



## 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 and plastic wrap (wrapped around paper plate so that they were re-usable) 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 one 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 (If available in your area, for English info, listen to AFN 810AM).



## How to Contact Us

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### The American Embassy in Tokyo

1-10-5 Akasaka, Minato-ku, Tokyo 107-8420  
Tel: 03-3224-5174  
Fax: 03-3224-5856  
<http://usembassy.state.gov/tokyo/www7125.html>

### American Consulate General Sapporo

Kita 1-jo, Nishi 28-chome  
Chuo-ku, Sapporo 064-0821  
Tel: 011-641-1115  
Fax: 011-643-1283  
<http://usembassy.state.gov/sapporo>

### American Consulate Nagoya

Nishiki SIS Bldg. 6F  
10-33, Nishiki 3-chome  
Naka-ku, Nagoya 460-0003  
Tel: 052-203-4011  
Fax: 052-201-4612  
<http://www.japan-net.ne.jp/~amconngo>

### American Consulate General Osaka-Kobe

11-5, Nishitenma 2-chome  
Kita-ku, Osaka 530-8543  
Tel: 06-6315-5912  
Fax: 06-6315-5914  
<http://www.senri-i.or.jp/amcon>  
Email: [acsok@gol.com](mailto:acsok@gol.com), or [aok@state.gov](mailto:aok@state.gov)

### American Consulate Fukuoka

5-26, Ohori 2-chome  
Chuo-ku, Fukuoka 810-0052  
Tel: 092-751-9331  
Fax: 092-713-9222  
<http://usembassy.state.gov/fukuoka>

### American Consulate General Naha

No. 2564 Nishihara  
Urasoe-shi, Okinawa 901-2101  
Tel: 098-876-4211  
Fax: 098-876-4243  
[http:// usembassy.state.gov/naha](http://usembassy.state.gov/naha)