



さいたま暮らしの^く情報誌^{じょうほうし}
Information for Living in Saitama City
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おお じしん そな
大きな地震に備えて③

Preparing for a big earthquake③
Prepárese para un gran terremoto · · · capítulo 3

いえ きけん いそ ひなん
家は危険、急いで避難しなければ！

なに も い よ
何を持って行けば良いの？

Your home isn't safe. You need to evacuate fast! What should you take with you?



¡Es peligroso quedarse en casa. Hay que evacuar pronto!

¿Qué debemos llevar?

はっこうもと こうえきしゃだんほうじん かんこうこくさいきょうかい こくさいこうりゅう
【発行元】 公益社団法人さいたま観光国際協会 (STIB) 国際交流センター (IEC)
ばしよ しうらわくひがしたかさごちよう かい うらわえきみがしぐち うらわ うえ
場所：さいたま市浦和区東高砂町11-1 コムナーレ9階 (JR浦和駅東口 浦和/パルコ上)
TEL:048-813-8500 FAX:048-887-1505 E-mail:iec@stib.jp URL:http://www.stib.jp/kokusai

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We don't know where and when the next big earthquake will strike. In recent years, not only earthquakes, but also floods and landslides due to heavy rain have caused major damage. Typhoons also cause a lot of damage every year, and though we can get information about them from weather forecasts, we still need to be careful.

National and local government have prepared measures for various kinds of disasters, but families and individuals also need to make their own preparations at home. To get ready for the next big disaster, let's prepare an

emergency evacuation bag.

- ☆ An emergency evacuation bag is for the things you need in case you have to evacuate your home when disaster strikes. Put it where you can retrieve it at a moment's notice as you leave your home. ☆

TIP: Pack small and light!

Talk with your family about what you need, taking into consideration the special needs they may have (for example if they are infants, elderly, sick, or children who eat a lot).

Decide the priority of items to pack.

Check the bag each season (summer / winter), changing the contents accordingly.

Use a backpack that keeps your arms free.

Example Emergency Bag Contents

ID & Valuables

- Cash (including small change)
- Copies of insurance card & driver's license
- List of valuables in your home
- Paper listing the numbers for your passports, bank account, insurance policies, etc.

Food

- Drinking water
- Emergency food (canned, retort or dried)
- Milk formula, baby food

Protective Gear

- Gloves, mask, helmet
- Flashlight, portable radio, batteries
- Mobile charger, rain gear, map
- Newspaper, plastic bags (large, small)

Hygiene products / medicine

- Underwear, changes of clothes, glasses
- Towel, toilet paper
- Wet tissues, household medicines
- Toothbrushes & past, feminine care products
- Disposable diapers, mobile toilets
- First Aid kit (bandages, adhesive plaster, etc.)

In case of power, gas, and water outages, prepare the following:

- Portable stove (and gas) · Lantern · Foldable water tank
- Plastic wrap · Water for washing (3 liters per person per day)

※ Put your bag where you can retrieve it immediately such as in your entry way.