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P&G Family Care and Preparedness Manual

For Natural Disasters And
Other Emergency Situations

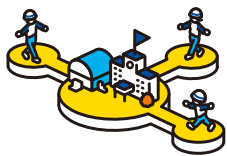


Contacting Each Other at the Time of Disaster through Various Means You Know

Your evacuation will not be completed until you know your family is safe.

Rules for Contacting Each Other You Should Decide Beforehand with Your Family

During daytime, family members are dispersed. Let's decide within your family several ways to contact each other at the time of emergency.



Place to Meet / Evacuation Location

Decide beforehand where to meet each other and where to evacuate.



Place / Method for Leaving Memos about the Place Where One Has Gone

In order to prevent burglaries of the empty house, paste the memos in places such as inside the entrance door.



Means of Contacting Each Other at the Time of Disaster (Disaster Message Services, etc.)

Leveraging SNS such as LINE or Twitter is also effective. It is a good idea to create a family group beforehand.



Intermediary for Contacting Each Other (Relatives/Friends in Distant Places, etc.)

Decide beforehand on the house of a relative/friend in a distant place who will serve as an intermediary for contacting each other at the time of disaster.

Contact Address Memo on Evacuation Locations and the Acquaintance in a Distant Place



Address of contact of the person (relative/friend in a distant place) who will serve as an intermediary for personal safety information.

Name

Telephone Number

Mobile Phone Number

Mail



Evacuation (Meeting) Locations for the Family at the Time of Emergency

Nearby Evacuation Location
(Interim "Place" Where We Evacuate)

Nearby Designated Evacuation Location
(Facility Where Inhabitants, etc. Stay for a Certain Period of Time)

Evacuation Location or Evacuation Building
Where We Evacuate in Case of Tsunami

If there is danger of tsunami or river flooding, evacuate to places such as a solid mid-to-high-rise building or elevated ground, and stand by until safety can be assured.

Disaster Message Services

Each Disaster Message Service can try on 1st and 15th in every month. Please try it in advance.

Characteristics of 3 Disaster Message Services

Disaster Message Dial "171"	Disaster Message Board	Disaster Message Board web171
 Dialing 171	 Dedicated services, apps	 Access "web171"
For Cellphone, Fixed-line phone	For Cellphone	For Cellphone, Fixed line-phone
Reserve Time By end of service	Reserve Time By end of service	Reserve Time 6 months
Registration message number 1~20 messages	Registration message number 10 messages	Registration message number 20 messages
Recording time for 1 time 30 seconds	Limitation for characters 100 letters	Limitation for characters 100 letters



Contact Addresses of Your Family Members and Those Whose Safety You Want to Confirm

Name

Telephone Number

Mobile Phone Number

Mail

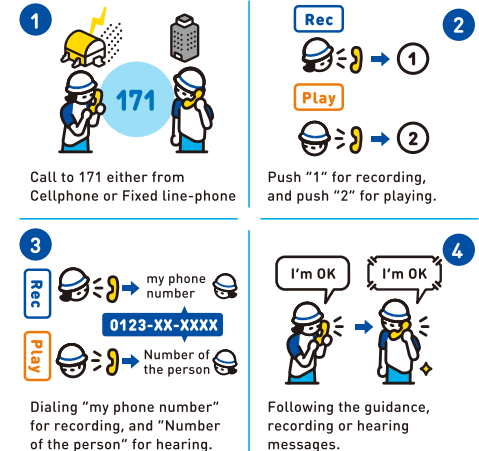
Name

Telephone Number

Mobile Phone Number

Mail

How to Use Disaster Message Dial "171"



Phone number you want to contact first:

Contact Addresses of Your Regular Pediatrics/Obstetrics and Gynecology Hospital

Hospital Name

Telephone Number

Hospital Name

Telephone Number

Contact Addresses of the Day Care Center or the Kindergarten

School Name

Telephone Number

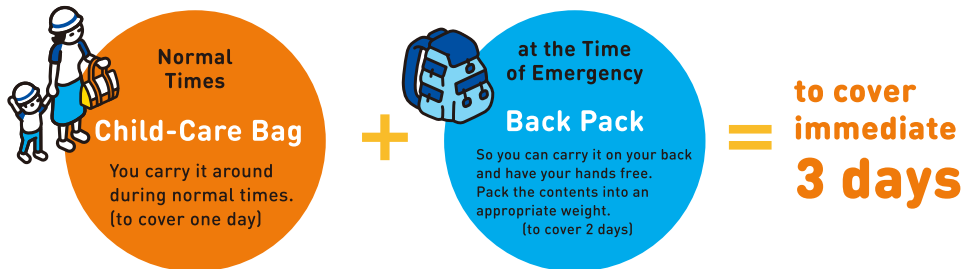
Mail/SNS, etc.



Let's confirm the procedure for contacting or fetching your child at the day care center or kindergarten at the time of disaster. Make sure you do not only depend on your mobile phone and have several means for contact such as public phones or memos.

Disaster-Preparedness Goods (for Carrying out with You at the Time of Emergency) Which Will Be Useful at the Time of Disaster

There are already water and snacks in it.
Your child-care bag will turn into a
disaster-preparedness bag with one more small step.



Put evacuation goods in your regular child-care bag.

Regular Goods



Disposable Diaper



Baby Wipes



Drinking Water (Water Bottle)



Poly-Bag/
Supermarket
Plastic Bag



First Aid Set/
Standard
Medicine-Chest Items



Snacks



Bath Towel



Maternal and Child
Health Book/Personal
Medicine Notebook

Additional Items Recommended



Rechargeable
Battery



Emergency
Blanket



Whistle



Large-Size
Handkerchief



Make evacuation goods as compact as possible.



Disposable Diaper



Toy/Picture Book



Raincoat



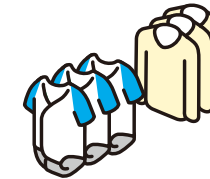
Mask



Headlight



Portable Radio



Change of Clothes



Wet Wipes for
Oral Care



Baby Sling



Sanitary Napkins/
Breast Milk Pads



Mobile Toilets

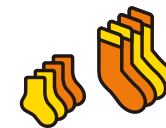


Comfortable
Shoes

Items Which Are Good to Have Suggested by Victims



Disposable
Baby Bottle



Socks



Nail Cutter



Valuables

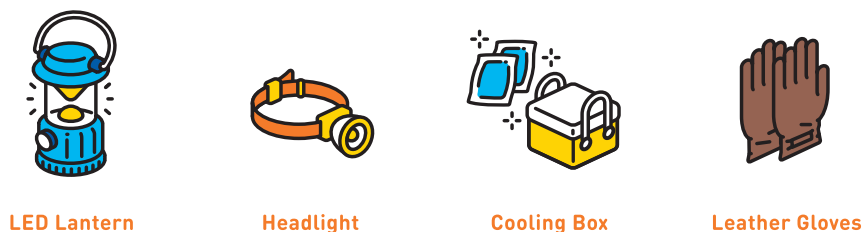
Disaster-Preparedness Goods (for Sheltering at Home) Which Will Be Useful at the Time of Disaster

**Buy a little extra. Your regular shopping
will turn into disaster-preparedness.**

Basic Goods for Sheltering at Home Which Will Be Useful



Camping Gear Becomes Useful at the Time of Sheltering at Home



Stock household items and children's items in rolling stocks.

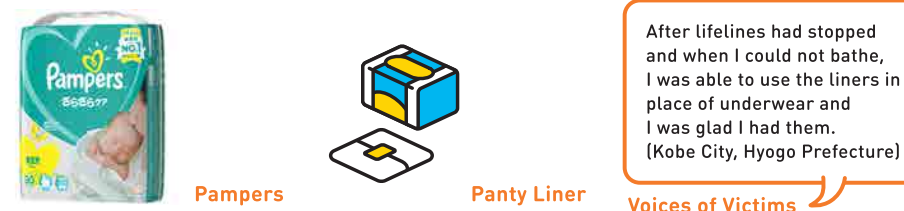
The quantities are shown as a guideline for stocking to cover 1 week for a family of 4.
(Regarding the rolling stock method, please refer to page 11.)



Multi-Purpose Disaster-Preparedness Goods You Will Be Glad to Know about.



Items Which Are a Good Idea to Stock According to Victims.



After lifelines had stopped and when I could not bathe, I was able to use the liners in place of underwear and I was glad I had them.
(Kobe City, Hyogo Prefecture)

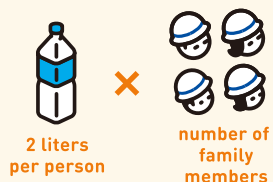
Voices of Victims



For parents of young children, diaper presents a big problem at the time of disaster. Furthermore, if baby wipes are not available, sometimes babies develop a rash on the bottom.

**If you eat warm food,
your heart will warm up first.**

Amount of Drinking Water You Should Stock



**Prepare 2 liters
per person,
for at minimum 3 days,
but for 7 days
if it is possible.**



5 cartons at minimum for
a family of four for 7 days.
Come up with ideas to store them
in various places in the house.

Knowhow to Build up Stock to Cover 7 Days

Let's start by consuming perishable items stored in your refrigerator/
freezer, and consume emergency provisions after that.

1~3DAY

Eat what is in the refrigerator/freezer.

Already during normal times,
stock some extra foodstuffs in your
refrigerator/freezer.
At the time of power failure, store food
with refrigerants in a cooling box.



4~7DAY

Eat preferred food/foodstuffs using the "rolling stock method".



Cans/Pouches



Dry Noodles



Freeze-Dry
Food



Dried Food



Baby Food

The rolling stock method is introduced on the next page.→

Rolling Stock Method

With the rolling stock method, you can turn the food you are used to eating
during normal times into "emergency food" .

Recommended Stockpiling Method, the "Rolling Stock Method"



Indispensable Items When Lifelines Have Stopped



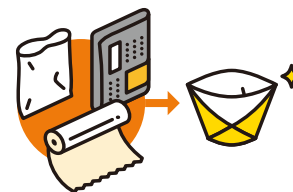
Camping Stove/ Gas Canisters

These are essential items
to make milk, or cook
emergency food or foodstuffs
in the refrigerator when
electricity or gas supply
has stopped.



You need
15~20
canisters
to cover
a month.

*assuming 30~45 minutes
use per day



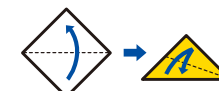
Newspaper/ Kitchen Wrap/ Poly-Bag

Use with kitchen wrap
or poly-bags over them if
there is a water cutoff or
if tableware is broken.

How to Make Cup-Shaped Paper Tableware



1 Fold newspaper as indicated
in the visual, and make it into
a regular square.



2 Fold the regular square
in half to turn it into a triangle, and
after that, make a folding line.



3 Fold the corner to match the
folding line, and fold the other
corner in the same way over the first.



4 It is finished when you open
the remaining part outward
and fold both flaps!

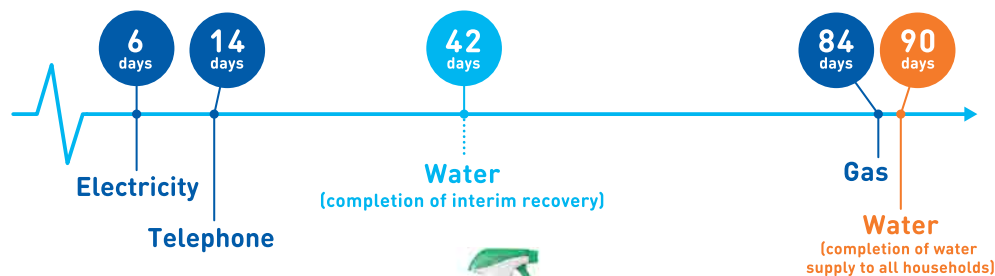


Even when relief foodstuffs arrive, your child may refuse to eat them depending
on flavoring. It is important to be well prepared by stocking enough of the food
you are used to eating during normal times.

There is no water. That alone makes it almost impossible to maintain the current daily life.

Number of Days Until the Recovery of Lifelines after the Great Hanshin/Awaji Earthquake

Regarding the recovery/revival status after the Great Hanshin/Awaji Earthquake *excluding destroyed houses, etc.



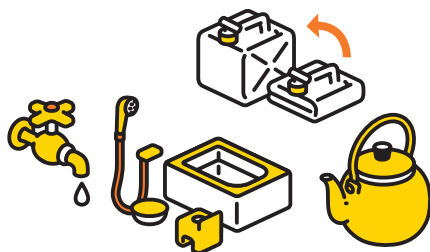
A long period is needed for the recovery of tap water, and the situation continues where you cannot easily secure not only drinking water but also water needed for daily life, for the toilet, for bathing, for washing, etc.



Febreze

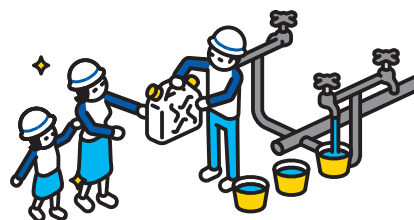
Voices are heard saying it was useful to deodorize clothes when washing was not possible because of a water cutoff.

Be Prepared on a Day-to-Day Basis during Normal Times



Stock water in various ways.

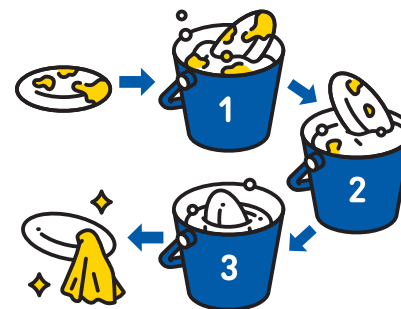
Make it a habit to store water in your bath (*note) or in poly-tanks. Furthermore, check the places where you can get water, such as wells or streams. For apartments, check specifications such as reservoir tank volume.



Check Water Supply Points

Even if there is a water cutoff, you can get emergency water supply at water supply points such as a filtration plant or a water station. Let's check beforehand where there are water supply points near your home.

Ideas for Saving / Not Using Water



Using 3 Buckets

When you do dishes, rinse the most heavily soiled items in the first bucket, clean them in the second bucket, and finish them up in the third bucket.



Kitchen Wrap

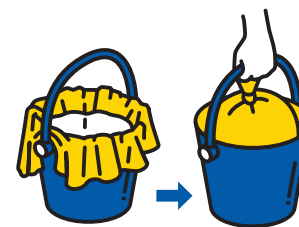
Cover tableware or paper tableware with kitchen wrap to save cleaning water.



Wet Wipes for Oral Care

They can be used in many ways, not only to maintain oral hygiene but also to wipe tableware, etc.

Ideas for Carrying Water Easily



Bucket, Corrugated Cardboard Box

You can carry poly-bags with water inside in buckets or in corrugated cardboard boxes.



For detached houses

Carry Cart

It will be convenient in various ways if you keep a carry cart for your house. If you also have corrugated cardboard boxes, you can carry several of them at once by stacking them.

For apartments

Backpack

You can carry water by putting a poly-bag in a backpack. In case of stopping the elevators, it will be convenient for you to climb the stairs.



Keep bath water (*note) instead of draining it away immediately. If you are carrying water from a water-supply truck, you can carry it more easily by using a collapsible carry cart and a corrugated cardboard box.

*Make sure you lock the bath space in order to prevent your child's death by drowning.

Double and triple preparation is needed! Survival x Toilet

**At the time of disaster,
diapers can also be everybody's toilet.**

What You Need to Pay Attention to When an Earthquake Has Struck

When a big earthquake occurs, there is a risk of sewerage breaking. If you use the toilet as is, sewage might flow backward. It is important not to flush until the integrity of the water supply system can be confirmed. You need to be careful especially in an apartment building.



At the time of a big earthquake in the past, sometimes it took as long as a month or more until waterworks and sewage could be used again.

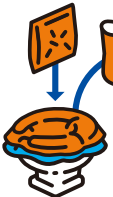
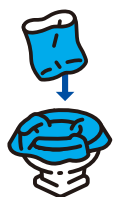
Tips on How to Use Mobile Toilets



Poly-Bag



Mobile Toilets



Cover the toilet bowl with a poly-bag, and then set up a mobile toilet over it. After using the toilet, you can replace only the mobile toilet.

If you do it this way, the bottom area does not come in contact with water, and you can keep the floor of your house clean.

Amount of Mobile Toilets Necessary



3~6 times
per person
per day



number of people
in your family



to cover
7 days
at minimum
or more

BM...

1 time per person per day
Change the mobile toilet each time

Urine...

4 times per person per day
Change the mobile toilet after using it 3 times



For a
family of 4



for BM
1 toilet x
4 people x
7 days

=28 toilets



for urine
4 toilets x
4 people x
7 days ÷ 3

=37 toilets



65

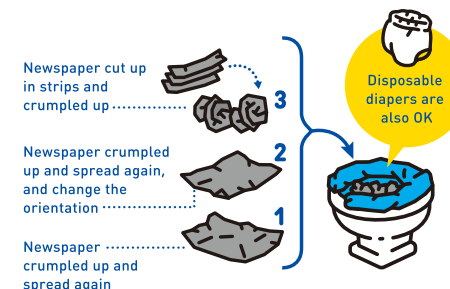
toilets in
total
needed!

Emergency Toilets You Can Make with Items around You



1

Cover the toilet seat with
poly-bags (around 45 liter-size)
in a double layer.



2

Line a poly-bag with crumpled-up newspaper.



Deodorizing
spray for Toilet

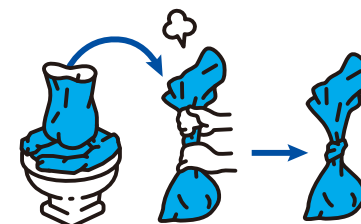


Cat sand
(if available, put in.)



3

After using the toilet, spray a
deodorizer over it.



4

Take out the inside poly-bag,
release the air, and close the opening
tightly with a knot.

Toilet Goods Which Are Convenient to Have Just in Case



LED Lantern



Antiseptic
Solution



De-germing
Wet Wipes



Airtight Bags
for Storage



Baby Wipes



Newspaper



Deodorizing
spray for Toilet

Preventing Furniture from Falling which you can do yourself

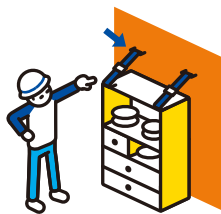
Furniture falling down. For children, it is the wall.

Preventing Furniture from Falling

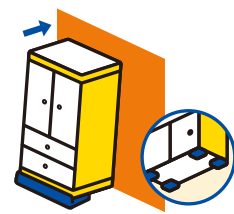
big ← Effectiveness → small



Fixing furniture to the wall with L-shaped metal parts or belt-type appliances.

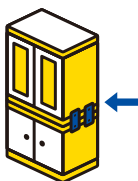


Fix the space between furniture and the ceiling with stretchable poles, etc. appliances.

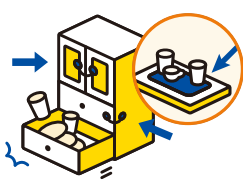


Lean furniture onto the wall with stopper-type or mat-type appliances.

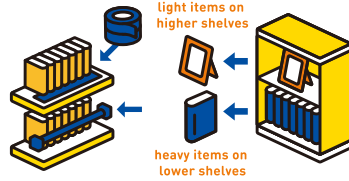
Other Anti-Earthquake Measures inside the House



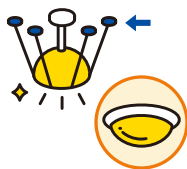
Two-layer furniture needs to be linked into one by connecting the two parts vertically with connecting and fixing appliances.



A cupboard needs to be equipped with appliances to prevent drawers from flying out, and spread nonslip sheets under tableware.



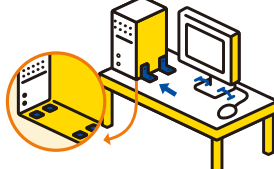
For a bookshelf, attach tape or appliances to prevent falling. Store heavy items in lower shelves to make it difficult for the furniture to fall.



For lighting apparatus, replace them with the ones that are fixed directly, or fit them to the ceiling in several places.

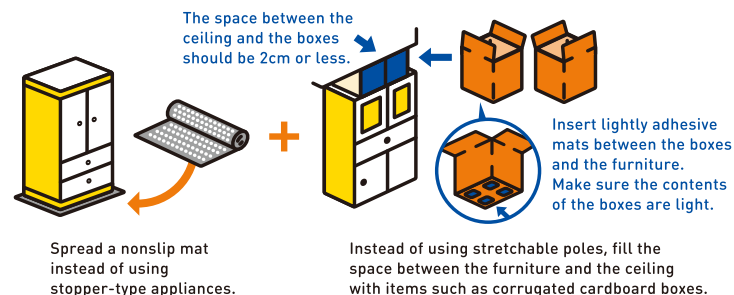


If bolts cannot be fixed, fix the TV monitor and the TV stand together with strap-type appliances or with items like adhesive mats.



For items such as PC equipment, fix them to the desk with adhesive mats or strap-type appliances.

Preventing Furniture from Falling Which Can Be Done Easily with Combination Techniques

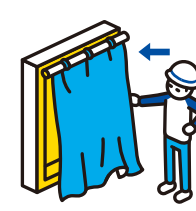


More effective in preventing falling than when the measures are taken separately.

Measures to Prevent Glass from Shattering



For window glass, replace it with the one for which a shatter-resistant measure is already taken or cover it with shatter-resistant film.

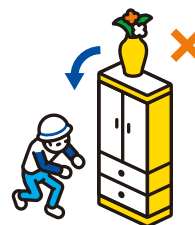


Instead of covering it with shatter-resistant film, pull thin lace curtains (daytime) or curtains (nighttime) in front of the glass.

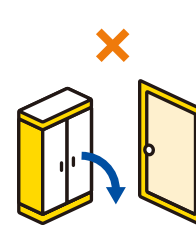


Do not place things in front of window glasses, or place them so they will not come in contact with window glasses even if they fall.

What You Need to Pay Attention to Especially in Families with Young Children



Do not place items which can be dangerous if they fall (such as glass items) on furniture.



Do not place furniture where it might hamper evacuation if it falls.



Do not place high furniture in the rooms where your child spends much time.



Let us check danger inside the house with children's perspective. Especially for big furniture, make sure to combine two or more techniques to fix it solidly in place.

Items around you can turn into protective gear.

Injuries often
seen among children

Falling

Direct Pressure Method to Stop Bleeding

Babies and infants have the body shape with a big head which makes it easy for them to fall. In rooms, do not place cords, circulars, etc. on the floor. Do not let them walk with things in their mouths.



-  Cover your hands with items such as poly-bags to prevent infection.
**Poly-bags
Supermarket
Plastic Bags**
-  Apply clean gauze or a handkerchief over the wound.
**L-size handkerchief
towel**
-  Lift the wound to a higher position than the heart and press down hard.
**L-size handkerchief
necktie
packing tape
(apply it so it does not touch the wound)**
-  When you are able to stop bleeding, fasten bandage or a handkerchief in place.

Injuries often
seen among children

Plunging

Plunging First Aid for Broken Bones

In many cases, they fall down from chairs or beds. Make sure you have the fence of the baby bed closed at all times. Do not place chairs, etc. on the terrace. Check to see if the clasp of the baby sling has not come loose.



-  Prepare something that can be used as a splint to support the broken bone.
**Kitchen Wrap
Newspaper
Magazine
Folding Umbrella**
-  Tie the joints on both sides of the broken bone and the splint with items such as fabric and fix them together.
**L-size handkerchief
Necktie**
-  Hang the fixed arm from the neck by using items such as a triangular bandage or a supermarket plastic bag.
**Supermarket
Plastic Bag**
-  To further increase stability, tie the fabric for hanging the arm around the chest.
Necktie

Injuries often
seen among children

Suffocation

Accidental
Swallowing

Removing a Foreign Object

Do not place dangerous items such as candies or coins within the reach of children.

Babies (less than 1 year old)

If there are reactions, lower the head and carry out the back slaps and the chest thrusts.

*If you no longer see reactions, start the cardio-pulmonary resuscitation (CPR) method.



Back slaps



Chest thrusts

Infants (1 year old or older) /Adults

Combine both the abdominal thrusts (not for pregnant women) and the back slaps in combination. The frequency and the order of the methods do not matter, but continue until the foreign object gets removed.



Back slaps



Abdominal thrusts

*If you no longer see reactions, start the cardio-pulmonary resuscitation (CPR) method.




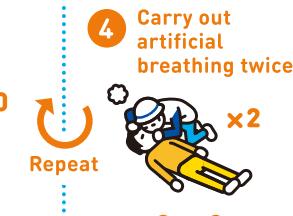
For more details, <http://www.city.kobe.lg.jp/safety/fire/ambulance/qqsya.html>



Check
Point

Any object that can go through the core of a toilet roll has a risk of children's putting it in their mouths and swallowing. (Examples of Accidents)
PTP package sheet for medicines, children's toys (super ball, rubber balloon), etc.
Especially dangerous items: cigarette, button battery, kerosene, candle oil

CPR Method

-  **1 Confirm reactions**
If you are not sure, start chest compressions.
-  **2 Confirm breathing**
-  **3 Chest compressions**
Pace of pressure: 100-120 times per minute
Depth of pressure : about 5cm
-  **4 Carry out artificial breathing twice**
Repeat 3 and 4 until an ambulance squad takes over.

In the Case of Children
(Babies/Infants)

Depth of pressure: about 1/3 of the chest thickness



Babies

(less than 1 year old)
Press down with two fingers.



Children

(from 1-year-olds to around 15-year-olds)
Press down with one hand.

When you cannot/hesitate to carry out artificial breathing

If the person whose heart and lungs have stopped is bleeding from the mouth or if you do not have sheet- or mask-type appliances for preventing infection, carry out only chest compressions repeatedly.



In an evacuation shelter, there are those who do not feel well or whose regular health problems aggravate. In order to protect your child or your family, we recommend that you join first-aid and lifesaving seminars.

After having been exposed to shocks, children become even more childish.



**The most effective mental care is
“to listen to others and to talk”.**

Mr. Naru Fukuchi,
MD,Ph.D.

Since immediately after the East Japan Great Earthquake, has been visiting evacuation shelters as a member of the mental care team of Sendai City. Serves as the head of the regional support department of the Miyagi Disaster Mental Health Care Center.

Reactions Differ Depending on “Whether They Have Somebody to Cling to”

The tendency often observed in children during the initial stage in evacuation shelters is “acute stress disability, or ASD” showing such “retrogression” as not being willing to part from their mothers, not being able to sleep alone, and being afraid of the dark. These are natural behaviors for children who have had frightening experiences, and most of these behaviors returned to normal with the passing of time.

On the other hand, what bothered me were the children who were absorbed in portable games all day in evacuation shelters. They showed no reactions even when we talked to them, and after patiently talking to them and asking them about their circumstances, we understood that their parents or guardians were gone to clean up their houses or to administrative offices, etc. and that only these children were left in evacuation shelters. I think they were not able to “retrogress” because they had nobody to cling to and therefore they resorted to games.

If we think about it that way, we see that “retrogression” as reaction is only possible if they had somebody to cling to, and therefore I was telling parents and guardians that “from a long-term perspective, it is a rather good thing.”

Process of Coming to Terms with Their Emotions Is Important

“Playing at tsunami” or “playing at earthquake” was also often observed, but these are behaviors to deal with the fear or apprehension that they have felt, and this is a process to express/come to terms with their emotions through playing. Please watch over them unless they resort to extremely destructive behaviors. When I played at these things with children, I asked all of them to get together at the end, called a roll, and confirmed with them that “all of them had turned out to be safe, and that we were glad.” I think one of the ways in which adults can help is to make sure it ends with a happy ending.

What we need to be most careful about are the children who keep their emotions to themselves and do not show much change in their bodies or behaviors. In this case, it is important to create the environment first where they feel secure, rather than trying to talk to them in vain. By streamlining the physical environment by things like setting up places where they can play to their hearts’ content, setting up classes where they can study, or setting up regular daily schedule, we can enable children to better come to terms with their emotions.

Keep the Feeling of Gratitude for Their Selecting You as the Person to Talk to

Children in lower grades in grade schools started to talk about what they remember from the time of the East Japan Great Earthquake, and the parents, guardians, and teachers who saw that are concerned that “maybe they are having flashbacks.” However, I think rather that they have grown, acquired words, and entered the process where they can now come to terms with what they experienced when they were babies or infants.

Children know that when they talk about the earthquake damages, adults are surprised and that adults do not like it. Under these circumstances, if children voluntarily talk about their experiences, I think it is important to listen, saying, “That is how you have been feeling. I am glad you told me. I would like you to tell me more details,” while keeping the feeling of gratitude in

your mind for the fact that they have chosen you as the person to talk to about it.

I think what is the most effective in children’s mental care is for somebody close to them whom they can trust to listen to them. Together with the public service corporation Save the Children Japan, I am working on spreading the knowhow of “Psychological First Aid for Children, or PFA for Children” (Please refer to the column below.), and I believe the knowhow must be useful not only to those in support groups or experts but also to fathers and mothers.

Parents and guardians are also disaster victims, and I understand that it may be difficult sometimes to think about the earthquake, but please face your children and discuss with them if they talk to you about the earthquake, and please do not evade talking to them.

“Psychological First Aid” to the Children Who Are under Stress due to an Emergency such as a Natural Disaster

Ms. Miyuki Akasaka

Save the Children Japan

Save the Children Japan opened “Children’s Square” which is space for children to play and spend time safely/with security in places such as evacuation shelters as emergency support for the East Japan Great Earthquake and Kumamoto Earthquakes. In the space, we also observed reactions generally shown by children under stress such as playing at earthquake or retrogressive phenomena (like clinging). As action principles to support the children in dealing with the situation, we developed “PFA for Children” in 2013.

In this, under the action principles of “watching, listening, and connecting”, we follow the basic stance of providing support which does not hurt the other party within the range possible for oneself. If we spot a child who stands out, we spend time with the child to see if he/she has any problems. We do not just ask meaningless questions, or we do not make them talk about what

happened in a chronological order, and we encourage them to talk naturally or create the situation where they can talk naturally, and while doing that, we listen if they start to talk and try to understand what they need. If what is necessary can be done by the supporter himself/herself, the person will do that, but if the person cannot do it himself/herself, the person will connect with the person/thing/information that is likely to make it possible to do it. Even if you are connecting, it is important to provide support so the child can deal with the difficulty with his/her own power. Sometimes it is possible for the child to use his/her own potential ability to deal with the difficulty, and therefore we urge you to put yourself in the child’s position as you help. For details of “PFA for Children”, please refer to the following.

<http://www.savechildren.or.jp/lp/kumamotopfa/>

What You Need to Prepare for Children Suggested by Those with the Experience

Regarding Children's Clothes/Socks

→Evacuation Goods
(Please refer to page 07.)



Regarding Diapers

→Stockpiling Goods for Children
(Please refer to page 09.)



Regarding Tooth Brushing

→Basic Goods for
Sheltering at Home
(Please refer
to page 08.)



Regarding Food Storage

→How to Store to
Cover 7 Days
(Please refer to page 10.)



Other Voices of Victims

I had heard that Maternal and Child Health Books could be reissued, but I would lose the record of growth I had personally marked if I lost mine, and therefore still today I always carry the book with me.(Kamaishi City, Iwate Prefecture)

→Maternal and Child Health Book (Please refer to page 06.)

I was not able to use my hands because I was carrying my child, and I fell down many times.
(Minami Soma City, Fukushima Prefecture)

→Baby Sling (Please refer to page 07.)

There were no milk, no hot water, and no baby food. I did not have any choice but to feed chocolate which was part of relief supplies to the baby. I feel sorry for the baby because the nutritional condition deteriorated.(Kamaishi City, Iwate Prefecture)

→Food Storage (Please refer to page 10.)

Since there was no water and no electricity, I was not able to boil the baby bottle as I had been doing before. It was not even possible to wash it clean, and therefore one bottle was not enough. Furthermore, I only had water which has not quite boiled yet, and therefore milk did not dissolve correctly.(Rikuzentakata City, Iwate Prefecture)

→Camping Stove (Please refer to page 11.)

I urged my child (5-year-old girl) to go to the toilet after digging a hole in the garden, but she refused. I had no choice but to have her do it into a drainage ditch in the bath.
(Iwaki City, Fukushima Prefecture)

→Mobile Toilet (Please refer to page 14.)



Name	Mobile Phone Number	Health Insurance Card Number	Blood Type RH + -
Date of Birth	Mail Address	Chronic Complaint/Regular Medicine/Allergy	
Name	Mobile Phone Number	Health Insurance Card Number	Blood Type RH + -
Date of Birth	Mail Address	Chronic Complaint/Regular Medicine/Allergy	
Name	Mobile Phone Number	Health Insurance Card Number	Blood Type RH + -
Date of Birth	Mail Address	Chronic Complaint/Regular Medicine/Allergy	
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