

My Timeline

Write in the actions your family members are to take when disaster occurs. Decide the means of communication and the place to meet with your family and write them down on the memo space in the back cover.

Time till the occurrence of disaster	Weather information Alert Level	<Example> Important preparation	Actions for our family (Write them down using the example on the left as reference)
5 days before	<p>Weather information regarding typhoons (Equivalent to Alert Level 1)</p> <p>Typhoon formed</p> <p>Typhoon approaches, rain and wind get stronger</p>	<p>◎ Improve preparedness for disasters</p> <p>◎ Study about typhoons</p> <ul style="list-style-type: none"> • Watch the weather forecast • Check on the future schedule of your family members • Confirm where to evacuate on the Disaster Prevention Guide Hazard Map <p>* Check on facts including when the typhoon will get closest, whether the place you live would be affected or not, etc.</p>	
Half a day before	<p>Flood warning information</p> <p>Advisory for heavy rain / Advisory for flood (Equivalent to Alert Level 2)</p> <p>Rainfall accumulates and river's water level increases</p>	<p>◎ Measure your body temperature and check your health status</p> <p>* For infection prevention, check your health status early and consult your physician, etc., if necessary.</p> <p>◎ Prepare what to bring when evacuating</p> <ul style="list-style-type: none"> • Bring sanitary goods such as medical masks, alcohol-based sanitizer, clinical thermometer, slippers, etc. 	
5 hours before	<p>Flood alert information / Warnings for flood (Equivalent to Alert Level 3)</p> <p>Heavy rainfall increases the water level of river more and more, until the water overflows into the riverbed</p>	<p>◎ Check on the river's water level</p> <ul style="list-style-type: none"> • Check rivers in the neighborhood on the Disaster Prevention Guide Hazard Map • Check the river's water level by searching the disaster prevention information of the river on the Internet <p>◎ Change into easy to move clothes</p> <ul style="list-style-type: none"> • Put on shoes suitable for evacuation • Charge cellphone batteries • Encourage your acquaintances in dangerous area to evacuate • Confirm the operation status of shelters <p>◎ Start moving to a safer place</p>	
3 hours before	<p>Flood danger information (Equivalent to Alert Level 4)</p> <p>River water is about to overflow, and flooding could start in any minute</p>	<p>All members evacuated!!</p> <p>◎ All members of your family completed evacuation</p>	
0 hour	<p>Flood information (Equivalent to Alert Level 5)</p> <p>River water starts to flood</p>	<p>◎ In life threatening danger, secure safety immediately!</p>	

Points to remember when using My Timeline

Disasters are natural phenomena and evacuating according to My Timeline does not always assure safety. Moreover, situations do not always progress as expected. Make your own My Timeline using the table on the right as reference.

Understand that this is only a guide of your actions

Directions of typhoon, scale of rainfall, and speed of water level increase are different each time.

Collect and confirm alerts and evacuation information, etc. frequently

Weather alerts, flood forecasts, etc. are announced/issued according to the circumstances.

Take disaster-preventive actions flexibly based on information

The progress of inundation could be faster.

Preparation for Staying at Home

When you take refuge at your own home, you first need to prepare **water**, **food** and **toilet facilities**.

Water Stocking drinkable water

Considering 3 liters/person/day as a guide, stock at least 3 days-worth, 7 days if possible.

Calculate the necessary stockpile.

$$3 \text{ liters} \times \boxed{\text{person(s)}} \times 7 \text{ days} = \boxed{\text{person(s)}} \text{ liters}$$

Food Stocking food

Purchase Stock Eat

Utilize circulative stockpiling.

- (1) Purchase extra food for stockpiling, along with retort packs and canned foods.
(2) Consume retort packs and canned food regularly, older ones first.
(3) Replenish the amount consumed and return to (1).

- When disaster occurs
- (1) If electricity stopped, move food in the fridge to cooler boxes.
(2) Consume the food that goes bad quickly or needs refrigeration first.
(3) Consume retort packs and canned food from the daily stockpile.

Toilet

Toilet-related measures in times of disaster

Prepare portable toilets for 7 days-worth, estimating that a person would need 5 pieces/day.

$$5 \text{ times} \times \boxed{\text{person(s)}} \times 7 \text{ days-worth} = \boxed{\text{pieces}}$$

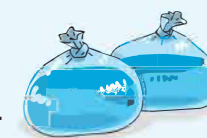
Damage countermeasures for household goods

Countermeasures against inundation and water inflow to your house using household goods (Easy Flood Defense Method) can be effective when the water level is still shallow.

Prevent Flooding!

Simple waterbags using garbage bags

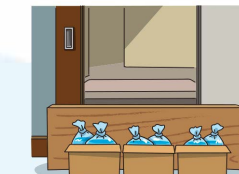
Take large plastic bags (approx. 45 liter-size) such as garbage bags, double or triple them up, pour about half full of water (approx. 20 liters) and tie the opening tightly.



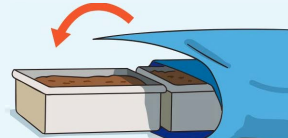
Utilizing simple waterbags with cardboard boxes, etc. Putting simple waterbags in cardboard boxes to connect them will increase the durability, and will make it easy to pile them up.



Water stop boards
Long boards, iron plates, tatami mats, tables and lockers can be placed at entrances.



Planters
Utilize planters with soil in them, wrapping them with picnic blankets.



Waterbags for backflow prevention

Sewage water could backflow and spill out from toilets and bathroom drains and washing machines when the water level suddenly rises due to heavy rain, causing the sewer pipe to be completely full. To prevent such events, place water-filled waterbags where backflow may occur.

