

**~Staying alive in a disaster~**

**2017**

# **Home Guidebook for Disaster Prevention**

**Disaster prevention measures  
from a woman's perspective**



**Kikugawa City**

# Local Disaster Prevention Capacity

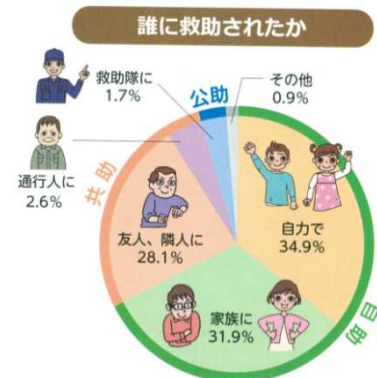
## ●Self-Help: Disaster Prevention starting at home

We all hope to protect the lives of those important to us in the event of a major disaster. To do that, you need knowledge and preparations for disaster prevention.

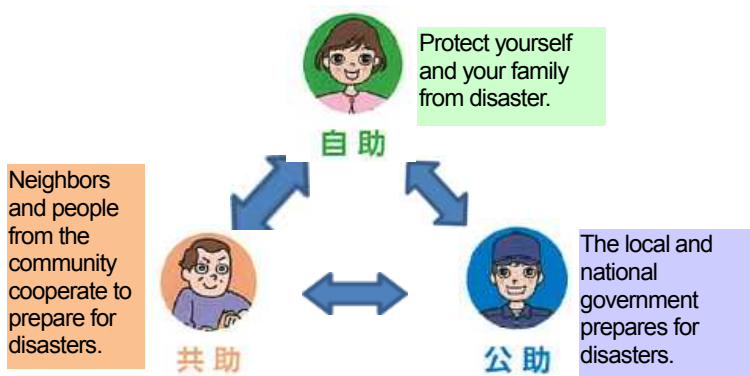
In Kikugawa, in order to build a city well prepared for disaster, we are developing disaster prevention measures by enhancing self-assistance, mutual-assistance, and public-assistance.

We are also working to enhance collaboration with residents through activities such as training and demonstrations conducted in cooperation with district residents and volunteer disaster prevention organizations.

When the Great Hanshin Earthquake struck the Osaka area in 1995, most people were saved from the rubble of collapsed houses by their own strength, or were rescued with assistance from their families, friends, and neighbors. (See the chart on the right).

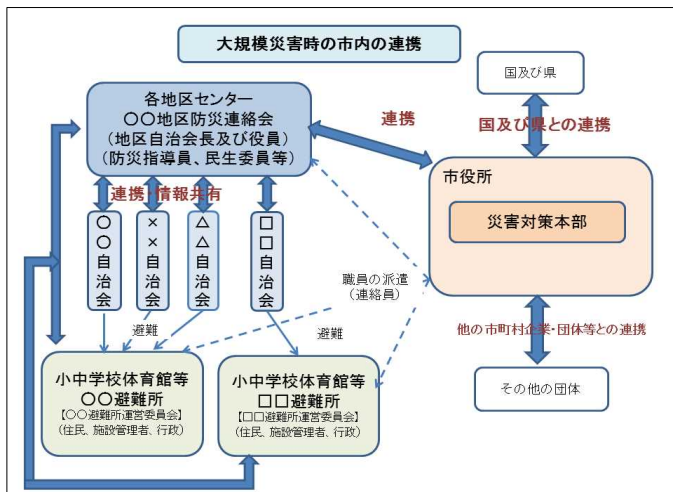


Source: JAFSE "Investigation Report on Fires in the Southern Hyogo Prefecture Earthquake", JAFMA

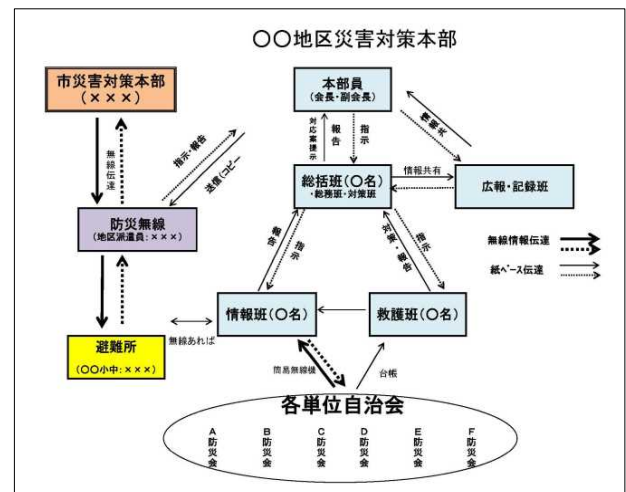


## ●Kikugawa Regional Disaster Response

〇〇District Disaster Response Organization Chart



〇〇District Disaster Response HQ Information System Chart



## Disaster prevention measures with a woman's perspective

### ★Safety measures inside the house

・Housekeeping in order to live at home even when affected by the disaster (cleaning and storage)

・Measures to prevent objects from falling

### ★Finding needless items and stockpiling useful items

### ★Emergency grab bags and emergency provisions

### ★Cooking that is useful in a disaster (pack cooking)

### ★Food provisions (alphanized rice)

### ★Keeping 1 week of provisions as rolling stock



## /Start safety measures at home now!

### Points

- Place furniture safely. (Arrange it out of the way)
- Prevent objects and furniture from falling down.
- Do not place objects in walkways or exits.
- Put shatter proofing film on glass.



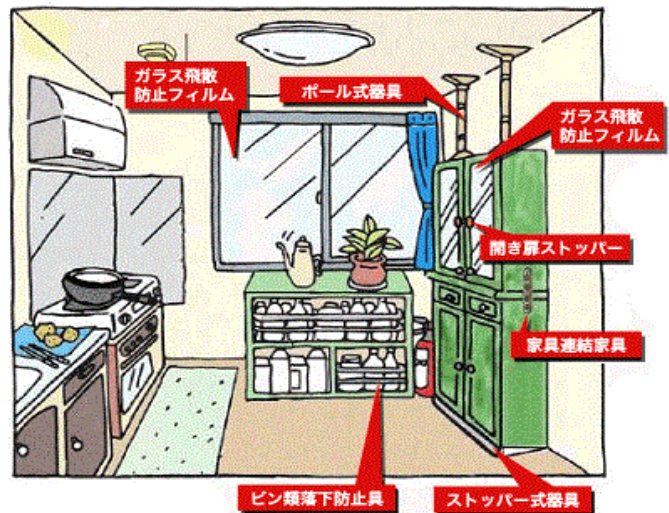
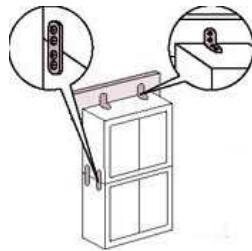
### ●Measures to keep furniture and other objects from falling down

Most victims of earthquakes are the result of buildings collapsing and furniture falling.

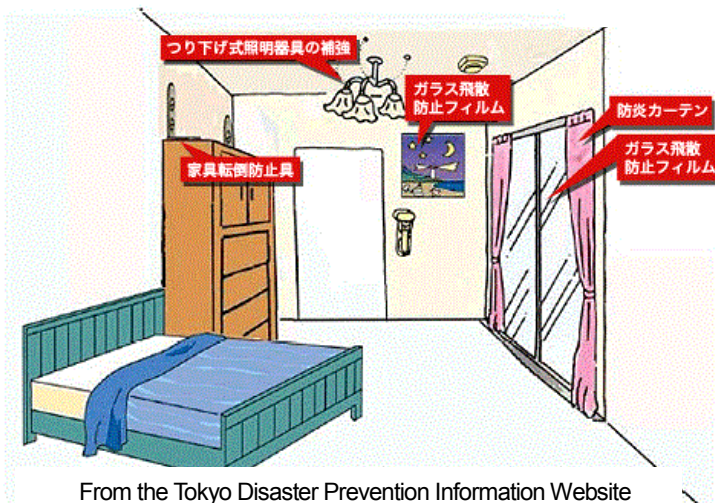
#### [Furniture & Appliances]

- ★Door stoppers
- ★Glass shatter-proof film
- ★Fall-prevention fittings
- ★Reinforcements

※Do not leave gaps between furniture and the walls, and use L-fittings or fastening plates, and other fall-prevention devices to prevent furniture from falling.



#### [Living Room & Bedrooms]



From the Tokyo Disaster Prevention Information Website

- ★Disaster prevention curtains
- ★Glass shatter-proof film
- ★Fall-prevention fittings
- ★Reinforcements



### ●Portable Toilet





If you can't use the sewage system, even urinal flush toilets will not flush. It is recommended that you purchase a commercial portable toilet as a disaster prevention tool. There are several types of portable toilets, so choose one that is easy to use with the equipment in your house.



## Stockpiling goods and sorting out things not needed during a disaster

### Points

- Clean your house to secure an escape route and protect yourself from falling objects.
- Find things that you have not used for 1 year and get rid of any you will not use.
- Have the courage to throw things away.

	Things not needed for a disaster	Disaster measure goods(Examples)
Entryway	①Shoes and slippers on the entryway floor that you have not worn in some time ②Shoes in your shoe closet that you have not worn for years ③Tools, children's toys, balls, etc. ※ Things that can be stored elsewhere should be moved to secure safety in the event of a disaster.	○Folding helmets ○Emergency grab bags ○Carry bags ○Water, etc. 
Storage rooms, Closets, etc.	①Gifts that you received but never used ②Old clothes that you don't wear ③Excess sheets and blankets ④Leisure items that you don't use ⑤Excess do-it-yourself carpentry tools, etc.	○Bedding for the whole family ○Daily necessities for a disaster ○Water 
Living Room	①Things you do not use often (dictionaries, phone books, etc.) ②Countless stationary and writing pads ③Children's old toys ④Gear for old hobbies you've given up ⑤Individual's clothes and magazines, etc.	○Shoes (for after the disaster) ○Picnic sheets ○Food for afterwards ○Handkerchiefs and hand/body wipes, etc. 
Kitchen Pantry Refrigerator	①Food that expired or you may never eat ②Sealed containers, children's old lunch boxes, water bottles, and other things you are unlikely to use ③Cooking implements: Anything that is heavy, hard to use, or that you rarely use ④Any dishes except what the family actually eats from and what you use for guests ⑤Cookbooks and stacks of recipes you've saved.	○Refrigerator: Keep 3 days' worth of food on a regular basis ○Pantry: Always keep a certain amount of fresh and preserved food that you eat normally ○Disposable dishes and utensils that you can throw away without washing, such as paper plates, paper cups, wooden chopsticks, forks, plastic wrap, and aluminum foil, etc.
Outdoor sheds	①Old children's toys ②Unused tools ③Sports gear and diet gear that you will no longer use	○A portable toilet ○Plastic containers ○Tents 



## Emergency Gear & Stockpiles

### ● Prepare your emergency gear and stockpiled goods.

You should prepare emergency gear for use in an emergency, and an emergency stockpile that will last for at least 7 days until relief goods are delivered.

It is recommended that you practice cyclical preparation by consuming in your daily life any items with expiration dates before they expire, such as drinking water, food, and batteries.

#### Emergency Gear

- |   |   |
|---|---|
| <input type="checkbox"/> Drinking water                   | <input type="checkbox"/> Food               |
| <input type="checkbox"/> Sanitary masks                   | <input type="checkbox"/> Strong gloves      |
| <input type="checkbox"/> Towels                           | <input type="checkbox"/> Plastic bags       |
| <input type="checkbox"/> Whistle to call help             | <input type="checkbox"/> Flashlights        |
| <input type="checkbox"/> Portable radio                   | <input type="checkbox"/> Spare batteries    |
| <input type="checkbox"/> Toilet paper                     | <input type="checkbox"/> Portable toilet    |
| <input type="checkbox"/> Wet tissues                      | <input type="checkbox"/> Bandages           |
| <input type="checkbox"/> Insulating sheets                | <input type="checkbox"/> Picnic sheets      |
| <input type="checkbox"/> Wallet with coins                | <input type="checkbox"/> Pens or pencils    |
| <input type="checkbox"/> Licenses, health insurance cards | <input type="checkbox"/> Household medicine |
| <input type="checkbox"/> Copy of bankbook                 | <input type="checkbox"/> Safety pins        |

#### Emergency Stockpile

- |  |   |
|--|---|
| <input type="checkbox"/> Drinking water      | <input type="checkbox"/> Food                     |
| <input type="checkbox"/> Emergency water bag | <input type="checkbox"/> Plastic bags             |
| <input type="checkbox"/> Bath towels         | <input type="checkbox"/> Blankets (sleeping bags) |
| <input type="checkbox"/> Rain gear           | <input type="checkbox"/> Aluminum foil            |
| <input type="checkbox"/> Plastic wrap        | <input type="checkbox"/> Socks                    |
| <input type="checkbox"/> Underwear           | <input type="checkbox"/> Snacks, candy            |
| <input type="checkbox"/> Soap                | <input type="checkbox"/> Gas canisters            |
| <input type="checkbox"/> Countertop stove    | <input type="checkbox"/> Dishes, utensils         |
| <input type="checkbox"/> Teapot, pans        | <input type="checkbox"/> Batteries                |
| <input type="checkbox"/> Phone chargers      | <input type="checkbox"/> Seasoning                |

### ● Necessary items from a woman's perspective

Women need certain things for their daily life, including hygienic products and cosmetics. It is also important to prepare things appropriate for children and the elderly.

Think about what you need for yourself and how much you can carry when making a disaster bag.



Items for women	Feminine hygienic products (menstrual pads, sanitary shorts, cleansing cotton, pantyliners, opaque trash bags, portable bidet), brush, mirror, cosmetics, underwear, long sleeve shirts, hat, heater packs, etc.
Items for babies	Powdered milk, liquid milk, nursing bottle, weaning food, spoons, paper diapers, gauze, cleaning cotton, maternity passbook, toys, baby carrier, baby wipes, etc.
Items for the elderly	Prescription medicine, prescriptions for medicine you use, spare glasses, dentures, tooth brushing sheets, cleaning agents, nursing goods, cane, etc.



## / Pack Cooking (cooking with plastic bags)

This is a method of cooking that can provide warm meals even after a disaster. This simple way of cooking involves putting ingredients in a high density translucent polyethylene bag, closing the bag, and boiling the whole bag.



Pack cooking ingredients



Food made with pack cooking



### Equipment needed for cooking

Portable stove and gas canisters (1 per 2 hours)  
Pan (30 cm or more in diameter, 10 to 12 cm deep)  
Translucent high density polyethylene bag (0.01 mm or thicker)  
Milk carton, kitchen scissors, knife



## ● Pack Cooking Recipe

Rice... the basis of pack cooking. Produces no waste water, whether the rice is washed or not.

Ingredients (1 serving)

Rice: 80 g  
(1/2 cup)  
Water: 120 ml



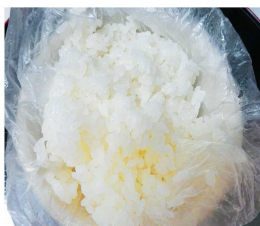
① Put the rice and water in the bag and let it soak for 30 minutes. The rice does not need to be polished.



② After soaking, remove the air from the bag and tie it tightly at the top.



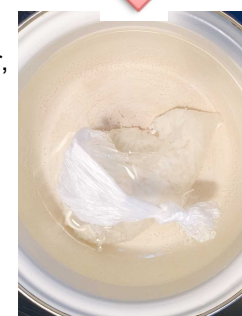
⑤ Put the bag on the dish, and loosen the rice.



④ Remove the bag from the pan, and turn off the heat. Put the bag in a dish and cut the knot.



③ Fill the pan 60% with water, let it boil, then turn it to medium heat, put in the bag, and boil for 30 minutes.





## Boiled Somen: This simple recipe does not require draining water

### Ingredients (1 serving)

Somen noodles: 50 g  
Water: 400 ml  
Stock: 2 tablespoons  
Dried shiitake: 2



① Snap the somen noodles in half and put them in the bag, then add the noodle sauce.



②. Boil for 15 minutes.



## Chicken Rice: Use canned yakitori chicken. Children love this recipe.

### Ingredients (1 serving)

Rice: 80 g (1/2 cup), Water: 120 ml,  
Ketchup: 1 tablespoons  
Canned yakitori (tare flavor): 1 can



① Put the rice and water in the bag and let it soak for 30 minutes, then add the yakitori chicken and ketchup and mix.



② Boil for 30 minutes.



## Oyakodon: You' ll want to eat this all the time. Men especially love this recipe.

### Ingredients (1 serving)

Canned yakitori (tare): 1 can  
Onion: 1/2 (sliced)  
Egg: 1, Soy Sauce: 1 teaspoon



① Put all the ingredients in a bag and mix.



② Boil for 20 minutes.



## Cabbage and Mackerel Curry: Delicious curry with canned food, a staple in emergencies

### Ingredients (4 servings)

Cabbage: 1/4, Boiled  
Mackerel: 1 can, Onion 1/4  
(sliced), Curry Roux: 1 piece



① Cut the cabbage with cooking scissors and put it in the bag, then add the onion, canned mackerel, and finely ground curry roux and knead the contents of the bag.



② Boil for 30 minutes.



## Steamed Yakisoba: This recipe is popular. It is healthy yakisoba with no oil.

### Ingredients (1 serving)

Steamed Noodles: 1 bag  
(with powdered seasoning)  
Cut Vegetables: 1/2 bag  
Bacon: 2 strips



① Put the ingredients in a plastic bag and mix them.



② Boil for 20 minutes.



## Steamed Bread: Great for people who eat bread for breakfast, and as a snack for kids.

### Ingredients (1 serving)

Pancake Mix: 1 bag  
Egg: 1, Milk or Juice: as specified by the directions of the pancake mix



① Put the egg and milk in the bag and mix them together, then add the pancake mix and mix it all together.



② Boil for 20 minutes, then flip it upside down and boil for 20 minutes more.



## Pot-au-feu: You can make this with left over vegetables from the refrigerator.

### Ingredients (2 servings)

Potato: 1  
Carrot: 1/2  
Onion: 1/2  
Wieners: 2  
Consommé Extract: 1 table spoon  
Water: 150 ml

※Cut ingredients finely



Boil 30 minutes

### Points

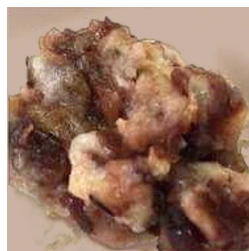
- ★High Density Polyethylene Bag  
0.01 mm or thicker translucent roll poly bag
- ★Put materials in flat so that they are spread out evenly.
- ★Keep seasonings to the minimum amount, and cook them with a light flavor, then adjust when you eat them.
- ★Remove air as much as possible, and when you tie the bag closed, tie it as close as possible to the opening of the bag. The bag will expand when heated, so give it room.
- ★Remove astringent taste by passing meat and fish under water briefly before cooking.
- ★After boiling water in a pan, turn it to medium heat, then put the plastic bag in and cook the ingredients.

## Anpan Gruel: Good for seniors

### Ingredients (4 servings)

Anpan: 1  
Water: 100 ml

※Just bread and water together will get stuck in the throat, so try this recipe!



Boil 10 minutes



## Stockpile Food (alphanized rice)

Alphanized rice is used as an emergency preserved food that can be eaten after just adding hot or cold water. Therefore, it is preserved as a stockpile food, assuming situations in which it is difficult to prepare normal food or use clean dishes.



### ●Preparing alphanized rice

Alphanized rice can be prepared in 60 to 70 minutes with cold water or 15 to 20 minutes with hot water. Alternatively, it can be cooked in just 10 minutes by boiling it in a pan normally!



### ●How to cook alphanized rice



### ●Recipes using alphanized rice

Source: Onisi Foods Co., Ltd.

#### ◇Chirashizushi with Gomoku Rice (rice with vegetables mixed in)

<b>[Ingredients (1 serving)]</b> <ul style="list-style-type: none"> <li>Alphanized Rice (Gomoku) 1 bag</li> <li>Eggs: 2</li> <li>Corn: 1 small can (190 g)</li> <li>White Sesame Seeds: 1 tablespoon</li> <li>Red Pickled Ginger: a little</li> <li>Popped Peas: 4</li> <li>Sushi Vinegar: For seasoning</li> <li>Sugar and Salt: A little</li> </ul>	<b>[Recipe]</b> <ol style="list-style-type: none"> <li>①Add hot water to alphanized rice, cook 20 minutes.</li> <li>②Add sugar and salt to the eggs and scramble them.</li> <li>③Remove corn from the can and drain the water.</li> <li>④Briefly boil snap peas and cut them finely.</li> <li>⑤Cut the red pickled ginger and dice it finely.</li> <li>⑥Sprinkle sushi vinegar on the rice, put in the dish, mix in ingredients (② to ⑤), and sprinkle on white sesame seeds.</li> </ol>
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#### ◇Wakame Rice (Seaweed Rice) with Tuna

<b>[Ingredients (1 serving)]</b> <ul style="list-style-type: none"> <li>Alphanized Rice (Wakame) 1 bag</li> <li>Canned Tuna: 1 can (60 g)</li> <li>Shiso Leaf: 2 leaves</li> <li>Roasted Sesame Seeds: 1 tablespoon</li> </ul>	<b>[Recipe]</b> <ol style="list-style-type: none"> <li>①Add hot water to alphanized rice, cook 20 minutes.</li> <li>②Remove the tuna from the can.</li> <li>③Dice the shiso leaves with kitchen scissors.</li> <li>④Mix the tuna and roasted sesame seeds into the rice and sprinkle the shiso leaf on top.</li> </ol>
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#### ◇Sardines & Plum Rice

<b>[Ingredients (1 serving)]</b> <ul style="list-style-type: none"> <li>Alphanized Rice (White) 1 bag</li> <li>Pickled Plums: 1 or 2</li> <li>Dried Young Sardines: 10 g</li> <li>Roasted Sesame Seeds: 1 teaspoon</li> <li>Sesame Oil: 1/2 – 2/3 teaspoon</li> </ul>	<b>[Recipe]</b> <ol style="list-style-type: none"> <li>①Add hot water to alphanized rice, cook 20 minutes.</li> <li>②Dice the pickled plums with kitchen scissors.</li> <li>③Heat sesame oil in a frying pan, and fry the dried young sardines.</li> <li>④Mix the dried plums and dried young sardines with rice, and sprinkle the roasted sesame seeds.</li> </ol>
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◇Alphanized Rice with Nutritious Vegetable Juice  
**[Ingredients]**  
 Alphanized Rice: 1 bag  
 Emergency Vegetable Juice: 1 can (190 ml)  
**[Recipe]**  
 When making alphanized rice, add vegetable juice instead of water and wait for 40 minutes.



# How to prepare 1 week worth of stockpile food with rolling stock

You must stockpile daily necessities such as food, water, and emergency toilets so that your family can live for about 1 week even if your lifeline is cut immediately after a major disaster happens.

## ●Points when stockpiling

- ① Decide what to stockpile based on where your house is, disaster risk, and your family structure.
  - ※If you are near a river or at risk of tsunami, ask to store your goods at a neighbor's house or rental storage on elevated ground. If you live in a detached house, stockpile goods on the 2<sup>nd</sup> floor or above to avoid water damage.
  - ※Decide what to stockpile by assuming what life will be like after a disaster, whether you live in detached or a multiple dwelling residence.
  - ※If you live with any elderly people, decide how to care for them in evacuation.
- ② Prepare to spend a bit. Don't just choose cheap items, but buy products carefully.
- ③ Try to prepare high nutrition, hot meals for your body and mind.
- ④ Distributed Stockpiling: If you concentrate everything in one place, you won't be able to get it in the event of a disaster. Also, if you have anything heavy such as water, distribute stockpiles.



## Rolling Stock Method

First use perishable foods in your refrigerator or freezer that spoil quickly when the power goes out. Then use longer lasting vegetables such as potatoes and onions. Try to eat items later that can be stored long term, such as canned foods, retort pouch (boil-in-the-bag) foods, dried foods, dried fruits and vegetables, etc. It is important to stockpile 1 week worth of refrigerated and longer lasting vegetables, as well as long term preserved foods. Anything labeled "emergency foods" or "disaster food" will be more expensive. Rather than buying this kind of special food, you should be alright with food that you can normally buy at the supermarket. Many retort foods have a shelf life of 2 years. These are foods you use every day, and if you use them in an emergency, it is easier on your wallet and you can prepare foods that you are used to eating.

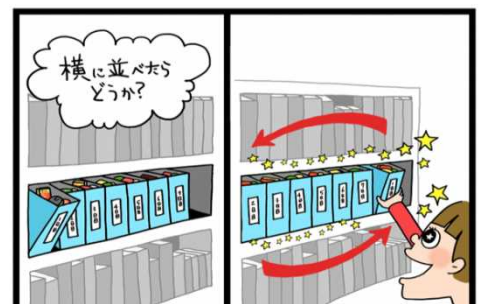


Horizontally Arranged Rolling Stock Method



## ●How to horizontally arrange stockpiled foods

- ① Find a shelf that is 78 to 80 cm long on a bookshelf or pantry.
- ② Open one row so that you can stockpile. One row is enough.
- ③ To open up room, dispose of anything you aren't using.  
Dispose of things you haven't used in a year and won't use.  
Disposal: \* Throw out \* Sell at a bazaar \* Give to somebody
- ④ Buy 7 file boxes at a ¥100 shop.





## 1 week of varied menus for cooking after a disaster (Example)



### Day 1

Miso soup (white or mixed miso), cheese fish paste, ginger soup, salt yokan, biscuits, curry, stew, Hamburg steak rice (emergency foods)



### Day 2

Vegetable juice, nutrition supplements, biscuits, yokan, plum rice porridge, mozuku soup, retort saury, pouch food



### Day 3

Miso soup (red, asari clam, shijimi clam), retort egg rice porridge, rice crackers, biscuits, candy, nutritional supplements, retort rice risotto (with chicken wings), canned dessert (mandarin), seaweed soup



### Day 4

Retort rice and vegetable porridge, curry, pack rice, canned yakitori chicken, vegetable juice, small fish, retort oyakodon, Chinese soup



### Day 5

Soup (spinach), nutritional supplement, retort pack, Chinese rice porridge, raisins, canned dessert (pineapple), small fish, retort chukadon, pack rice



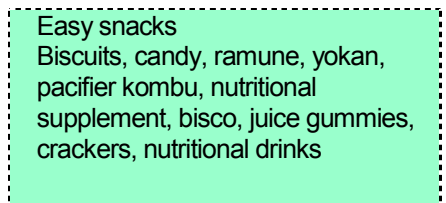
### Day 6

Alphanized rice (chicken rice), retort rice risotto, curry pilaf, biscuits, soup (chestnut squash), small fish, vegetable juice, retort gyutamadon, pack rice



### Day 7

Spaghetti, meat sauce, mushroom and salmon pasta sauce, soup (spinach and bacon), rice crackers, candy, canned dessert (pineapple), retort curry, pack rice



### Easy snacks

Biscuits, candy, ramune, yokan, pacifier kombu, nutritional supplement, bisco, juice gummies, crackers, nutritional drinks



**Inquiries**

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