

Church of St. Ignatius

Always Carry It with You! <Mini Disaster Preparedness Kit>

- (+ If possible, it is also useful to have)

- [illegible]

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Disaster Emergency Message

Let's use the Disaster Emergency Message Dial (171).
You can record a message or listen to messages from your family and loved ones.



Call 「171」

Press 1 to record

Press 2 to playback

Press the phone number of the person you want to contact.

Record your message

Listen to the message

How to use a public telephone

1 Pick up the phone **2** Insert a coin **3** Press the number

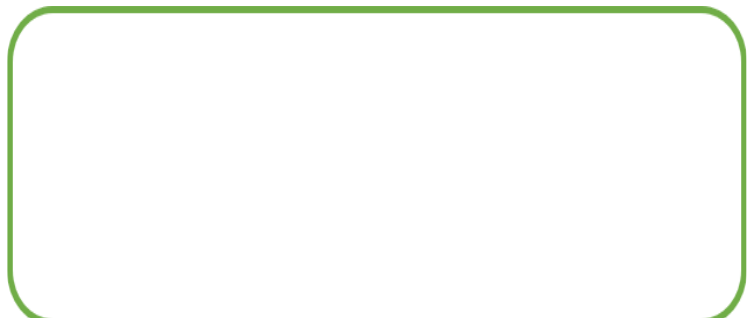


10-yen coin
100-yen



Telephone card

■ Locations of Public Telephones:



My personal Information

Full name : _____

DOB : _____ Blood Type : _____

Address : _____

Your church : _____

Allergies: _____

Medications: _____

Medical Conditions / Home Doctor : _____

Other Considerations or Special Requests : _____

【Emergency Contact】

Full Name: _____ (Relationship) _____

Contact:TEL  _____

Email: _____

Family, Relatives, Friends, and Other Contacts

★ A person who lives a little farther away and can serve as a contact point*

Relationship	Full Name	Contact Information

Write down the contact information of family members, relatives, friends, or others who live far away, and ask them to serve as a relay point during a disaster. If family members in the affected area each contact the relay point, everyone can confirm one another's situation.

★ Place you go often: _____

★ Contact information of the place you often go: _____

Additional Notes :

Family Meeting Place / Evacuation Site

Discuss with your family and make sure everyone knows where to meet and where to go in case of an evacuation.

★ In the Event of an Earthquake: _____

★ In the Event of a Tsunami: _____

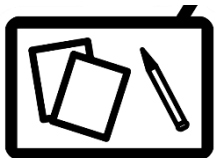
★ In the Event of a fire: _____

★ In the Event of Heavy Rain, Typhoons, or Other Natural Disasters:

Leave a Note or Letter

When you leave the house, leaving a note can help prevent misunderstandings.

(Sample)



Month / Day / Time

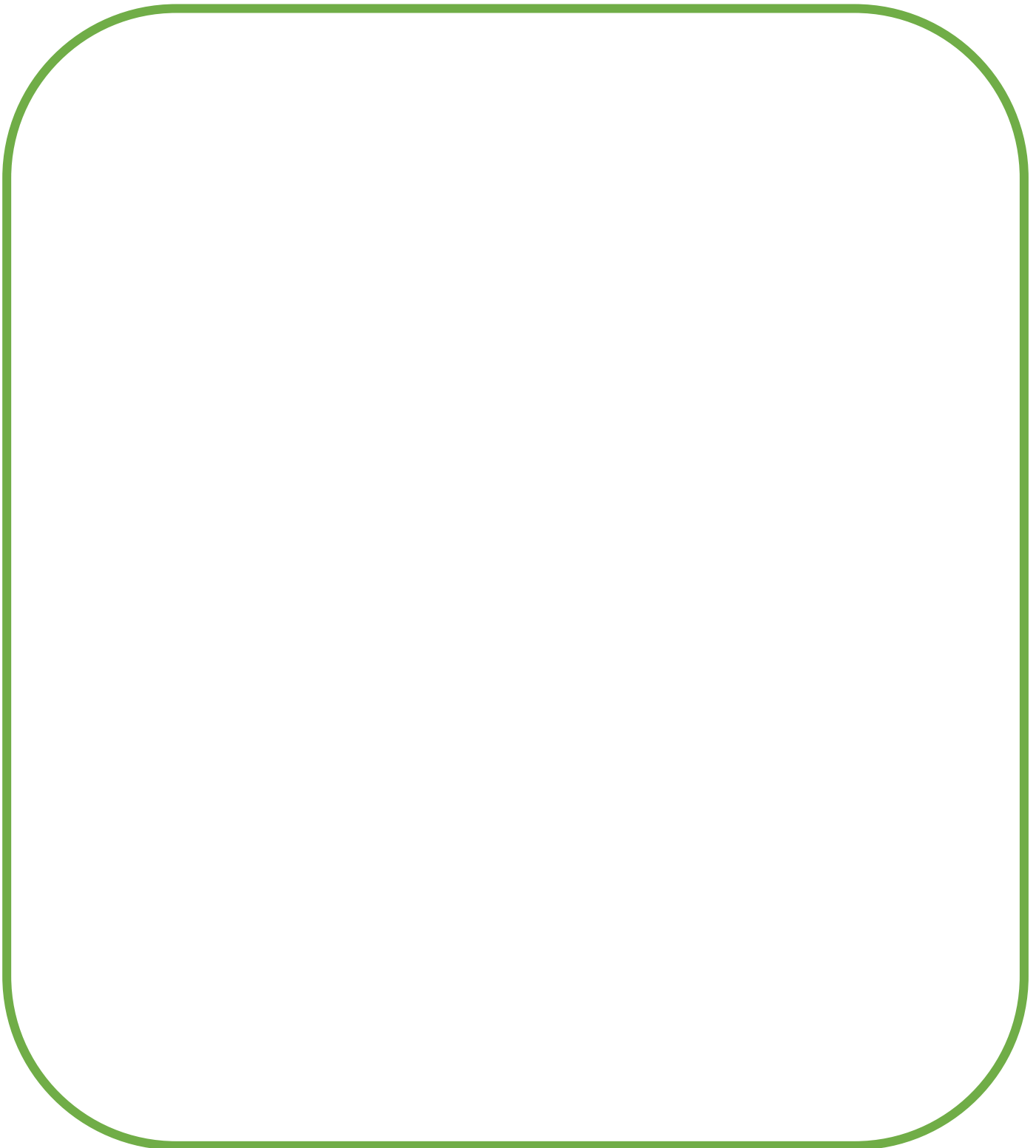
We are evacuating to ○○.

Please leave a message on the Disaster Emergency Message Dials.

From: ○○

Meeting Place / Evacuation Site & Map

1. Put up a map showing the designated meeting place and evacuation site.
2. Make sure you and your family know the meeting place and evacuation site, and how to get there.



Emergency Kit

- Talk with your family about what you need in an emergency and prepare these items in advance.
- Make sure everyone in your family knows what is in the emergency bag, where it is kept, and how to use the items.
- Use items before they expire and replace them regularly as part of your rolling stock.

*Check List

- ☐
- Drinking water

- ☐ Food

- ☐
- Portable toilet

- ☐
- Pocket tissues

- ☐
- Wet wipes

- ☐
- Alcohol/disinfectant

- ☐
- Aluminum emergency blanket

- ☐ Face masks

- ☐ Thermometer

- ☐
- Toothbrush

- Towel

- ☐
- Plastic bags

- ☐ Changing clothes (underwear, socks etc)

- ☐
- Work gloves

- ☐
- Helmet

- ☐ Evacuation shoes

- ☐ Whistle

- Mirror(for signaling for rescue)

- ☐ First-aid kit

- ☐ Portable radio

- ☐
- Portable power supply

- ☐ Batteries

- Flashlight

- ☐ Notebook & writing utensils

- ☐
- Regular medications

- **Other(decide together as a family)**

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Emergency Contact Numbers



Police:

110

(When your safety is threatened or to report a crime)



Police:

9110

(For consultation about daily life, safety, crime, etc.)



Fire Department: 119

(For fire, ambulance, or rescue assistance)



Fire Department: 7119

(For consultation about fires, rescue, illness, injuries, etc.
or when you are unsure whether to call an ambulance)

✂ Check the disaster emergency hotline, disaster information websites, and hazard maps for the area where you live or where you regularly spend time, such as your workplace. Write down any important information you may need.