

Prepare for Large-scale Disasters!

Nankai Trough Earthquakes have occurred approximately every 90 to 200 years. To protect ourselves, it is essential to prepare. In the May edition of *Living in Miyazaki*, we shared information about tsunami and evacuation. This month, we'll be talking about what we need to survive for one week after disaster strikes, the time it is estimated that it will take for services to be partially restored.



- It's best to have enough food and water on hand to last a week, but be sure to stock enough for at least three days. Keep in mind that an adult needs 3 liters of water per day. This can be a combination of fluids such as water, tea and vegetable juice.
- Have enough of the staple food items you eat daily. It's a good idea to always have a little more of such items as frozen cooked rice and other frozen foods than you normally would.
- Stock quick-energy foods and foods you like. Stock up on food that you can eat for quick energy as well as snacks and other foods that you like.
- Prepare a bag with articles that you can grab quickly in an emergency. The bag should have emergency supplies (a flashlight, a portable radio, a battery for your mobile phone, etc.), clothes, sanitary products, medicines, cash, a copy of your ID card, etc.
- Plan for electricity and gas to be unavailable. Make sure to have a dry-battery lantern for indoor use. A portable cassette cookstove is helpful for heating food, and outdoor goods are always useful when disaster strikes.
- Flushing your toilet. If electricity is out and the water supply has been disrupted, you won't be able to use your toilet as you normally would. In addition to having sufficient drinking water, therefore, make sure that you have enough water in polyethylene tanks or other containers that can be used to flush your toilet as well as for other purposes such as washing yourself, dishes and clothes.

It is important for you to regularly discuss emergency preparation with your family. It is also important to get to know the people in your neighborhood and community through participation in local activities. Doing so makes it easier for neighbors to help one another in emergencies, and this helps to reduce damage and increase survival when disaster strikes. As the old Japanese proverb says, "Be prepared and you won't have to worry." We should raise our awareness to be better prepared for emergencies.

Miyazaki Prefecture has established an e-mail notification system for disaster mitigation and crime prevention in four languages (English, Chinese, Korean, and Vietnamese). Register to receive timely information about heavy rains, flooding, earthquakes, etc. in one of four languages. Use the QR codes on the right to register for English and Vietnamese. If you prefer Chinese or Korean, check *Living in Miyazaki* on the official Miyazaki International Foundation (MIF) website for the QR codes.



English



Vietnamese

On Saturday, September 10, MIF will hold its *Seminar for Disaster Volunteers Supporting Foreign Residents* in Miyakonojo City. On Saturday, September 17 both the *Seminar for Disaster Volunteers Supporting Foreign Residents*, and the *Disaster Prevention Seminar for Foreign Residents* will take place in Miyazaki City. If you are interested in learning about responding to emergencies and support for foreign residents when disaster strikes, please contact us.

Please feel free to contact us if you have any questions, comments, or requests related to this article. TEL: 0985-32-8457 FAX: 0985-32-8512 Email: miyazakiinfo@mif.or.jp

If you have any questions or concerns regarding your daily life, please contact the Miyazaki Support Center for Foreign Residents.

TEL: 0985-41-5901 FAX: 0985-41-5902 Email: support@mif.or.jp

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