

Prepare for large-scale disasters!

To protect ourselves in the event of large-scale disasters such as earthquakes or typhoons, it is essential to prepare. This month, we will introduce the preparations for surviving the week after a disaster strikes.



- It's best to have enough food and water on hand to last a week but be sure to stock enough for at least three days. Keep in mind that an adult needs 3 litres of water per day. This can be a combination of fluids such as water, tea, and vegetable juice.
- Have enough of the staple food items you eat daily. It's a good idea to always have a little more of such items as frozen cooked rice and other frozen foods than you normally would.
- Stock quick-energy foods and foods you like. Stock up on food that you can eat for quick energy as well as snacks and other foods that you like.
- Prepare a bag with articles that you can grab quickly in an emergency. The bag should have emergency supplies (a flashlight, a portable radio, a battery for your mobile phone, etc.), clothes, sanitary products, medicines, cash, a copy of your passport, etc.
- Plan for electricity and gas to be unavailable. Make sure to have a dry-battery lantern for indoor use. A portable cassette cookstove is helpful for heating food, and outdoor goods are always useful when disaster strikes.
- Flushing your toilet. If electricity is out and the water supply has been disrupted, you won't be able to use your toilet as you normally would. In addition to having sufficient drinking water, therefore, make sure that you have enough water in polyethylene tanks or other containers that can be used to flush your toilet as well as for other purposes such as washing yourself, dishes, and clothes.

It is important for you to regularly discuss emergency preparation with your family. It is also important to get to know the people in your neighbourhood and community through participation in local activities. Doing so makes it easier for neighbours to help one another in emergencies, and this helps to reduce damage and increase survival when disaster strikes. As the old Japanese proverb says, "Be prepared and you won't have to worry." We should raise our awareness to be better prepared for emergencies.

On Saturday, September 30<sup>th</sup>, the Miyazaki International Foundation will hold its 'Seminar for Disaster Volunteers Supporting Foreign Residents' in Miyazaki City. If you are interested in learning about responding to emergencies and support for foreign residents when disaster strikes, please contact us.

If you have any questions, opinions, or requests about this piece, please contact the Miyazaki International Foundation. TEL : 0985-32-8457 FAX : 0985-32-8512 Email : [miyainfo@mif.or.jp](mailto:miyainfo@mif.or.jp) If you have any questions or queries regarding everyday life, please consult the Miyazaki Support Centre for Foreign Residents. TEL : 0985-41-5901 FAX : 0985-41-5902 Email : [support@mif.or.jp](mailto:support@mif.or.jp)

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