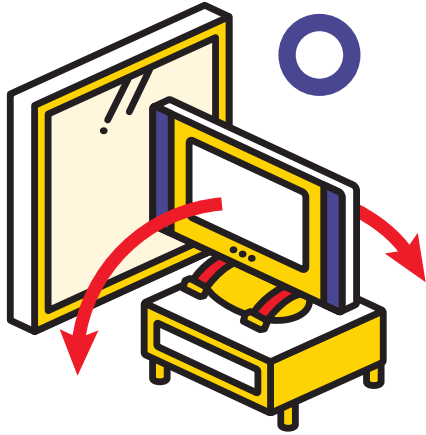
=



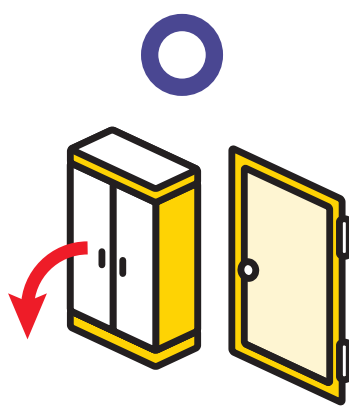
If these devices are combined, they will have the same strength as an L-shape bracket!

How to prevent furniture from falling over (3)

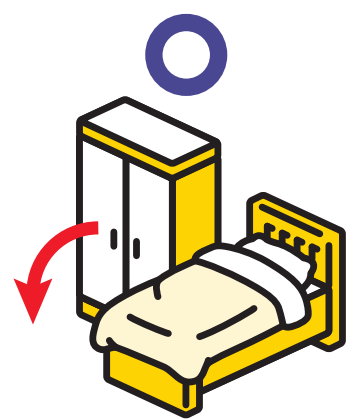
● Well-devised arrangement of furniture



Do not place anything in front of a window; position things in a direction so that they will not hit the window if they fall over.

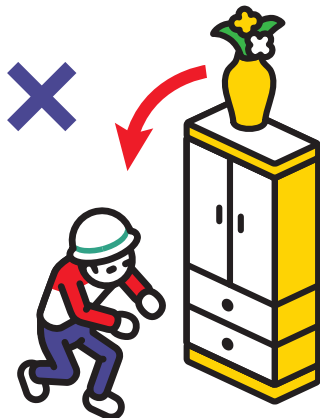


Place furniture/home appliances so they do not block the evacuation route.



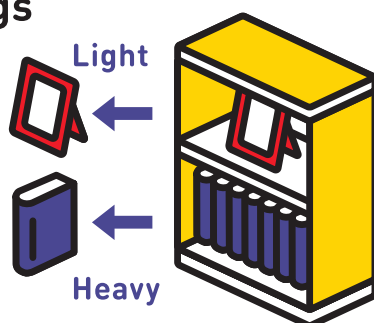
Sleep where furniture/home appliances will not fall over.

● Storage ideas



Do not place glassware, etc. on furniture.

Put light things on the upper shelf, and heavy things on the lower shelf.



● Simple way to prepare for disaster

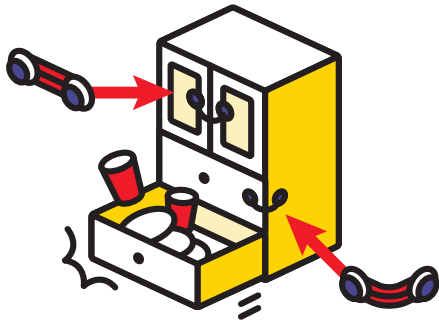


Gather furniture in one room and put nothing in a bedroom

Other anti-earthquake measures at home

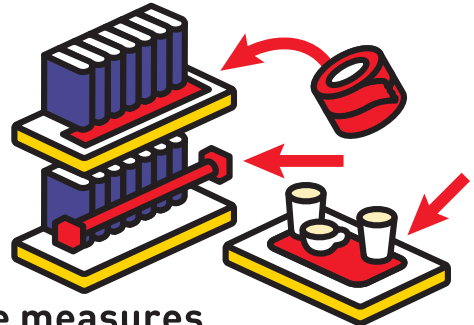
● Preventing things from flying out or dropping/ Anchoring the refrigerator and TV

Hinged doors/drawers



Install devices to prevent them sliding open

Bookcase/Cupboard



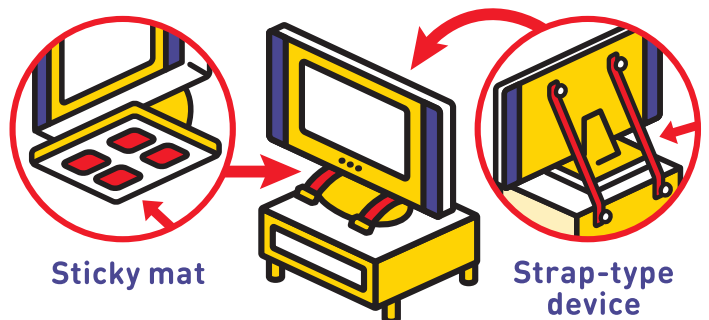
Take measures such as fall prevention tape/devices, or slip-proof sheet

Preventing the refrigerator from falling over



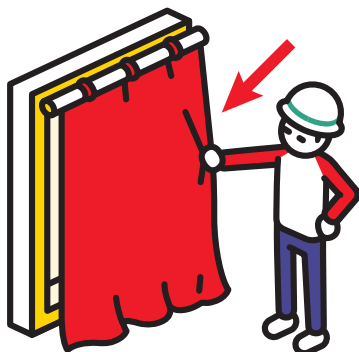
Anchor the upper side of the refrigerator to the wall with a strap.

Preventing an LCD TV from falling over



Anchor the TV to the TV stand with a strap-type device or a sticky mat

Glass scattering prevention



Use shatter-proof film, thin lace curtain or curtain

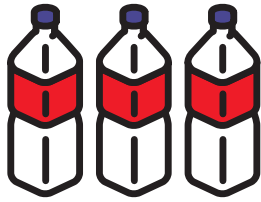
Check the safety of each room of your house

- Living room** (room where you and your family spend most of your time)
- Kitchen**
- Children's room**
- Bedroom**

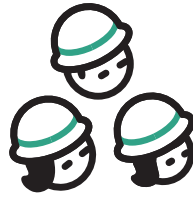
Let's check the evacuation route from each room.

How to stock food and water to last for three days or longer (1)

● Necessary stockpile of drinking water



3L per person



Number of your family members

Prepare **3L/day per person** for three days at minimum, **7 days** if possible

- In addition, you should check water supply points around your house.

● Know-how to keep 7 days worth of stock

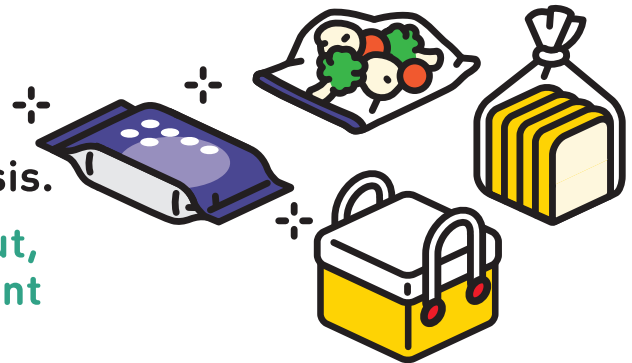
Begin with perishable food in the refrigerator/freezer, and eat emergency food after that.

1-3 days after disaster

Eat food in the refrigerator/freezer.

Keep slightly more food than necessary in the refrigerator/freezer on a routine basis.

In the event of a blackout, keep food and refrigerant in a cooler box.



4-7 days after disaster

Eat emergency food stockpiled by the "rolling stock method"



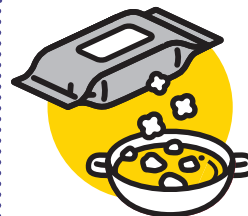
Canned food, ready-made meals in sealed plastic pouches

Keep favorite food you are used to eating



Dry noodles

Noodles requiring a short boiling time are recommended.



Freeze-dried food

It becomes a warm meal with a little hot water. It also contains vegetables.



Dried food

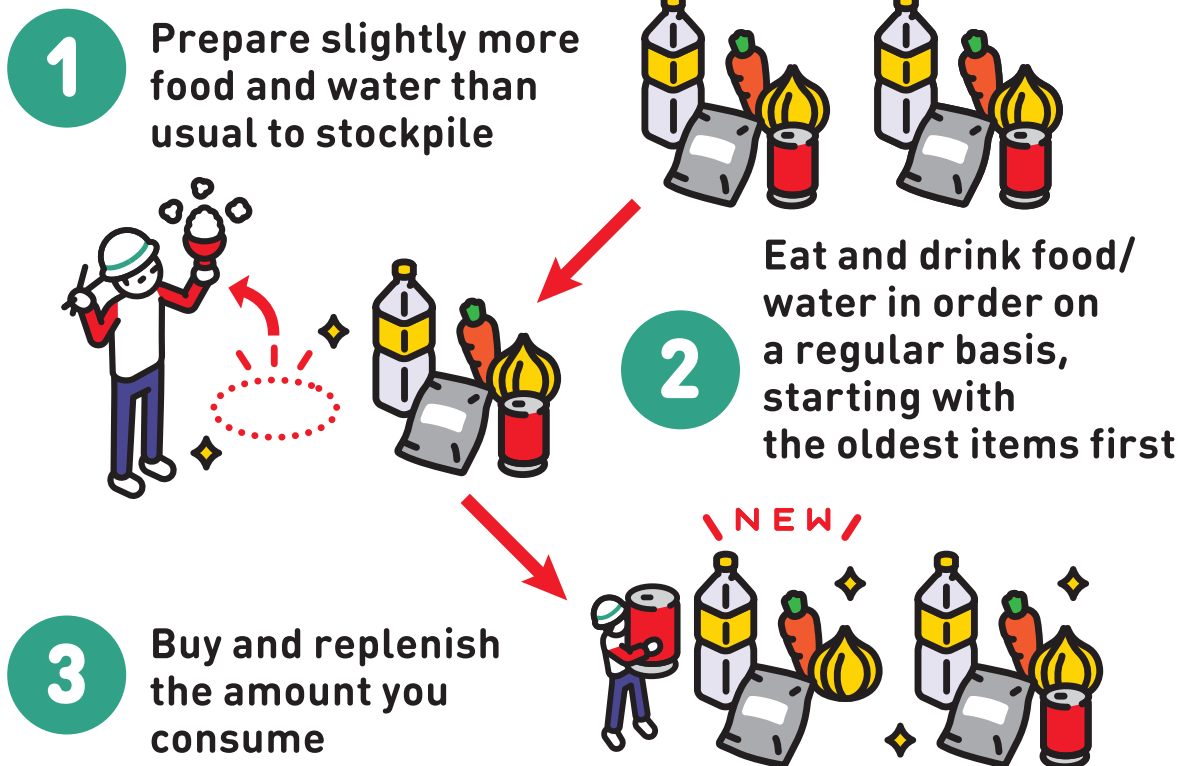
Dried food helps to provide you with minerals and fiber that we often lack during a disaster.

The rolling stock method is introduced on the next page. →

How to stock food and water to last for three days or longer (2)

● Rolling stock method

If you use the rolling stock method, the food you are used to eating will become emergency food



● Convenient goods for cooking emergency food

Portable gas burner/
cylinders



One cylinder can be used
for approximately

65 minutes

15-20 cylinders

are necessary for one month

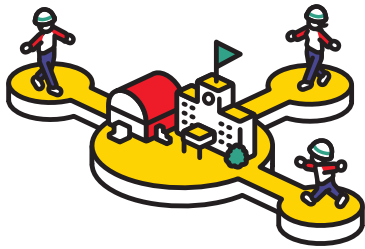
*In the case of using a burner for 30-45 minutes a day

These are essential items for cooking emergency meals and refrigerated food.

How to communicate during an emergency (1)

● Your family's rules on how to contact each other

Each member of your family is most likely in a different place during the day. We recommend that you decide in advance on several ways to communicate among your family members during an emergency.



Place to
gather/
evacuate



Where/how to
leave a note
informing
others of your
destination



Means of
communication
during a
disaster

(disaster emergency
message services,
etc.)



Messenger
(distant relatives/
acquaintances)

● Memo for listing details of the evacuation location and distant acquaintances

Contact details of a person who
will pass on safety information
(distant relatives/acquaintances)

.....
Name

.....
Phone number

.....
Mobile phone number

.....
Email address




You family's evacuation
(gathering) place during
an emergency

.....
.....
If there are possible hazards of tsunami
and river flooding, evacuate to a strong
mid- or high-rise building, and wait there
until safety is confirmed.

How to communicate during an emergency (2)

● Disaster emergency message services

There are three disaster emergency message services. Let's learn the features of each service and ensure that you can use several services.

<p>Disaster Emergency Message Dial "171"</p>  <p>Dial "171"</p>	<p>Disaster Emergency Message Board</p>  <p>From the official menu or the special application of each mobile carrier</p>	<p>Disaster Emergency Message Board web171</p>  <p>Search with "web171"</p>
<p>Phone numbers that can be registered</p> <p>All phone numbers</p> <p>For land-line phones, it is limited to phone numbers with the area code of the disaster stricken area(s)</p>	<p>Phone numbers that can be registered</p> <p>Mobile phone number</p> <p>The number is automatically registered and new entry is not required</p>	<p>Phone numbers that can be registered</p> <p>All phone numbers</p> <p>All phone numbers including mobile phone, PHS and IP phone numbers can be registered</p>
<p>Retention period</p> <p>Until the end of the service</p>	<p>Retention period</p> <p>Until the end of the service</p>	<p>Retention period</p> <p>6 months</p>
<p>Registered number of messages</p> <p>1-20 messages</p> <p>Depending on the scale of disaster damage</p>	<p>Registered number of messages</p> <p>10 messages</p> <p>80 messages for SoftBank users</p>	<p>Registered number of messages</p> <p>20 messages</p> <p>You can simultaneously search messages on the disaster emergency message board of all mobile carriers</p>
<p>Recordable time</p> <p>30 seconds/message</p>	<p>Registered number of characters</p> <p>100 characters/message</p>	<p>Registered number of characters</p> <p>100 characters/message</p>

You can try using each disaster emergency message service on the 1st and 15th of every month or other designated days. Please check how to use them in advance.

How to use Disaster Emergency Message Dial "171"

1



Dial "171."
You can use your mobile phone or a public phone.

2

Record

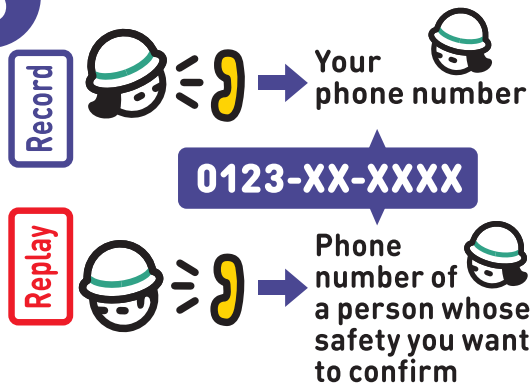


Replay



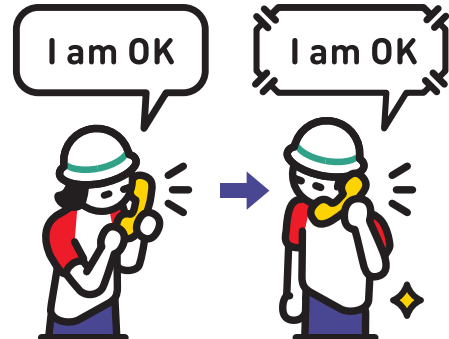
Dial "1" to record, and dial "2" to replay.

3



To record a message, dial your phone number. To replay a message recorded by a person whose safety you want to confirm, dial their phone number.

4



Follow the voice guidance, and record or replay a message.

Phone numbers to **Record**



Tip



You have only 30 seconds for a message, so it is advisable to make a memo of the message before recording.

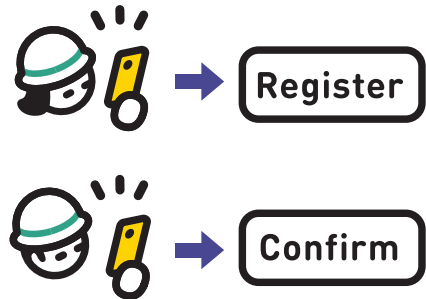
How to use the Disaster Emergency Message Board (mobile phone, smartphone, PHS)

1



Access the "Disaster Emergency Message Board" from the official menu or the special application.

2



Select "Register" to register or "Confirm" to confirm.

3



Enter your status and a comment to register information for yourself. Enter the phone number of a person whose safety you want to confirm to check information registered by someone else.

4



Select "Register" and finish. For confirmation, you can view the message registered on the board.

For smartphones, the Disaster Emergency Message Board is available only through the special application depending on the model, so please download it beforehand.

Tip



SNS can be used to confirm safety during an emergency. You should always have a charger on hand in case your battery runs out.

How to use the Disaster Emergency Message Board (web171)

1

Search



WEB 171

Access the Disaster Emergency Message Board (WEB171) through the Internet

2

Phone number
0123-XX-XXXX



Register



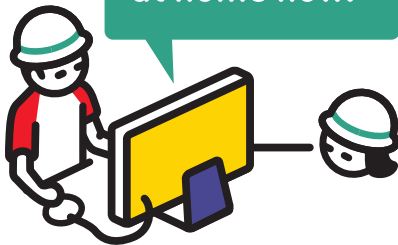
Confirm

Enter a phone number to register or confirm a message.

3

[Message]

This is xxxxx.
I am OK. I am
at home now.

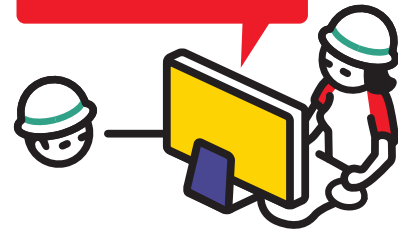


Enter a message and click "Register" for registration. For confirmation, you can view a message registered.

4

[Reply]

I am OK too.
I am at the
office now.



When replying, enter necessary items and click "Register a message."



Phone numbers to

Register

Tip



If you register the contact number or email address of a person to whom you want to send a message in advance, when you actually send and register a message, the person will be notified by email or phone.

Contact information of your family or people whose safety you want to confirm

Name

.....
Phone number

.....
Mobile phone number

.....
Email address

Name

.....
Phone number

.....
Mobile phone number

.....
Email address

Contact information of your family or people whose safety you want to confirm

Name

.....
Phone number

.....
Mobile phone number

.....
Email address

Name

.....
Phone number

.....
Mobile phone number

.....
Email address

Recommended goods for evacuation at home

● Let's prepare the following at home (for a household with four persons)

You should prepare the following materials (for four persons), so that if your home is safe after an earthquake occurs, you can stay at home instead of at an evacuation center.

LED lantern: 3 (for a living room, kitchen and toilet)

Drinking water: for 3 days (7 days if possible)

Emergency food: for 3 days (7 days if possible)

Portable gas burner, portable emergency gas cylinder: 15 cylinders (for 1 month)

Oral care wipes

Body wipes

Plastic wrap

Plastic bags (small, medium, and large size)

Newspaper (7 days worth of morning papers)

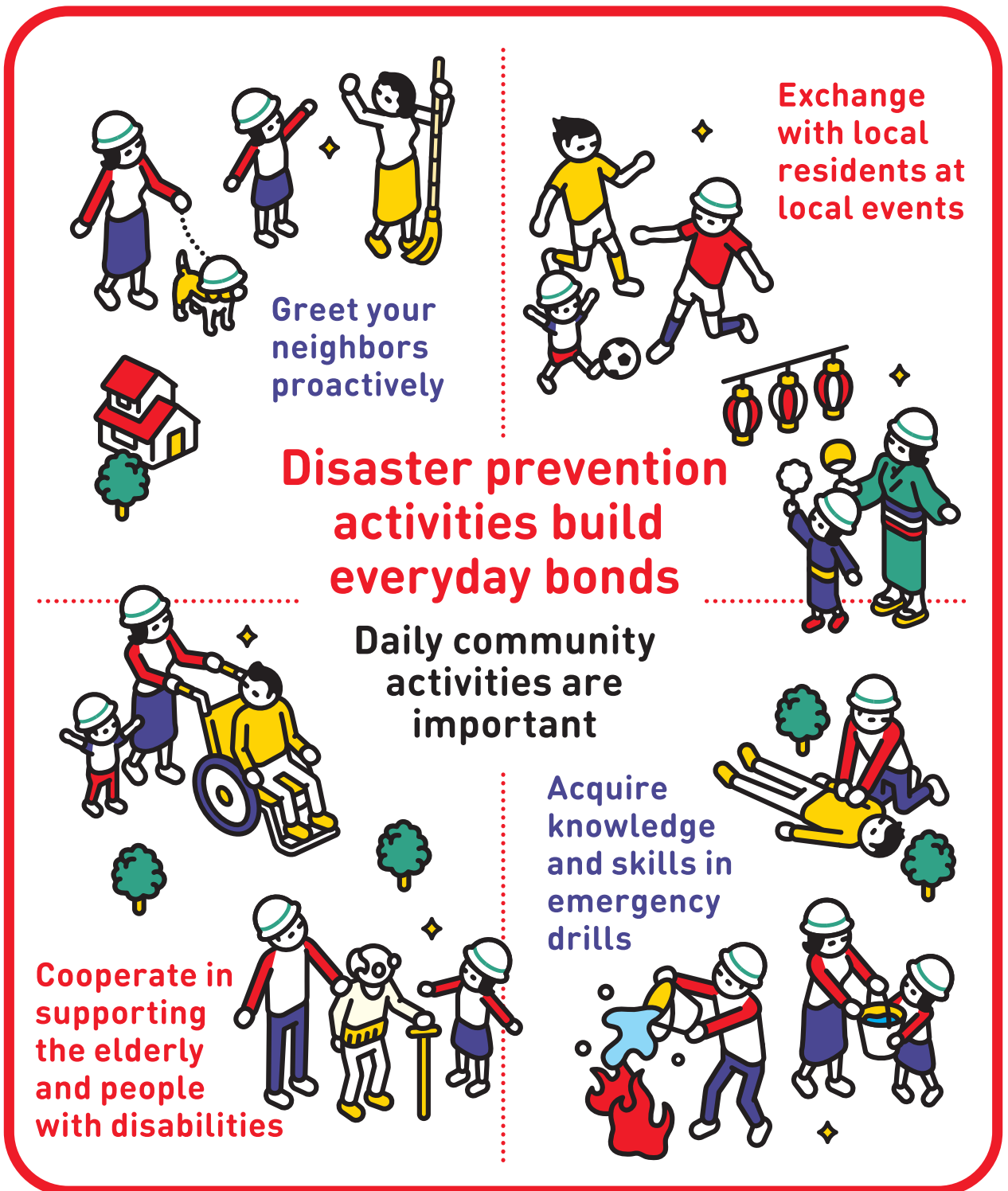
Portable toilet: 65 pieces (for 7 days) [economical type]

5 times a day × **Number of your** × **7 days**
per person × **family members**

If you change the toilet every time for stool and every three or four times for urination, a family of four will need **65 pieces** at least.

For an emergency bag, please see "Checklist of disaster mitigation materials."

<http://www.pref.saitama.lg.jp/a0401/bousaitaisaku/index.html>



Exchange with local residents at local events

Greet your neighbors proactively

Disaster prevention activities build everyday bonds

Daily community activities are important

Acquire knowledge and skills in emergency drills

Cooperate in supporting the elderly and people with disabilities

Know the disaster risks of your town

For hazard maps, which show the possible strength and risks of an earthquake, you can visit the following URL or contact your local government.

<http://www.pref.saitama.lg.jp/a0401/jishinhazado.html>

Publisher: Saitama Prefecture Crisis and Disaster Management Department, Crisis Management Division
 Inquiry: Phone 048-830-8141
<http://www.pref.saitama.lg.jp/a0401/itsumobo-sai.html>
 Produced in November 2015 (Updated in July 2018)
 Planned/Produced by Plus Arts NPO
 Designed by Bunpei Ginza + Ayaka Kitaya

