

Nearby designated evacuation site

Evacuation site outside the UPZ

**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"/> Insurance (insurance card, seal, health insurance card)	<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"/> Radio, 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.)	

**Important information for family and others**

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: \_\_\_\_\_



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

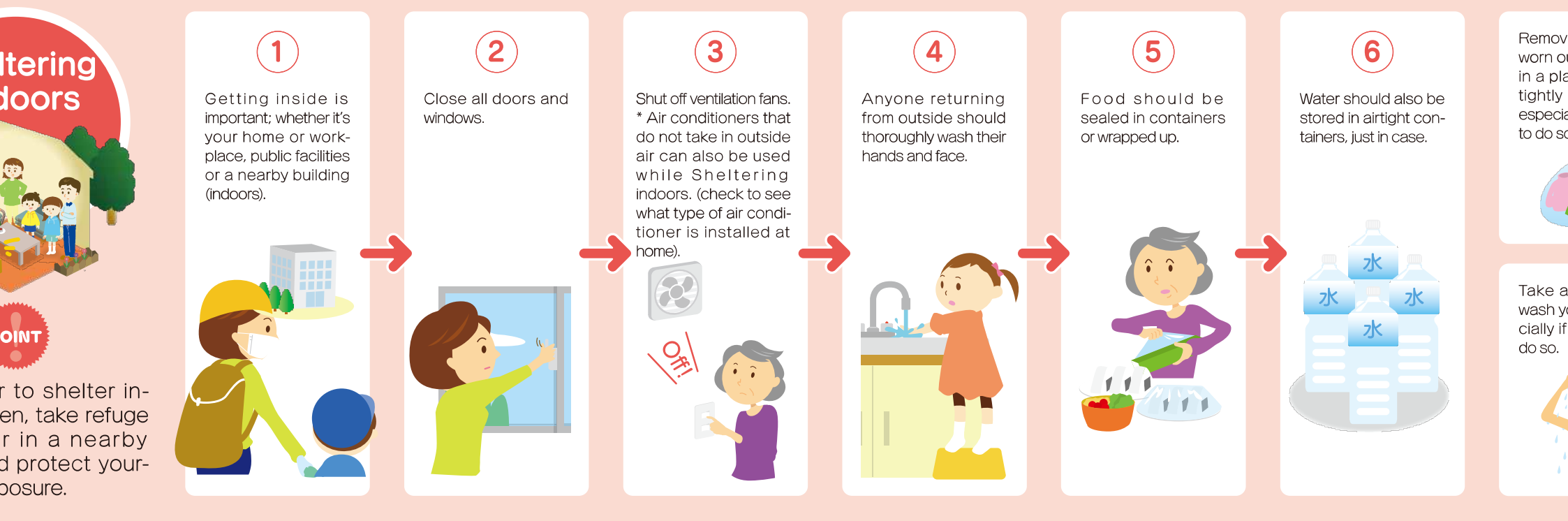


If you hear a state of alert has been issued, first collect your children from school, return home, and check the TV or other sources for information while staying indoors.



Persons can greatly increase your risk of exposure if radioactive material is somehow released from the nuclear power plant. In order 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 easily seen.



**Sheltering indoors**

**POINT**

In order to shelter indoors, take refuge in a nearby building and protect yourself from exposure.

**What to do if your home is damaged by an earthquake or other disasters?**

It is important to prioritize evacuation actions for earthquakes and other disasters. First, evacuate to a designated nearby shelter.

In normal times, check your local evacuation plan and designated nearby shelters on official websites or other sources.

There is a section for notes on the back of this booklet.

**Taking shelter in a concrete building is safer.**

**Wooden houses**  
Wood can reduce internal exposure from inhalation to approximately 25%.  
External exposure is also cut by approximately 10%.

**Concrete buildings**  
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.
- 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.
- Unless the matter is urgent, do not make phone calls.

**Sheltering indoors is the first step to staying safe!**

**Misinformation**

**Rumors**

**Evacuation**

Pay close attention to the official information provided. Stay calm and evacuate to the designated shelter.

\* When evacuating, try to wear your skin as much as possible.

**If instructed to evacuate after taking indoor shelter**