

Mom's Prevention to Protect Your Family from Disaster

Local Community-based Disaster Prevention Guide made by Moms live in Gotemba

What if Mt. Fuji erupts?



Evacuation at home
is the basic!



Be prepared to avoid
using the shelter!

Keep it forever!
Full of realistic and
easy understanding
information!

Prepare for Earthquakes, Typhoons,
and Eruptions as a Family

GOTEMAMA JYUHOOU KYOKU

GOTEMBA CITY

What is the Home Evacuation?

Staying at home, such as your own house or a friends/relative's house.



Evacuation centers can only be used by people who cannot stay at home due to their house being destroyed.

Even if an "evacuation order" is issued, if your home is safe, choose to stay at home as "Home Evacuation".

People with children, physical disabilities and or who have pets, may find that staying in an evacuation center can cause extra difficulty. Therefore it is important to prepare your home with water, food, emergency toilets, etc. Also, for safety, ensuring furniture will not fall over. Having discussion about evacuation with relatives and friends in advance is advisable.

What if a Power Outage Occurs?

What if the water stops and you can't use your cell phone?

If there is a power outage due to an earthquake or lightning, the water supply will be cut off in apartment buildings, etc., and the toilets will be unusable. Prepare an emergency toilet.

The elevator will stop and you won't be able to get your car out of the electric garage.

If all of the utilities in your house are electric, it is safe to have a home electric power generator and a storage battery.

Mobile phones and the internet may have difficulties in connection.

Things recommended to always have at home in case of a power/water outage:

water, light, battery, radio, mobile phone charger, mobile battery (fully charged), cassette stove, gas cylinder (try to fill the gasoline tank in full), plastic tank for water supply, bucket to carry the water for flushing the toilet, extra water in the bathtub

Fill a plastic bottle with water and freeze it in the freezer

Cash (only cash will be available for shopping during a power outage)

Turn off the breaker to prevent the fire.

Type of Evacuation and the Evacuation Center

●Primary evacuation centers (community centers, etc.) Evacuation place for those people who are in danger and unable to stay in their own house temporarily.

●Wide-area evacuation centers (schools, etc.) Evacuation place for those people who cannot live in their house or the people who moved from other evacuation shelter due to over its capacity.

●Evacuation at home (own house, etc.)

People who are safe in their house should evacuate at their own home.



Check the “Disaster Prevention Map”

You can check the dangerous areas around your house, such as flood and/or landslide risk areas.

A Prevention Map is distributed to all houses, and also you can check it on the Gotemba City website.

Be sure to check it with your family, especially during a typhoon.

- Potential landslide locations
- Places that have flooded before
- Boundaries of wards and groups
- Meeting places to confirm the safety of your family/friends
- Evacuation sites.....



No Water!? Is the Toilet Ready?

5 times in a day x 4 people x 5 days = 100 uses !

When the water stops, your first concern should be the toilet.

The toilet is an important concern because each person uses to the toilet about 5 times in a day. If you live in an apartment and power outage occurs, the water supply and elevators will stop. Therefore, store water in the bathtub so you can use it to flush the toilet.

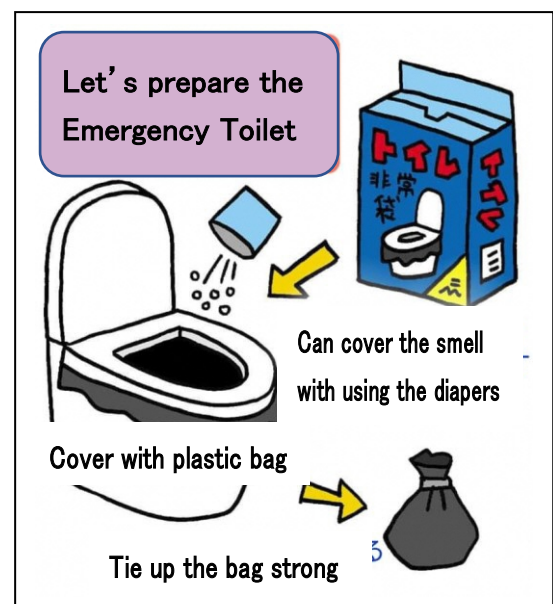
If there is no water to flush the toilet, cover the toilet with two large colored plastic bags, put diapers or cat litter, soil from the field and let the urine absorb. Tie up the bag after use and put it out as trash.

When you put it out with the trash, please follow the local instructions .

If you use a toilet coagulant (medication that solidifies), put it after defecation.

Adult men can use plastic bottles.

If the power is out but the water is available to use, carry the water with your bucket and flush the toilet.



What if an Earthquake Hits?

Please act to save your life first.



● Confirmation of safety by district wards.



When an earthquake with a seismic intensity of 5 or higher occurs, each group of residents must confirm their safety. Safety confirmation is confirming each person's situation. This includes if there are any injuries, family's safety, and availability of family contact.

- ① Go to the designated meeting place for each regional group or ward.
 - ② Report your family safety status to your group leader.
 - ③ After confirming the safety of your family, raise the yellow flag on outside the entrance to your home.
 - ④ If your home is not destroyed and is safe to stay in, use it as an evacuation shelter.
- Evacuation at home means staying at your own home without going to an evacuation center. When going to a place other than your own home, such as a family or friends home, inform your group leader before leaving.
- If your family uses "Senior Day Care", confirm how you will pick up your family member with the facility staff.
- Confirm with your family members how you will communicate in the event of an emergency.

● Picking up children (Kindergarten, Nursery school, Elementary school, Junior high school)

You are required to pick up your children from school in the event of an earthquake with a seismic intensity of 5 or greater. In the event of a disaster, emails may not be delivered properly. Only registered family members are allowed to pick up their children. For the child's safety, schools will not release the child without the proper registration.



Join a Residents Association

"Gichikai (Resident's Association)" is a group made by the resident's area, it is called "kumi". If you don't join the Gichikai, your name will not appear on the confirmation list, and even if you go to an evacuation center, people may not know who you are.

As a member of the Gichikai, If you were to go missing, it would be easier to recognize you and enable others to start searching for you.

To join the resident's association, contact the Citizens' Cooperation Division at Gotemba City Hall.



Gotemba City Civic Cooperation Division TEL 0550-82-4308

What if a Big Typhoon Comes?

Check the disaster prevention map to see if your home is safe.
Check the areas which are prone to flooding and landslides with the disaster prevention map.
If your home is in a danger area and you need to evacuate, check the evacuation route to the site beforehand.



● Before it starts to rain

Check around your house and secure (or bring in to the house/garage/warehouse) things which may possibly fall, collapse, or fly away with strong winds.
Lay your bicycle on the ground.
Close the shutters, put tape on the windows, and pull curtains closed.
Go shopping ahead of time, cook rice, and prepare food to eat.



● When it starts to rain

People who are at risk of damage around their home should go to the shelter before the typhoon gets too bad.
Even if you take a detour, use the safest route to the shelter.
Stay away from rivers, waterways, and other places where water can easily quickly overflow (especially the places which are indicated on the disaster prevention map.) If there is no danger to your home, use your home as an evacuation site.
Please check the latest disaster prevention information by Internet and/or the TV.
If your home is prone to entering the water, you can help prevent flooding by placing a bag of soil by the entryways.

● Preparing for flooding prevention of your home

If your home is prone to have water enter through the door, you can prevent this by placing a bag of soil (sand bag) right outside the door.
You can buy sandbags at the home centers. In case of an emergency, fill a garbage bag with water and place it outside of the door.



Fill a garbage bag with water



Place a bag prone occurs



What if Mount Fuji Erupts?

Check the Gotemba City Volcano Disaster Prevention Map!

●Lava flows, volcanic ash, and mudflows from melting snow!?

Lava arrival time would depend on its altitude and also the location of where the volcanic crater occurs. After clarifying the areas where lava will not flow, we can evaluate where to evacuate in the city. Be aware of the dangers of volcanic ash, mudflows and debris flows caused by melting snow.



●Lava flow: High-temperature lava flows burn or bury the places it passes through. The flow speed is about the same as a person walking, so you can evacuate after an eruption.

●Melting snow-type volcanic mudflow: The snow at the base melts and a mudflow flows at high speed. Debris flows are more likely to occur when it rains after ash fall. Both riversides and valley exits are particularly dangerous. Same as typhoons, evacuate to high places or strong buildings.

●Volcanic ash: Is very fine ash, and if there is accumulation, it can be difficult to drive a car. In addition, it is dangerous if it enters the body. It would be necessary to use goggles, masks, raincoats, and gloves.

●Wide-area evacuation by car: Depending on the scale of the eruption, you may be instructed to drive your own car and evacuate outside the city. Please follow the instructions to avoid traffic paralysis.

In the event of an eruption, Gotemba city will use all possible ways to disseminate the information!

“Don’t be misled by hoaxes and rumors, always obtain the correct information and act calmly!”

Time to Arrival of Lava Flow:

This is a guideline for the shortest possible time and maximum scale:

- 2 hours; Inno, Itazuma
- 3 hours; Jinba Industrial Park area
- 12 hours; Nakabata , Takane (Above R246)
- 24 hours; Nagahara, Tsukahara and Yamanoshiri
- final destination; Gotemba/Fujioka area
- Areas where lava flows do not generally arrives: part of Tamaho, around Gotemba Station, around Gotemba IC, etc.



What if it Snows?

Shovel the snow around your house.

Preparation before snow piles up is important.

Purchase snow shovels.

Shoveling the snow in front of your entrance is important.

Snow might lock you down due to the amount.

Check the weather forecast and go shopping before it snows. (Have enough food and supplies for 3 days.) Avoid using your car as much as possible. Driving on snowy roads is very dangerous for those who are not used to it.

If able, not going to work is preferable. If necessary, walk instead of using a car.

If you need to go to the hospital, please call the emergency center or hospital to get advice. Tidy up the garden before snow piles up. It is very dangerous if the things in the garden are buried in the snow. Be careful not to fall into the gutter.

Stoves that do not require electricity as a countermeasure against power outages are very useful. Usually, your home is covered with insurance, but the carport and garage is not included. Keep them clear of snow.

If you have a fire hydrant in front of your house, remove the snow from it so it is visible. Be cautious of snow which falls from above your head, such as snow sliding down from eaves and roofs.



Will the Self-Defense Forces Clear the Snow for us?

In Gotemba City, snowplows dispatch when more than 5 cm of snow accumulates. Priority snow removal is for roads such as national highways first, and community roads are second.

Since the Self-Defense Forces are dispatched to areas with severe damage at the request of the prefectural government, in most cases they cannot clear the local snow.

With your neighbors, remove the snow from the road in front of your house.



Sweets Backpack

Children's favorite sweets, toys, family photos, contact information, etc... put all those in a bag, and put the expiration date on the bag.

Prepare a backpack so the kids can carry it. You can use yarn for the shoulder part so kids can use it as a "AYATORI".

Check the expiration date and have sweets party when sweets are about to expire!

Let's try!!



What Should I Do with My Pet when I Go to the Shelter?

Basically, the pets required to evacuate with their owner. But in reality, they often end up staying in a car.

Never abandon your pet at home when you go to the shelter. Please evacuate together. Put it in a pet carrier with the leash attached. Most shelters have a limited space for the pets, therefore people end up putting the pets in the car.

If you have pets, first and foremost, it is important to create your house to be the evacuation shelter in the case of emergency for you and your pets!!

Prepare where to bring your pets instead of the shelter beforehand, like relative or friend's house! Prepare and plan for a way to avoid bringing your pets to an evacuation center is preferable.



Car can be a Loyal Friend in time of Disaster!

Refuel the gasoline when its falls below half in the meter!

- Information - - - You can use radio, television, charge your mobile phones, etc.
- Air conditioner - - - Prevents heat in summer and keeps you warm in the winter.
- Electric - - - Always set your car chargers and USB cables in your car.
- Private room - - - You can keep your privacy. Pets are comfortable as well.
- Luggage can be placed - - - Change of clothes, blankets, towels, emergency toilets, etc.
- Moveable - - - If you have a car, you can go wherever you want to go. In case of eruptions, you can move to wide area evacuation via car.







A list of things which are preferable to have in your car

Portable charger & cord Portable toilet Gloves Large bag Whistle Scissors Gummed tape Vinyl string Bath towel	Sneakers Toilet paper Blanket Mask Newspaper Change of clothes Memo paper Permanent pen Money (include small changes)	For baby and kids... Baby wipes, Diapers, Cuddle string milk- powder
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Plastic Bag Cooking

A convenient way to cooking recipes during the power/water outages! It can be done in a short time with a small amount of water. You can use the hot water in the pot repeatedly.

<p>Rice</p> <p>For two people Rice 1 cup Water 220 ml</p>	<p>Put rice and water in a plastic bag, remove air, tie at the top, and soak in water for about 60 minutes. Place a plate on the bottom of the pot and place the bag with water and rice. After water boils, simmer on low heat about 20 minutes. Turn off the heat and steam for 10 minutes. (For 4 people, use 2 bags in the same pot.)</p>	
<p>Omelet</p> <p>2 eggs Milk 30ml Melted cheese Salt a little</p>	<p>Put all ingredients in a plastic bag and rub it. Squeeze out the air and tie the bag at the top. Place a plate on the bottom of the pot and put the bag in boiling water, 4 minutes in total for both sides. Turn off the heat, leave it about 5 minutes and it's done!</p>	
<p>Ofu choco</p> <p>wheat gluten, Sugar water, cocoa powder</p>	<p>Put the Ofu (wheat gluten) and sugar water (adjust in your favorite sweetness) in a plastic bag and let it soak up the water for 10 minutes. Dispose the extra water. Cover it with cocoa powder and serve!</p>	
<p>Beans, wakame and tuna salad</p> <p>1 bag of mixed beans (boiled plain) 1 canned tuna (drain the oil) 3 tbsp dried wakame 2 tbsp mentsuyu 1 tsp sesame oil 2 tbsp water Put all the ingredients in a plastic bag and wait 30 minutes!</p>		

Emergency Meal Stock: 4 people in family with 5 days for example

Prepare the meal stock with food which you are used to eating!

2L bottles of water (for drinking); 3 boxes (18 bottles)

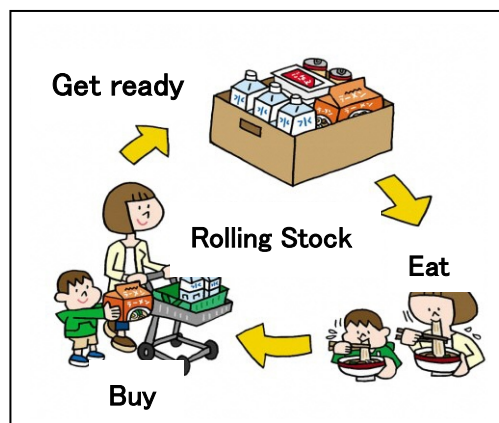
12 cans of tuna, 6 cans of soybeans (boiled plain),

4 kilograms of rice, 12 bags of retort rice and retort curry, etc.

2 bags of dried seaweed, 2 bags of soba noodles, 2 bags of pasta,

1 bottle of noodle soup, 4 cans of pasta sauce, cup noodles,

Don't forget to prepare favorite snacks and sweets for kids !



Family Disaster Prevention Sheet

Contact list of family members

NAME	TEL LINEID	NAME	TEL LINEID
NAME	TEL LINEID	NAME	TEL LINEID
NAME	TEL LINEID	NAME	TEL LINEID

Disaster Message Dial: 171

● Home phone number 0550— — (not mobile phone)

NTT's service for contacting family members in the event of a major disaster.

Free from public phones. You can put a message within 30 seconds.

Use your home landline number as your password.

Dial 171 and follow the voice guidance both for recording and listening to the messages.

Call 171 → Follow the guidance → Record a message or listen to the message

Gathering Place Be sure to decide the gathering place with your family

Gathering places for [kumi&han] places to gather when the seismic intensity is 5 If you can't gather, make sure to contact your kumicho.	place name	kumicho TEL
Local evacuation sites (community centers, etc.) Places to evacuate in the event of a disaster	place name	TEL
Wide-area evacuation site (school and others) when you cannot live in your own house	place name	TEL
Other evacuation site Relatives or close friends' homes, etc.	place name	TEL

Person who can rely on in case of emergency and others

close person contact information	NAME TEL	NAME TEL
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Where family members are usually located at.. (school, work and etc)

NAME PLACE TEL What to do in the event of a disaster:	NAME PLACE TEL What to do in the event of a disaster:
NAME PLACE TEL What to do in the event of a disaster:	NAME PLACE TEL What to do in the event of a disaster:
NAME PLACE TEL What to do in the event of a disaster:	NAME PLACE TEL What to do in the event of a disaster:

Other contacts (place use to visit, the people who want to make contact, etc)


NAME	mobile phone LINE ID address
NAME	mobile phone LINE ID address
NAME	mobile phone LINE ID address

Others (a chronic illness, disabilities, caution and others; write it down so other could understand so they can provide the support)

Things to always bring

What if a disaster strikes and you can't get back to your home?

What if you were in a train or an elevator? It is safe to carry it in a small pouch.

<input type="checkbox"/> Mobile battery <input type="checkbox"/> Identification card (ID card) <input type="checkbox"/> Pen notebook <input type="checkbox"/> Money (including coins) <input type="checkbox"/> Family contact information, photos <input type="checkbox"/> Mask <input type="checkbox"/> Brandade <input type="checkbox"/> Wet tissue, t <input type="checkbox"/> Tissue <input type="checkbox"/> Large handkerchief <input type="checkbox"/> Candy, Jelly drink, etc.	<input type="checkbox"/> Drinks <input type="checkbox"/> Extra wearings <input type="checkbox"/> Registration bag <input type="checkbox"/> Portable toilet <input type="checkbox"/> Buzzer and whistle <input type="checkbox"/> Light <input type="checkbox"/> Scissors <input type="checkbox"/> Rabber band <input type="checkbox"/> Medicine notebook <input type="checkbox"/> Sanitary goods <input type="checkbox"/> Contact lenses, Glasses <input type="checkbox"/> Hand warmer	Things to bring for children [Put them in a school bag] <input type="checkbox"/> Contact information and photos of family members <input type="checkbox"/> Coins (10 yen, 100 yen) <input type="checkbox"/> Whistle <input type="checkbox"/> Notes how to use 171 <input type="checkbox"/> Handkerchief <input type="checkbox"/> Tissue <p style="color: red;">Mother's bag is also a disaster prevention supportive item!</p> 
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Helpful Websites in the Event of Disaster

GOTEMBA CITY OFFICE Living information center		Links for Multilingual News and BOSAI Info	
FUJISAN GOGO FM (Local Radio Broadcast)		Disaster Prevention Portal Ministry of Land, Infrastructure, Transport and Tourism	
GOTE MAMA JYUHOUKYOKU			

What is Gote Mama Jyuhoukyoku?

A local group supporting mothers who are raising their children. Providing the useful childcare information via Facebook. Producing variety of activities such as child care support, events and lectures, disaster prevention, reuse of daily necessities and school uniforms. Try to light up our local city, Gotemba!

May this book help to protect your family...

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