



Family disaster prevention meetings

It is important to discuss regularly with your family about what to do in the event of disasters such as earthquakes or tsunamis. Talk with your family often to make sure that you are all prepared for disasters.

- 1 Make sure that you know how to contact your family members during emergencies. Make a list of the phone numbers of your family members' companies or schools. Also, decide with your family on a place to meet during disasters.
- 2 During large disasters, phone and mail service may be interrupted. NTT and other mobile companies have a service which allows you to confirm the safety of your loved ones. Try practicing using this service with your family.
- 3 Think of what you will need during a disaster. For example, prepare a 3 day supply of food and water, and store it in a bag so that you can quickly take it with you if you must evacuate. As well, keep important items like money, your bank book, and passport ready so you can find them quickly. Decide in advance who will carry which items.
- 4 Make your home safe in case of disaster. Secure items like televisions and furniture so that they will not fall over. Be especially careful not to leave furniture around where you sleep.

More information can be found on the Toyama International Center's webpage.

Feel free to take a look.