

## EMERGENCY SUPPLIES CHECK LIST

<input type="checkbox"/> water, instant foods	<input type="checkbox"/> medicine/prescription
<input type="checkbox"/> canned food, chocolate	<input type="checkbox"/> first-aid-kit
<input type="checkbox"/> health insurance card	<input type="checkbox"/> gloves
<input type="checkbox"/> driver license	<input type="checkbox"/> flashlight
<input type="checkbox"/> passport	<input type="checkbox"/> a change of clothes
<input type="checkbox"/> seal, bankbook	<input type="checkbox"/> lighter/matchbox
<input type="checkbox"/> Alien Registration Card	<input type="checkbox"/> candle
<input type="checkbox"/> cash	<input type="checkbox"/> a small knife/can opener
<input type="checkbox"/> radio	<input type="checkbox"/> toilet paper
<input type="checkbox"/> dry batteries	<input type="checkbox"/> tissues/moist towels



In case of sickness, injury, sudden illness, please dial 119 (FIRE DEPARTMENT.)

※ Press the red button on a public telephone.



In case of car accident or crime, please dial 110 (POLICE)

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## NTT Disaster Messaging Service

☆ It is possible to record 10 messages per phone machine.

☆ Each message can be a maximum of 30 seconds.

☆ A recorded message is available within 48 hours.

### 【How to record a message】

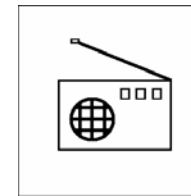
171⇒1 (XXXX)XX-XXXX

### 【How to play a message】

171⇒2 (XXXX)XX-XXXX

Demonstrations available on every 1<sup>st</sup> day of every month, January 1<sup>st</sup> to 3<sup>rd</sup> and 15<sup>th</sup> to 21<sup>st</sup> and August 30<sup>th</sup> to September 5<sup>th</sup> of every year.

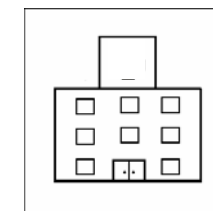
## \*INFORMATION\*



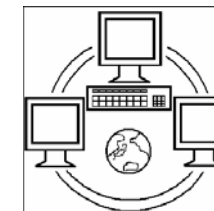
PITCH FM 83.8MHz



CATV KATCH2ch



ANJO CITY HALL  
Tel.: 0566-76-1111



NHK WORLD  
(MULTI LINGUAL)  
www.nhk.or.jp/nhkworld/

## \*ACTION THAT WILL HELP YOU\*

1- Stay calm and be safe.



2- Extinguish fire if there is a flame.



3- *Hinan* (evacuation) procedure



Do not run, wear comfortable clothes and bring only basic items.

4- Listen for correct information! Pay attention to information from City Hall, TV and radio.



5- Help each other!



## \*BE PREPARED\*

1- Participate in your neighborhood or company disaster prevention drill.



2- Discuss with your family and friends, what to do during an earthquake.



3- Reinforcing the furniture.



4- Prepare your basic items for an emergency.



# INOCHI NO TECHO 命の手帳



Anjo International Association

わたし ひなんじょ つ  
私を避難所に連れて  
い  
行ってください。

“Please take me to an emergency shelter”

※PLEASE SHOW THIS CARD TO SOMEONE IF YOU DO NOT KNOW WHERE THE SHELTER IS.

## HINAN CARD (evacuation card)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

BIRTHDATE \_\_\_\_/\_\_\_\_/\_\_\_\_ SEX M • F

BLOOD TYPE A • B • O • AB

CONTACT (Tel.): \_\_\_\_\_

WORK/SCHOOL \_\_\_\_\_

### 【HINANJO evacuation shelter】

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Tel. \_\_\_\_\_

【NOTE】

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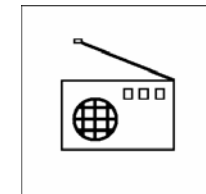
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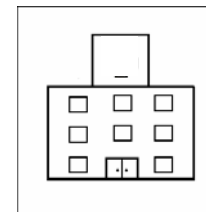
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