

# Preparedness in daily life

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- Make shelves and dressers fall-proof and brace your light fixtures.
- Confirm evacuation routes and shelter locations.
- Do not place anything near your doors that may hinder evacuation.
- Decide contact methods and evacuation shelters with your family and friends.
- Actively participate in disaster prevention drills.
- Store your valuables in a safe place.
- Prepare an emergency kit.
- Check the strength of your house.
- Confirm the regional disaster information.

\*Download this guidebook and carry it with you.

## Things you should do in Ritsumeikan University

- Confirm evacuation routes (including the closest emergency exit / staircase).
- Confirm the location of the nearest fire extinguisher and understand how to use it.
- Confirm the locations of temporary and designated shelters.
- Confirm the route you would use to walk home.
- Decide on contact methods with your family.
- Get the emergency contact information of those in your class, seminar, and laboratory.
- Ensure safety and secure chemicals and laboratory equipment to prevent them from falling over. Measures should be taken to prevent chemicals from coming into contact with other chemicals that may cause a chemical reaction.

## Prepare an emergency kit

Create a compact kit of the basic necessities you need to stay alive and check it once a year. It is important to keep it somewhere handy in case you need to leave quickly.

### Priority items

Immediate necessities. The kit should weigh about 15kg for men and 10kg for women.

<b>Valuables</b>	Name seals, bank books, health insurance cards, cash (incl. 10 yen coins)
<b>Emergency food</b>	Canned bread, chocolate, mineral water
<b>Emergency medicine</b>	Household drugs, adhesive bandages, cotton gauze, ointment, eye drops, feminine care products
<b>Clothing</b>	Undergarments, clothes, shoes etc.
<b>Portable radio</b>	Also include extra batteries
<b>Light</b>	Candles, matches, lighters

### Secondary items

Daily goods for long-term evacuation.

<b>Food</b>	Rice (retort / pre-cooked), main dishes (canned / retort) , seasoning, candy etc.
<b>Water</b>	3L per person per day (for drinking)
<b>Portable stove</b>	With gas cartridges
<b>Others</b>	Whistles, etc.

## Preparing for difficulty when returning home

Prepare a map with walking directions for getting to your home and for getting school.

\*Select a route that uses only main roads.

### Mark any hazardous areas along the route in red

Bridges, overpasses, railways, elevated freeways, oil or gas tanks, chemical facilities, industrial complexes, etc.

### Mark any safe zones along the route in green

Ward Office, City Hall, town/village offices and their branch locations, fire station, police station, police box, health center, hospital, school, post-office, department store, supermarket, convenience store, family restaurant, public telephone, public toilet, park, ballpark, sports arena, train station, gas station

## Things to remember Relevant Information

### Sunrise and Sunset times

In bad weather conditions, it gets dark one hour earlier than normal.

(Kyoto)	Sunup	Sundown
3/21	06:01	18:08
6/21	04:43	19:14
9/23	05:45	17:53
12/22	07:01	16:49

Ephemeris Computation Office, Public Relations Center, National Astronomical Observatory of Japan

<http://eco.mtk.nao.ac.jp/koyomi/>

### Methods for acquiring disaster information

Earthquake Information

<http://www.jma.go.jp/jp/quake/>

Typhoon Information

<http://www.jma.go.jp/jp/typh/>

Be sure to check your mobile phone if you receive an early warning message known as "Area Mail".