



Disaster Preparedness Checklist for Americans in Japan

Essential Supplies (Store enough for three-five days)

- Water (four liters/one gallon per person per day. Change water every three to five months)
- Food (canned or pre-cooked, requiring no heat or water. Consider special dietary needs, infants, the elderly, pets)
- Flashlight with spare batteries and bulbs
- Radio (battery operated with spare batteries)
- Large plastic trash bags (for trash, waste, water protection, ground cloth, temporary blanket)
- Hand soap and/or disinfecting hand cleaner gel that does not require water
- Feminine hygiene supplies, infant supplies, toilet paper
- Essential medications as required; glasses if you normally wear contacts
- Paper plates, cups, plastic utensils, cooking foil, plastic wrap and paper towels
- First Aid kit with instructions
- Yen in small bills (ATMs may not work after a disaster), with coins and phone cards for public phones.
- Place emergency supplies and your telephone in places where they are less likely to be knocked over or buried by falling objects (on the floor under a strong table is a good choice).

Essential Home Preparations Before a Disaster

- Secure water heaters, refrigerators and tall and heavy furniture to the walls to prevent falling.
- Move heavy items to lower shelves, and install latches or other locking devices on cabinets.
- Install flexible connections on gas appliances.
- Remove or isolate flammable materials.
- Move beds and children's play areas away from heavy objects which may fall in an earthquake.
- Register at Embassy or Consulate serving your area; contact information is on the reverse side of this checklist.

Essential Planning Before a Disaster

- Draw a floor plan of your home showing the location of exit windows and doors, utility cut off points, emergency supplies, food, tools, etc. Share it with baby-sitters and guests.
- Establish family meeting points with alternate sites inside and outside of your home for all members to gather in the event of an evacuation.
- Establish reunion sites with alternate sites for when the family is not at home, e.g., local shelter, neighbor's house, park, school.
- Designate a person outside of your immediate area for separated family members to call to report their location and condition if separated.
- Learn or establish disaster policy/planning at your children's school
- Know your neighbors and make them aware of the number of people living in your home.
- Learn where the nearest designated shelter for your neighborhood is.
- Photocopy passports and other important documents. Store copies away from home (for example, at work).
- Learn how to contact the police, fire and rescue services in Japanese. Be able to provide your address in Japanese.

Essential Steps Immediately After a Disaster

- Check your immediate surroundings for fire, gas leaks, broken glass and other hazards.
- Open doors and/or windows to avoid being locked in if there are after-shocks.
- Contact a friend or relative in the U.S., and ask them to inform other parties of your situation.
- Monitor local TV and radio for evacuation information.



How to Contact Us

The American Embassy in Tokyo

1-10-5 Akasaka, Minato-ku, Tokyo 107-8420

Tel: 03-3224-5174

Fax: 03-3224-5856

<http://japan.usembassy.gov/acs>

American Consulate General Sapporo

Kita 1-jo, Nishi 28-chome

Chuo-ku, Sapporo 064-0821

Tel: 011-641-1115

Fax: 011-643-1283

American Consulate Nagoya

Nagoya International Center Bldg. 6F

1-47-1 Nagono

Nakamura-ku, Nagoya 450-0001

Tel: 052-581-4501

Fax: 052-581-3190

American Consulate General Osaka-Kobe

11-5, Nishitenma 2-chome

Kita-ku, Osaka 530-8543

Tel: 06-6315-5912

Fax: 06-6315-5914

American Consulate Fukuoka

5-26, Ohori 2-chome

Chuo-ku, Fukuoka 810-0052

Tel: 092-751-9331

Fax: 092-713-9222

American Consulate General Naha

2-1-1 Toyama

Urasoe-shi, Okinawa 901-2104

Tel: 098-876-4211

Fax: 098-876-4243