

Make a note of your designated assembly point /
evacuation location 

Assembly point  Evacuation location 

Emergency pack checklist As these are the same preparations you should make for a natural disaster,
keep this pack ready at all times.

<input type="checkbox"/> Valuables  Cash, bankbook, personal seal, health insurance card, etc.	<input type="checkbox"/> Emergency provisions  Water, emergency food supplies	<input type="checkbox"/> Emergency medical supplies  Household medicines, your medical notebook, bandages, etc.	<input type="checkbox"/> Clothing, etc.  Change of clothes, towel, sanitary products, etc.	<input type="checkbox"/> Infant supplies  Diapers, powdered milk, baby bottle, etc.
<input type="checkbox"/> Portable radio, flashlight  Don't forget the batteries!	<input type="checkbox"/> Mobile phone  Don't forget the charger!	<input type="checkbox"/> Essential items for daily life  Glasses, dentures, hearing aid, etc.	<input type="checkbox"/> Items used when taking refuge  Mask, thermometer, disinfectant, handkerchief, outerwear, rucksack, hat, slippers, etc.	

○ Contact information for family and others

Name	Date of birth	Blood type	Illness / Medicine	Phone number	Memo

* Fill in using a permanent marker that won't rub out.

For inquiries about this pamphlet contact: _____



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Don't Forget!

To residents within the UPZ
(approx. 5-30km radius away
from the nuclear plant)

Sheltering indoors during a nuclear disaster is the first step to staying safe



If a state of Alert is issued,
firstly collect your children from school,
return home and listen to the TV etc.
for information while staying indoors.



 **佐賀県**
http://www.pref.saga.lg.jp/

In a nuclear disaster, it is important to stay calm and await correct information and instructions from public authorities. Staying in the home, "Sheltering indoors," is the first step to staying safe.*

* Going outdoors can greatly increase your risk of exposure if radioactive material is somehow released from the nuclear power plant.
 * If everyone tries to evacuate far away all at once, this can lead to confusion and accidents, thus leading to increased risks.

Keep this booklet where it can be clearly seen.

Sheltering indoors

POINT

If the order to shelter indoors is given, take refuge at home or in a nearby building and protect yourself from exposure.

- Getting inside is important; whether it's your home or workplace, public facilities or a nearby building (indoors).
- Close all doors and windows.
- Shut off ventilation fans. * Air conditioners that do not take in outside air can also be used while Sheltering indoors. (check to see what type of air conditioner is installed at home).
- Anyone returning from outside should thoroughly wash their hands and face.
- Food should be sealed in containers or wrapped up.
- Water should also be stored in airtight containers, just in case.

Remove any clothing worn outside, store it in a plastic bag and tightly seal the bag, especially if instructed to do so.

Take a shower and wash your hair, especially if instructed to do so.

Taking shelter in a concrete building is safer.

Wood can reduce internal exposure from inhalation to approximately 25%.		External exposure is also cut by approximately 10%.
Concrete can reduce internal exposure from inhalation to approximately 5%.		External exposure is also cut by approximately 40%.

Follow these guidelines

- Get accurate information from TV, radio and emergency alerts, etc.
- Avoid going outside unnecessarily and wait inside until instructed otherwise.
- Unless the matter is urgent, do not make phone calls.
- Pay attention to information provided by PR vehicles and official disaster prevention radio channels.
- Do not be misled by rumors or misinformation and follow the information from the national government, prefecture, and municipalities.

Sheltering indoors is the first step to staying safe!

Misinformation Rumors

If instructed to evacuate after taking indoor shelter...

Evacuation

POINT

Pay close attention to the official information provided and please calmly evacuate to the designated location.