

Keep the
catalog for
future
reference

Even after
ordering the gift,
keep this catalog
as a disaster
readiness
handbook.

Chuo City Choose-Your-Gift Catalog of Useful Disaster-ready Items



Scan the QR codes below for
English, Chinese (simplified)
and Korean versions on our
website!



English



Simplified
Chinese



한국어



To order from this catalog, place order on or before **May 31, 2025.**

Stock what we need to take shelter at home!

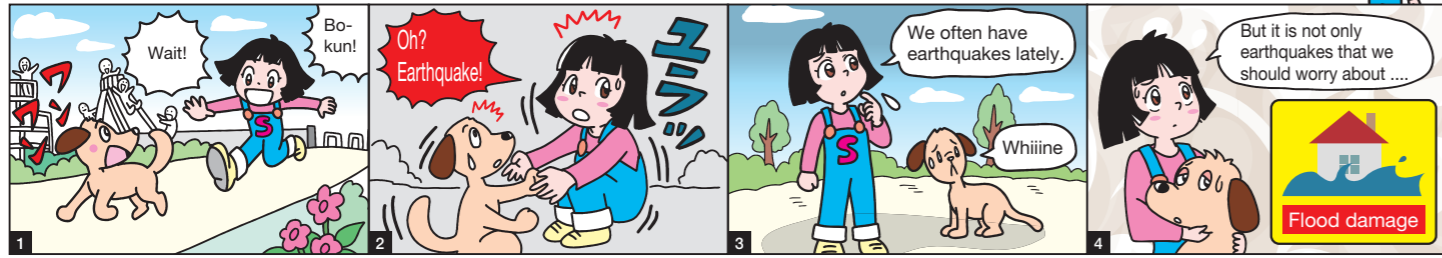


Created and published by: Disaster Prevention and
Crisis Management Section, General Affairs Department,
Chuo City Office (1-1, Tsukiji 1, Chuo-ku, Tokyo, Japan)



Disasters and the need to be prepared for one

Why "being prepared" is important?



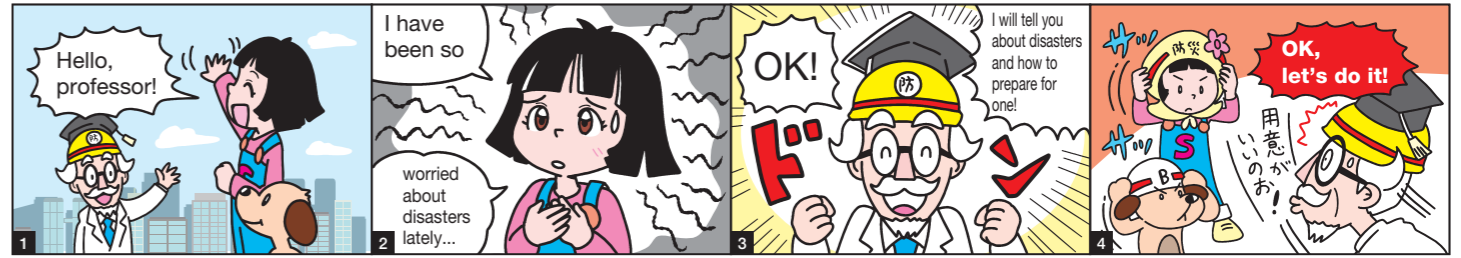
History tells us about how devastating a disaster can be and how important it is to be prepared for one

Sai-chan
An elementary school girl. Lately, she is a little bit worried about disasters.

Bo-kun
A dog who is a good friend of Sai-chan. They take a 3 km walk together every day.



Professor
A disaster-readiness expert in their neighborhood. He gives them many useful information to help them better prepare for disasters.



Types of disasters that may be potentially experienced in Chuo City

Earthquake



Probability of a Southern Tokyo inland earthquake occurring in the next thirty years

Approximately **70%**

Experts say that a Southern Tokyo Inland Earthquake can hit us any time. In addition to protecting against tremors, we must also be prepared to reduce fire risks and to survive disruption of essential services (electricity, water and sewerage) that may occur after the earthquake. Earthquakes can occur any time of the day and any day of the week. Think about what action you should take depending on what part of the day you experience an earthquake.

Flood damage



Rainfall damage by linear precipitation zones is increasing

Typhoon Hagibis that hit Japan in 2019 caused massive damages in various parts of the nation. In addition to typhoons, we are having frequent urban flood damages in recent years due to sudden and unexpected torrential rains. However, weather disasters are foreseeable - at least more foreseeable than earthquakes - therefore we can be better prepared for one to reduce their damage risks. Check if you know how to collect information when a flood disaster is imminent.

Chuo City Disaster Readiness Map

This map provides information about various disaster-readiness hubs and facilities in the Chuo City including welfare evacuation shelters (special temporary shelters for old or disabled people), wide-area evaluation locations, neighborhood meeting points, water service points, emergency stock warehouses, and tsunami threat areas where evaluation may be necessary in the event of tsunami warning. Check the map in normal times to see what facilities will be available in your neighborhood.

Scan the QR code to view the Chuo City Disaster Readiness Map



Chuo City Flood Hazard Map

A flood hazard map identifies areas of a city or municipality that may be potentially affected by flood and indicates estimated flood depths, while also providing useful information about how flood alerts and warnings will be communicated to the residents, where evacuation points are located in your neighborhood and in what ways people should be prepared in normal times to reduce floor damage risks. Check the hazard map to see if your home is located in a flood hazard area and what parts of your town are classified as one, and share the information with your family.

Scan the QR code to view the Chuo City Flood Hazard Map



Chuo City Disaster Readiness Quiz

% of households in the Chuo City live in apartment buildings

Here is a quiz. What number comes in place of ●?

Oh, I don't know. Is this number related to disaster readiness?

The correct answer is on the next page!

The Great Hanshin-Awaji Earthquake of January 17, 1995

Devastating damages due to an inland earthquake

A massive inland earthquake of Richter magnitude 7.3 occurred on 5:46 in the morning, when most people were fast asleep, with an epicenter located 16 km beneath the northern part of Awaji Island, Hyogo Prefecture. This earthquake caused many human casualties due to collapsed houses and buildings, tipped-over furniture and broken glass. Buildings have been made significantly more earthquake-proof over the years since the earthquake, but we need to work further on earthquake readiness in the home, including anchoring heavy furniture items, making glass windows shatterproof and having useful things handy when sleeping at night.

Effective measures



Anti-tip furniture anchors

The Great East Japan Earthquake of March 11, 2011

Disaster-related death, caused by deteriorated living condition after a disaster, drew attention

The Great East Japan Earthquake caused catastrophic damages due to its seismic tremors and tsunamis. A new issue that drew people's attention in the aftermath of this Earthquake is "disaster-related death", where people die as a result of aggravated stress or inferior living condition as they are forced to live in shelters for an extensive period of time after the earthquake. "Disaster-related death" refers to loss of life which, while not directly or physically caused by the disaster, is closely related to the disaster, for example when people cannot recover from an injury or illness sustained during the disaster or fall ill and die due to an increased physical, mental or emotional stress of being forced to live away from their home. Therefore, it is important for us to be prepared to provide a minimum-required safe and healthy living condition for yourself and your family when essential services are suspended, so that you can continue to live in your own home, which is probably the least stressful place for you to be, with as much comfort and convenience as possible even in time of chaos after a disaster.

Effective measures



Oral and dental care



Body wipes

Noto Peninsula Earthquake of January 1, 2024

Do you realize that you may be unable to live as usual even if your home is safe?

The 2024 Noto Peninsula Earthquake hit on the new year's day, when everybody was relaxing at home and praying for a peaceful year. In addition to collapsed buildings and fire damages, the Earthquake disrupted essential services in many local communities. Especially, suspension of water supply aggravated the disaster damage by delaying firefighting efforts and also causing sanitary problems as people were unable to use toilets and baths to keep clean.

Effective measures



Emergency toilet kits



Fire risk reduction measures

[What will happen when you cannot use toilets?]

- Toilets cannot be flushed due to water supply suspension, which leads to sanitary issues.
- To try to reduce the amount of urination and defecation, some people start reducing their food and water intake.
- This leads to increased risks of dehydration and blood clotting ("economy class syndrome").

We tend to focus on food and water when thinking about stocking supplies in case of emergency, but there may be many other things we should stock and prepare. A major disaster can hit us any time, so we must always be prepared to survive one.

Answer

Percentage of the households in Chuo City who live in apartment buildings

More than **90%**

Wow! So many?

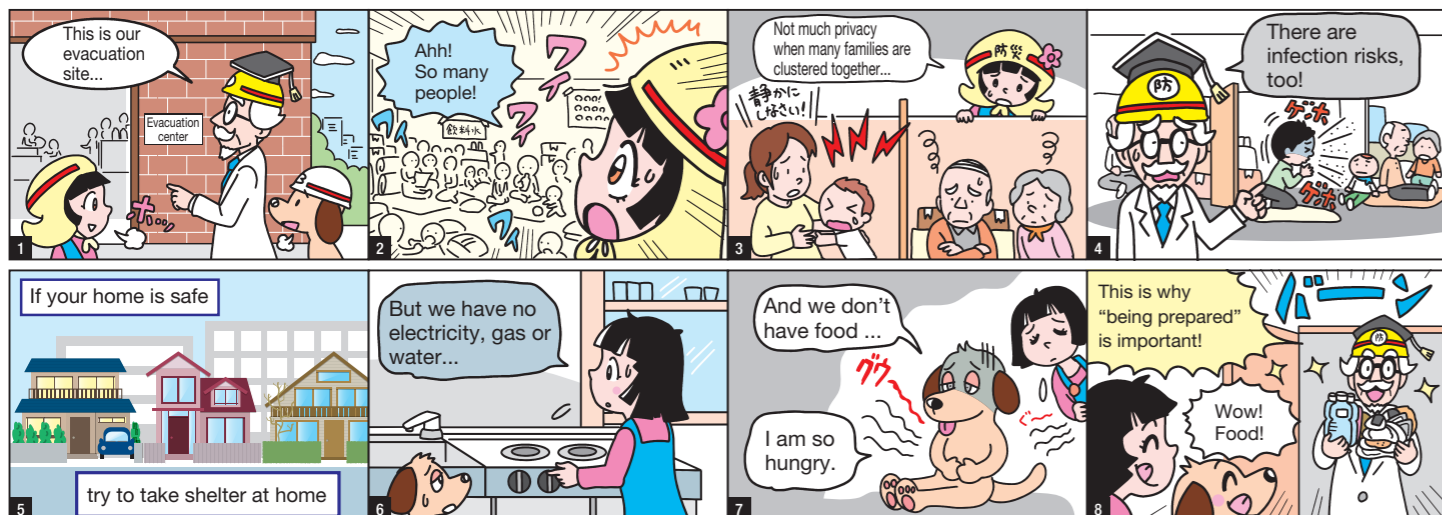


Approximately 94% of all households in the City live in apartment buildings or other forms of communal housing facilities. Many of these buildings are designed and built in earthquake-proof manner, and therefore people living in these buildings will have a better chance of being able to stay at their own home even after an earthquake hits.



▼ This is why

Chuo City recommends its residents to take shelter at home after a disaster



To take shelter at home:

Clear one room to stay in

- Clear one room where you can stay safely
 - Protect against furniture tip-over risks in anticipation of aftershocks
 - Move away all potentially dangerous pieces of furniture to other rooms.
- Remove broken glass fragments
- Clear all heavy items from high places so that nothing will fall over in the event of aftershocks

Act to be prepared in normal times

Check this catalog in normal times to see what items you need to have in order to be prepared against disasters!

Self-help is essential!

If you take shelter at home:

You can enjoy greater privacy

You can stay with your family and pet animals in your familiar place.

Infection risks will be reduced



What can happen in your home

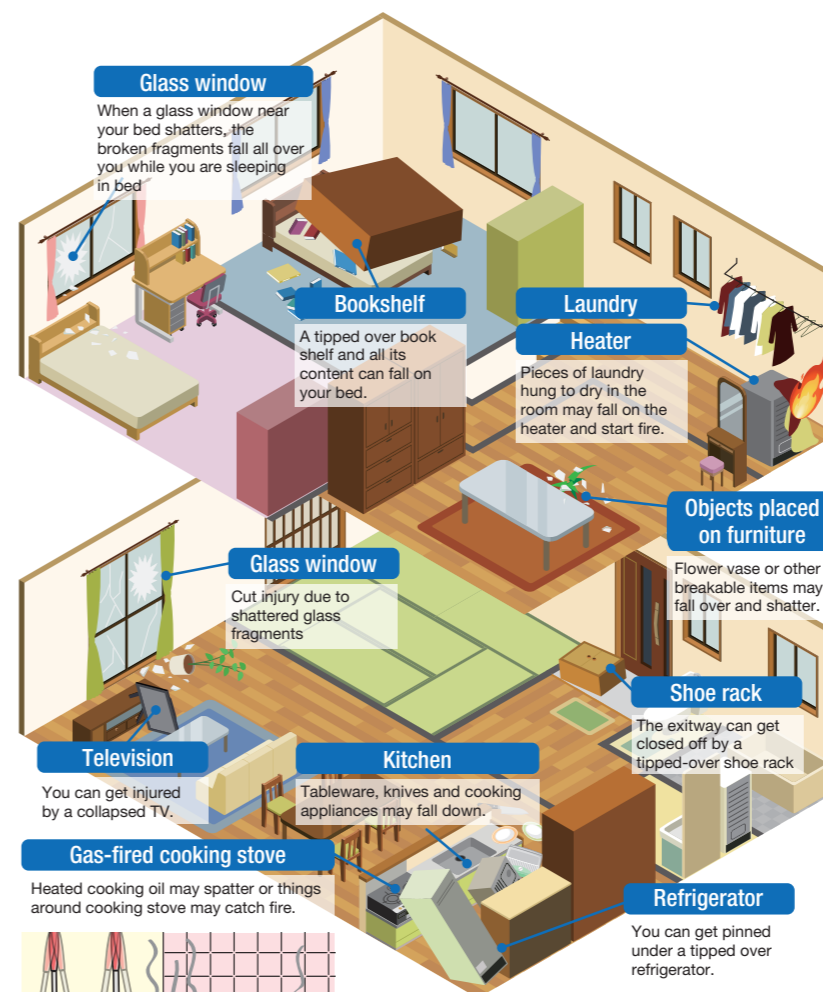
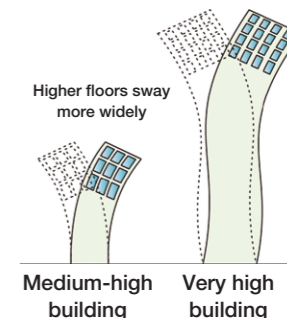
Effect of long-period ground motion in high-rise apartment buildings

Long-period ground motion

An earthquake generates various ground motion components with different periods and frequencies. Here, a "period" refers to the length of time where a single pulse of ground motion completes its pattern.

- A large scale earthquake often generates slow, long-period seismic motions. These are called "long-period ground motions".
- In a high-rise building, movements from these long-period ground motions are amplified on higher floors, potentially causing greater damages there (the extent may vary depending on the geographical region and the type of building).

The whole building sways in large motion



Estimated number of days before essential services are resumed in Tokyo

Electricity and communication services approx. **4** days

Water supply approx. **17** days

Sewerage approx. **21** days

Gas approx. **6** weeks

Beside service disruption, food availability may be limited due to logistic issues



Check "Our Community Disaster Readiness Handbook" for recommendations about how to place furniture in your home.



The most important element of disaster readiness is "self-help". For that, you must act to be prepared in normal times.

To be ready to shelter at home, check this catalog to see in what items you need to prepare against disasters!

Chuo City Choose-Your-Gift Catalog of Useful Disaster-ready Items

How to order an item

Step 1 Complete the checksheet

わが家の必要数と足りない数は？
まずはシートに記入してみよう!! 防災用品必要数チェックシート

品名	規格	必要数	現在数	不足数	備考
防災用品1	防災用品1	10	0	10	
防災用品2	防災用品2	11	0	11	
防災用品3	防災用品3	12	0	12	
防災用品4	防災用品4	13	0	13	
防災用品5	防災用品5	14	0	14	
防災用品6	防災用品6	15	0	15	
防災用品7	防災用品7	16	0	16	
防災用品8	防災用品8	17	0	17	
防災用品9	防災用品9	18	0	18	
防災用品10	防災用品10	19	0	19	
防災用品11	防災用品11	20	0	20	
防災用品12	防災用品12	21	0	21	
防災用品13	防災用品13	22	0	22	
防災用品14	防災用品14	23	0	23	
防災用品15	防災用品15	24	0	24	
防災用品16	防災用品16	25	0	25	
防災用品17	防災用品17	26	0	26	
防災用品18	防災用品18	27	0	27	
防災用品19	防災用品19	28	0	28	
防災用品20	防災用品20	29	0	29	
防災用品21	防災用品21	30	0	30	
防災用品22	防災用品22	31	0	31	
防災用品23	防災用品23	32	0	32	
防災用品24	防災用品24	33	0	33	
防災用品25	防災用品25	34	0	34	
防災用品26	防災用品26	35	0	35	
防災用品27	防災用品27	36	0	36	
防災用品28	防災用品28	37	0	37	
防災用品29	防災用品29	38	0	38	
防災用品30	防災用品30	39	0	39	
防災用品31	防災用品31	40	0	40	
防災用品32	防災用品32	41	0	41	
防災用品33	防災用品33	42	0	42	
防災用品34	防災用品34	43	0	43	
防災用品35	防災用品35	44	0	44	
防災用品36	防災用品36	45	0	45	
防災用品37	防災用品37	46	0	46	
防災用品38	防災用品38	47	0	47	

必要数は最低5日分、できれば1週間分備蓄するんしよ!
備えができていたらチェック欄にチェックを入れよう!



By discussing with your family, complete the included checksheet to list the items that your family should stock.

You can use this checksheet to see how many of each disaster-readiness item your family should stock and also how many you need to add to your current stock. First, complete the list and see if there is anything you need to add to your stock. After that, double-check if you are not missing anything. Do this with all your family by referring to the guidance provided on the back of the checksheet.



Step 2 Check the catalog and choose the items you want to order.

Protecting Lives

Anti-tip Furniture Anchors

Why should we anchor our furniture?
A strong earthquake can knock over furniture and cause injuries. Anchoring your furniture can help prevent this.

Let's calculate!
The number of injuries caused by furniture falling is 46%.

Types of in-home injury causes
More than 70% of in-home injury was caused by tipped over furniture or broken glass.

What are adhesive furniture anchors?
This type of furniture anchoring product can easily secure items of furniture without the need for drilling. It is a simple and effective way to prevent furniture from tipping over.

At the top of each page is a text that explains why the products listed on the page should be stocked and in what ways they can be useful. Check the four-panel comic strip, too!



Heh! This is different from an ordinary shopping catalog.

At the top of each page is a text that explains why the products listed on the page should be stocked and in what ways they can be useful. Check the four-panel comic strip, too!



Step 3 Order

You can order online or by sending the order by mail. Check the order form for more detail

The following information must be entered to order an item

[Product name]	[Item number]	[Points to redeem]
Anti-tip furniture anchoring device Super Tack Fit TF-L	Item number 101	3000 points

防災用品申込書(郵送専用)

〒100-0001 東京都千代田区千代田1-1-1

氏名: _____

住所: _____

電話番号: _____

〒100-0001 東京都千代田区千代田1-1-1

防災用品1: 数量 001 小計 0000

防災用品2: 数量 001 小計 0000

防災用品3: 数量 001 小計 0000

防災用品4: 数量 001 小計 0000

防災用品5: 数量 001 小計 0000

Personal Safety and Life Protection



Disaster readiness **keyword**

Combination of self support, communal support and governmental/municipal support



Why do we need to prepare for a disaster on our own? Can't we just call for an ambulance if we get hurt? If we have fire, won't firefighters come to put the fire out?

In the event of a major disaster, **governmental and municipal supports will be there, but they may not be enough to cover all the people in need.**

For example, there may not be enough ambulances to respond to all the calls for help. Firefighters may be unable to reach their destination if roads are blocked. Therefore, an important thing for us to do is **to try to protect and support yourself in the event of a disaster.** If your home is safe, it is best to take shelter there.

Once your immediate safety is secured, **cooperate with other people in the community to provide "communal support".** Such combination of self support, communal support and governmental/municipal support will make the best disaster management.



"Self support" is the act of protecting yourself and your family. "Communal support" refers to cooperating with other people in your community to support each other. "Governmental/municipal support" includes various forms of support provided by the government and the municipality (such as Chuo City).

What items do we need?

Anti-tip Furniture Anchors



Why should we anchor our furniture?

In a strong earthquake, **pieces of furniture can kill you.**

The beloved pieces of furniture in your home can turn lethal in a strong earthquake. Heavy furniture items can pressure your entire body when it tips over and pins you down. This can kill a person or cause a serious injury. Securely anchor your furniture and also position them wisely so as to make your home safe.



Let's calculate! /

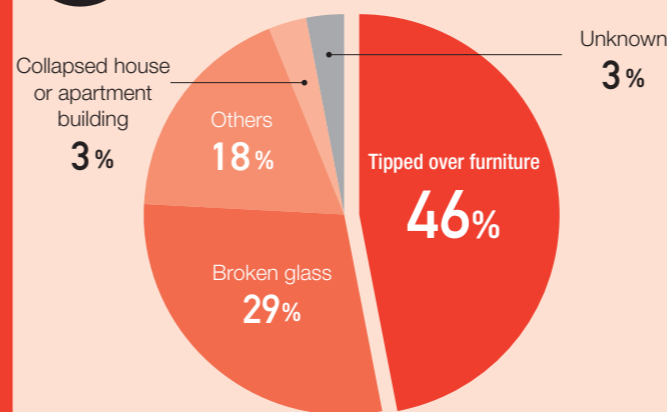
The number of **furniture pieces including refrigerators that are not secured in my home** units

Small items that may fall from the shelf during a strong earthquake in my home bags

The number of **LCD television sets that are not secured in my home** units

See the statistics

Types of in-home injury causes

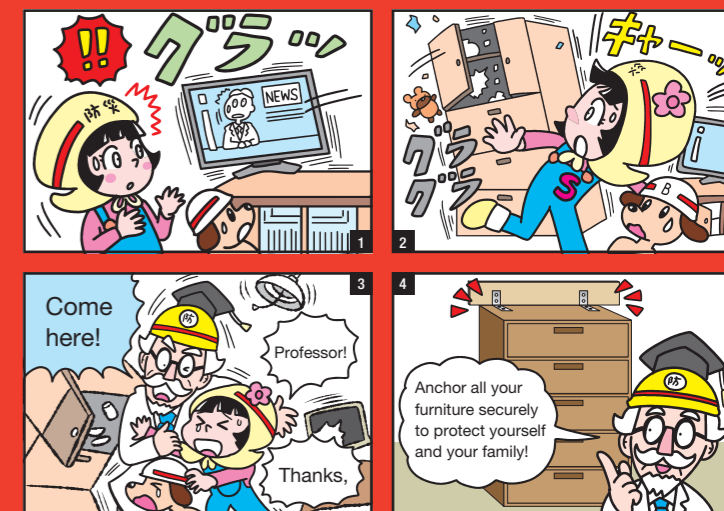


More than 70% of in-home injury was caused by tipped over furniture or broken glass

Source: "Report on a Study of In-home Damages in the Great Hanshin-Awaji Earthquake" published by the Architectural Institute of Japan



What will happen if my furniture is not anchored?



Take action to anchor your furniture now!



Load capacity	Not greater than 60 kg
Manufacturer	Kitagawa Industries Co., Ltd.
Seismic resistance	Equivalent to Japanese seismic intensity 7
Service life (years)	Approximately 8 years
Quantity	Set of 2 pieces (for one furniture item)
Size	130 x 65 x 90 mm
Material	Polystyrene, high-rigidity ABS plastic

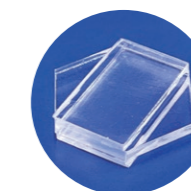
What are adhesive furniture anchors?

This type of anti-tip furniture anchoring products can easily secure pieces of furniture without using screws or nails. A special gel compound provides very good vibration reduction effect. Given a sufficient strength of both mating surfaces, these products can be used on gypsum boards and other types of walls where screws cannot be used.



Load capacity Up to 7 kg per piece

Manufacturer	Kitagawa Industries Co., Ltd.
Seismic resistance	Equivalent to Japanese seismic intensity 7
Load-bearing capacity	7 kg per set of 1
Service life (years)	Approximately 5 years
Quantity	Set of 6 pieces
Size	10 mm x 100 mm x 3 mm thick
Material	Polystyrene



Manufacturer	Lintec 21 Co., Ltd.
Seismic resistance	Equivalent to Japanese seismic intensity 7
Service life (years)	Approx. 5 to 7 years depending on the use environment
Quantity	Set of 6 pieces (for one television set)
Size	Hexagon, 30 mm-wide across flats, 7 mm thick
Material	Acrylic adhesive

Anti-tip furniture anchoring device Super Tack Fit TF-L

Item number **101** **3000** points

Adhesive anchoring mat Tack Fit TF-10100CL-3

Item number **104** **1000** points

TV stoppers (a set of 6) P LV-400NP

Item number **105** **3000** points



Load capacity Not greater than 160 kg

How Beyonta works



Manufacturer	Lintec 21 Co., Ltd.
Seismic resistance	Japanese seismic intensity 6
Service life (years)	Approximately 5 years
Quantity	Set of 2 pieces (for one furniture item)
Size	190 mm L x 42 mm W x 20 mm H
Structure and materials	One rubber belt (NBR X PVC rubber), two wedges (ABS polymer alloy), two hooks with adhesive pads (ABS polymer alloy x acrylic adhesive). Also includes two alcohol-soaked pads

Anti-tip anchoring belt "Beyonta" LH-902BGP

Item number **102** **3000** points



Load capacity Not greater than 60 kg

Manufacturer	Kitagawa Industries Co., Ltd.
Use	Small pieces of furniture, electric appliances
Seismic resistance	Equivalent to Japanese seismic intensity 7
Load-bearing capacity	60 kg per set of 4
Service life (years)	Approximately 8 years
Quantity	Set of 4 pieces
Size	40 mm square x 5 mm thick
Material	Polystyrene

Adhesive anchoring mat Tack Fit TF-40K

Item number **103** **2000** points



Manufacturer	Tokyo Katsushika Welfare Factory
Height from furniture top to the ceiling	ML-35: 25 to 35 cm ML-50: 35 to 50 cm ML-80: 50 to 80 cm ML-110: 80 to 110 cm
Material	Steel (baked melamine coating)

* If the distance between the ceiling and the furniture is exactly 35 cm, 50 cm or 80 cm, choose the next larger size.

Richter magnitude 7 (a set of 2 anchors)

Product name	Item number	Points
Richter magnitude 7 ML-35	106	8000 points
Richter magnitude 7 ML-50	107	
Richter magnitude 7 ML-80	108	
Richter magnitude 7 ML-110	109	9000 points



Manufacturer	Tokyo Katsushika Welfare Factory
Size	Approx. 4.3 mm W x 90 cm L
Material	Synthetic resin elastomer

* Cut the strip to size with a pair of scissors or a box cutter to fit the width of the furniture item.

Anti-tip furniture anchoring strips Fumbaru-kun (set of 2 strips)

Item number **110** **2000** points

You can purchase an installation service package together with anti-tip furniture anchor products (2000 Points) → See page 53 for more detail

Protecting Lives

Comparison of the degree of damage shows that Incipient-stage fire extinguisher



Do we have so much domestic fire damage?

More than **90% of fire victims*** died in a domestic fire.

As many heating devices are now sold with safety features, the number of fire incidents have decreased in recent years. However, statistics show that more than 90% of fire victims were killed in a domestic fire. Risks of domestic fire drastically increase once a major earthquake occurs. Have fire risk reduction measures in place to protect yourself and your family.

* Number of fire victims, Tokyo Fire Department statistics (2022)

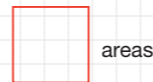


Let's calculate! /

Places where a domestic fire alarm should be installed

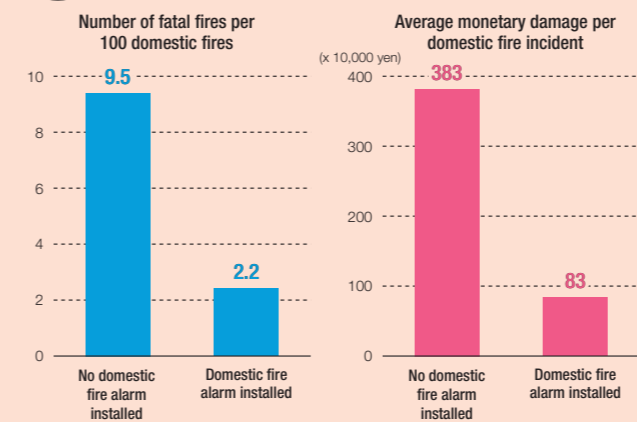
Fire alarms must be installed in frequently occupied rooms in the home such as the living room, children's rooms, and the bedroom as well as stairways and the kitchen. Fire alarms may be mounted either on the ceiling or on the wall. Have all the family get together to discuss if there is any room or area in the home where no fire alarm is installed.

Number of rooms/areas where no fire alarm is installed



See the statistics

Difference in the degree of fire damage depending on whether or not a domestic fire alarm was installed

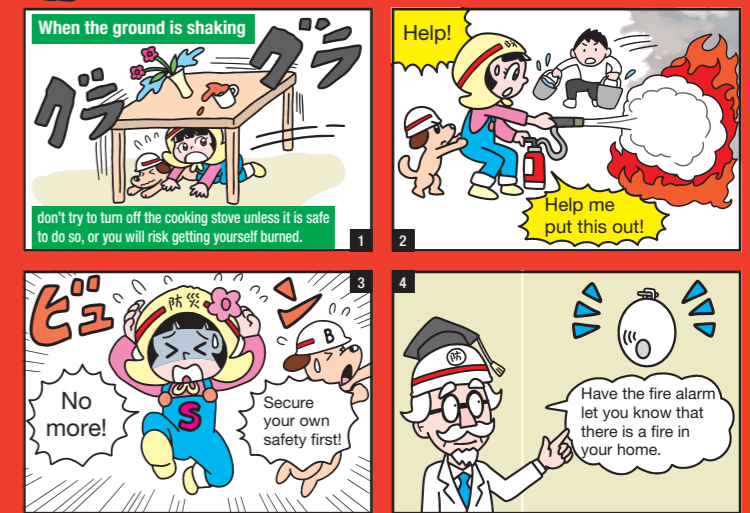


Comparison of the degree of damage shows that having no fire alarm installed in the home will increase both the number of deaths and the monetary damage than having one once a fire breaks out.

Source: "Why Do We Need Fire Alarms?" published by Tokyo Fire Department



Secure your own safety first!



Try to control incipient fire as much as possible without risking your own safety.

Domestic fire alarms

Have a fire alarm in place before a fire can damage your home!



Have a peace of mind and with the best product! Domestic fire alarm made in Japan

Manufacturer	Hochiki Corporation
Fire detection method	Smoke sensing (photoelectric sensor, Class 2)
National certification number	Domestic Fire Alarm No. 29-1
Use	For domestic and indoor uses
Operation status indicator	Red LED (flashes when fire is detected)
Alarm sound	Two-tier sweep tones and voice warning "Beep, beep, beep, fire"
Acoustic pressure and frequency	Approx. 90 dB/m ² to 3 kHz
Power source	3V lithium battery (built in)
Size/Weight	94.5 mm diameter x 27.5 mm thick Approx. 100 g
Accessories included	2 retainer screws, 3 gypsum board nails Mounting plate

Good for both ceiling mounting and wall mounting

Learning capability helps minimize false alarms.

Improved for better audio clarity



Watch the promotion video.

Domestic fire alarm SS-2LT

Item number **111** 3000 points

Incipient fire control devices

To protect against fire risks, have fire extinguishing devices ready for incipient fire control



Type 10 powder fire extinguisher that works well to put out incipient fire
Can be stored for ten years after manufacturing date

Manufacturer	Hatsuta Seisakusho Co., Ltd.
Type of fire extinguishing agent	ABC powder (recycling fee sticker is attached)
Applicable standard/Type approval number	National certification (by the Ministry of Internal Affairs and Communications): Fire Extinguisher No. 29-1
Size/weight	Total height approx. 467 mm x total width approx. 200 mm x cylinder diameter 120 mm/Approx. 4.8 kg
Amount of chemical	3.0 kg
Supported fire types	General fire, grease fire and electrical fire
Maximum spray time/distance	Approx. 15 seconds/3 to 7 m (20°C)
Usable temperature range	-30°C~+40°C

Powder fire extinguisher PEP-10N Item number **112** 5000 points



Compact powder fire extinguisher (Type 4)
Can be stored for ten years after manufacturing date

Manufacturer	Hatsuta Seisakusho Co., Ltd.
Type of fire extinguishing agent	ABC powder (recycling fee sticker is attached)
Applicable standard/Type approval number	National certification (by the Ministry of Internal Affairs and Communications): Fire Extinguisher No. 23-150
Size/weight	Total height approx. 396 mm x total width approx. 200 mm x cylinder diameter 89 mm/ Approx. 2.5 kg
Amount of chemical	1.2 kg
Supported fire types	General fire, grease fire and electrical fire
Maximum spray time/distance	Approx. 13 seconds/3 to 5 m (20°C)
Usable temperature range	-30°C~+40°C

Powder fire extinguisher PEP-4 Item number **113** 7000 points

Installation of domestic fire alarms is mandatory!

From April 1, 2010 onward, installation of domestic fire alarms is mandatory in all homes. If your home does not yet have a fire alarm, install one now to protect yourself and your family.



You don't need fire alarms in an all-electric home, right?

Even all-electric homes have fire risks too, for example due to dust accumulating between the power outlet and appliance power plugs!



Fire alarms are due for replacement in approximately

10 years after installation

Expired products may be unable to detect a fire due to deteriorated electronic components or the end of battery life.



Good for putting out incipient fire! Aerosol spray
Can be stored for three years after manufacturing date

Manufacturer	Maruyama Excell Co., Ltd.
Type	Aerosol fire extinguishing spray
Model number	A021507101B
Size/total weight	Approx. 60 mm diameter x approx. 227 mm high/Approx. 610 g
Amount of chemical	480g
Supported fire types	Smoldering or small flame on a pan of cooking oil, trash bin, curtain, cushion etc.
Maximum spray time/distance	Approx. 28 seconds/3 to 6 m

Aerosol fire extinguishing spray Item number **114** 2000 points

Fire extinguishers have an expiration date.

- If you already have a fire extinguisher in your home, check its expiration date.
- Fire extinguishers can be recycled. Even before the expiration date, if any part of your fire extinguisher, including the cylinder and the valve assembly, is rusted or damaged, consult the seller or a recycling support center.



Protecting Lives

Protect your home and family from post-earthquake electrical fires

Earthquake-sensing circuit breakers



Why do we need an earthquake-sensing circuit breaker?

In the Great East Japan Earthquake, **more than half the fire incidents* have started from electricity-related causes.**
(* Half of all the incidents where the fire cause is known)



Immediately after the Great East Japan Earthquake, power went down in many parts of the affected areas. This led to many fire incidents when power cables and appliances in unsafe condition were automatically reenergized when power came back on. To protect your family and your home from these post-earthquake electrical fires, install an earthquake-sensing circuit breaker in your home that automatically opens to cut off power upon sensing a strong earthquake.
Source: "Report on a Study of Fire Incidents and Other Damages in the 2011 Great East Japan Earthquake"

\ Watch the video! /

Watch how the earthquake-sensing circuit breaker "Yamori" activates upon sensing an earthquake tremor.

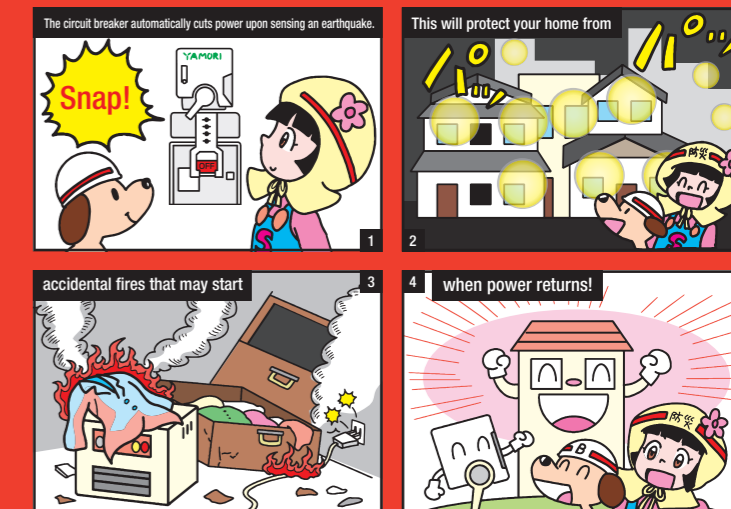


Causes of electrical fire after an earthquake

- 1 Ignition occurs as current runs through a damaged power cable when power comes back on
- 2 Pieces of laundry fallen on an electric heater catch fire when the heater comes back on upon power recovery
- 3 A combustible object in contact with or close to an electrical lighting fixture catches fire when the light comes back on
- 4 A water tank heater catches fire after it keeps heating an empty tank



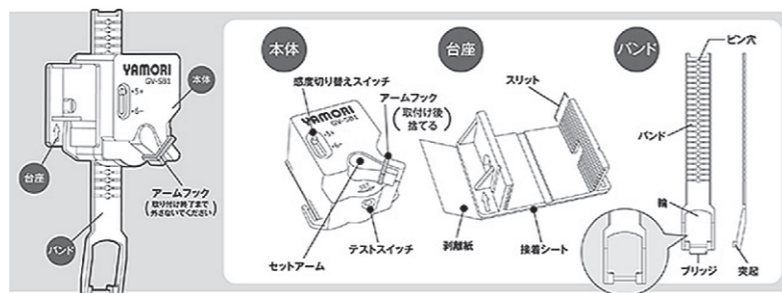
How does an earthquake-sensing circuit breaker work?



Protect your home from electrical fires when power comes back on after an earthquake

Electrical-panel-connected type earthquake-sensing circuit breakers

Compatible with uncovered mains circuit breakers



Manufacturer	Lintec 21 Co., Ltd.		
Service life (years)	Approximately 10 years	Usable ambient temperature	-20°C~40°C
Size/weight	145 mm L x 66 mm W x 55 mm H / Approx. 70 g		
Materials	ABS/PC alloy, PBT, POM, stainless steel Acrylic adhesive pad		
Accessories included	One alcohol soaked pad		

Yamori GV-SB1	Item number	121	4000 points
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Compatible with covered mains circuit breakers
Set of an earthquake-sensing circuit breaker and a remote unit



Manufacturer	Lintec 21 Co., Ltd.		
Structure	[Yamori] GV-SB1×1, [Yamori De Remote] GV-AR1×1, two alcohol-soaked pads		
	Main unit ... 90 mm W x 150 mm L x 55 mm H Band ... 55 mm W x 150 mm L x 16 mm H Cable 480 mm long		
Materials	ABS/PC alloy, PBT, POM, stainless steel, acrylic adhesive pad		
Accessories included	<ul style="list-style-type: none"> This package contains a set of one Yamori GV-SB1 and one Yamori De Remote GV-AR1. The electrical panel needs to be kept open for the thickness of the product cable (approx. 4 mm). 		

Yamori De Set GV-SET1	Item number	122	5000 points
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Power-outlet-connected type earthquake-sensing circuit breakers

Can be installed by just plugging into an existing power outlet



Manufacturer	TERADA Co., Ltd.	Rated amperage	15 A
Rated amperage	AC100 V	Number of sockets	Two (provides a total of 1,500 W)
Rated frequency	50/60 Hz	Activating sensitivity	Equivalent to Japanese seismic intensity 5

Wall outlet-connection type earthquake-sensing breaker, Kanshin Tap-kun	Item number	123	8000 points
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There are a number of requirements for an earthquake-sensing circuit breaker to work in your home

If you are considering installation of an electrical-panel-connected type earthquake-sensing circuit breaker, check the following:

- If you are using a life-sustaining or similar medical device that relies on the domestic power source:
 - Installation of the breaker is allowed only if you have a fully reliable backup power source that will activate when the regular power source goes down. An earthquake-sensing circuit breaker cannot be installed if you do not have a backup power source.
- If you are subscribing to a home security service:
 - Make sure to notify your security service provider before installing the breaker. Power supply will be cut off when the installer verifies breaker operation, which may trigger a security service dispatch and incur additional fees.
- If you have a solar power generator, a gas-fueled electricity generator or a plug-in hybrid car connection system installed in your home:
 - Consult the manufacturer/service provider to see if this type of breaker can be installed in your home.
- If your electrical panel has a built-in earthquake sensor:
 - You don't need to add an earthquake-sensitive circuit breaker because the electrical panel already provides the same earthquake protection capability.
- Some electrical panels are not compatible with earthquake-sensing circuit breakers.
 - Scan the QR code on the right for relevant information. Refer to the information to see if the breaker works with your electrical panel.

If you are considering installation of a power-outlet-connected type earthquake-sensing circuit breaker:

- Earthquake-sensing circuit breakers cannot be connected to a power outlet that includes a TV antenna port or a telephone line socket.

Before ordering, check the planned installation space to see if the product fits. The Yamori information web page includes a real-size product pattern which you can print and cut out for use. Use the pattern to check the installation space in your home.



For more information about Yamori, scan the QR code or search for "earthquake-sensing circuit breaker Yamori"

You can purchase an installation service package together with earthquake-sensing circuit breakers (2000 Points) ↑ See page 53 for more detail

Be ready to practice self support and communal support to save lives!

First-aid Supplies



What can I do to practice self support and communal support?

Of all the people who survived the Great Hanshin-Awaji Earthquake after being trapped or buried, **approximately 97%* were saved by self-support or communal support**

After the Great Hanshin-Awaji Earthquake, many lives were saved through self support and communal support. In addition to securing our own safety, small courageous acts by each one of us to help other people will lead to saving a great many lives.

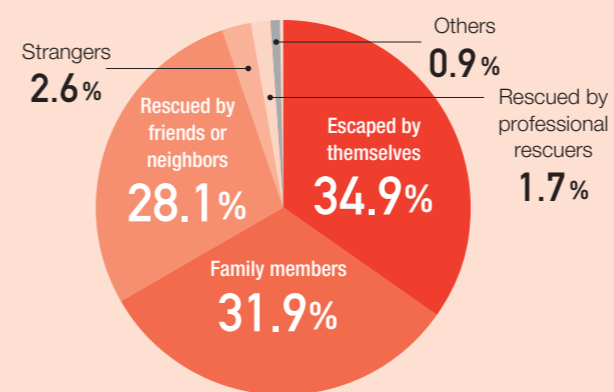
* From the 2014 National Disaster Readiness Report



Know what you will need!

- Abrasions**
 - Antiseptic liquid
 - Soft-stretch bandage
 - Adhesive bandage pads etc.
- Cuts and tears**
 - Mini tweezers (to remove splinters etc.)
 - Adhesive bandage pads etc.
- Bone fractures**
 - High-elasticity bandage
 - Splint (to support fractured bone)
- Gauze**
- Triangular cloth sling**
- Gauze**
- Triangular cloth sling**

By whom people trapped under debris or buried under dirt were rescued after the Great Hanshin-Awaji Earthquake



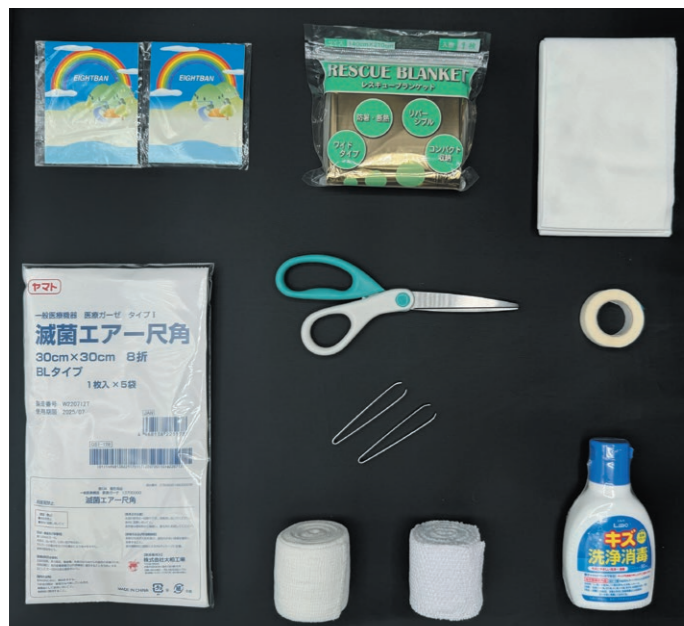
66.8% of the people escaped by themselves or were rescued by their family (self support including family-assisted ones) 30.7% were rescued by other people including friends, neighbors and strangers (communal support)

Source: "Report on a Study of Fire Incidents in the 1995 Southern Hyogo Prefecture Earthquake" published by the Japan Association of Fire Science and Engineering, 1996

To practice communal support



Have first-aid supplies ready!!



Comes in a storage pouch

Quantity contained	Quantity
① Sterile gauze (30 cm x 30 cm), five packets	1
② Triangular cloth sling (105 cm x 150 cm)	1
③ Pair of scissors	1
④ Antiseptic liquid (80 mL)	1
⑤ Surgical tape (12 mm x 9 m)	1
⑥ Soft-stretch bandage roll (5 cm x 4.5 m)	1
⑦ High-elasticity bandage roll (5 cm x 9 m)	1
⑧ First-aid adhesive bandages (Three M-size pads and two S-size pads)	2
⑨ Aluminum blanket (140 cm x 210 cm)	1
⑩ Mini tweezers (a set of two types)	1

An originally designed kit containing ten essential items



Chuo City original first-aid kit

Item number 131

3000 points

Periodically check the expiration date of each item contained



Quantity contained	Quantity	Quantity contained	Quantity
① EVA storage bag	1	⑨ Pair of scissors	1
② Aluminum blanket	1	⑩ Tweezers	1
③ Cotton pads	3	⑪ Mini tweezers (to remove splinters etc.)	1
④ Gauze pads	3	⑫ Ear wax remover tool	1
⑤ Bandages	1	⑬ Face mask	1
⑥ Two sizes of first-aid adhesive bandages	3 pieces each	⑭ Pocketable first-aid handbook	1
⑦ Surgical tape	1	⑮ Pill box	1
⑧ Two cleaning pads	3		

MOSHISONA 15-item first aid kit

Item number 132

5000 points

Periodically check the expiration date of each item contained



This first-aid kit is originally designed and specialized for post-disaster use!

Specialized for post-disaster use? In what ways?

This kit is designed to be useful when people get injured in an earthquake, for example suffering abrasions, cuts or bone fractures when pieces of furniture tip over and collapse on them. Check the following guidance to be ready to provide first aid by yourself.



How to treat injuries

Step 1 Washing and disinfecting the wound

Abrasion

- Wash the wound well with tap water or other clean running water. Remove any visible dirt or debris from the wound.
- Disinfect the wound. Drip an appropriate amount of antiseptic solution onto the wound, and remove bubbles rising from the wound by gently pressing with a sterilized gauze pad.
- Apply a clean sterilized gauze pad on the wound, and apply tape over the pad to hold it in place. If necessary, tie a bandage over the wounded area for additional protection.

* Antiseptic solution should be used for first-aid purpose.

Puncture wound

- Remove the splinter using mini tweezers.
- Disinfect the wound.
- If the punctured area is relatively large, apply a first-aid adhesive bandage.

[Deep puncture]

- If a nail is stuck, remove the nail, wash the wound well with tap water and protect the wound with clean gauze. To protect against tetanus infection risks, promptly seek medical attention.
- In the case of a deep, serious puncture with the object still stuck on the person's limb or body, do not try to forcibly pull the object out. Stabilize the person as much as possible and promptly seek medical attention.

In the case of heavy bleeding from a cut or open wound

1 Gently press

- Apply gauze or towel to gently press the bleeding area.

2 Apply pressure

- Strongly press a hand over the gauze or towel applied on the wound to apply pressure to stop the bleeding. Tie a bandage or cloth sling over it for protection.
- Be careful not to tie the bandage too tightly

3 Remarks

- Holding the wounded area higher than the heart can help slow down bleeding.

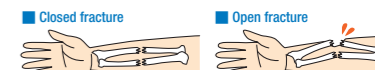
Step 2 Covering the wound

- Apply gauze on the bleeding area, and tie a bandage or cloth sling over it for protection.
- If the wound is small, cover the wound by applying an adhesive bandage pad.

How to treat injuries

Step 1 Assess the condition

Determine if the fracture is closed (no bone part exposed) or open (bone parts visible or sticking out through the skin).

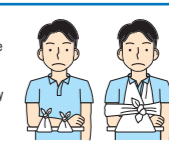


Step 2 Stabilizing a fracture

Closed fracture

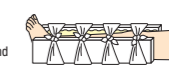
Forearm

- Apply a splint over the fractured area to stabilize the forearm.
- Tie the arm with a cloth sling.
- Applying bandage to secure the tied arm to the body will help further stabilize the fracture.



Lower limbs

- Apply a cushioning material like towel or gauze between the skin and the splint.
- Tie a cloth sling or bandage to stabilize the ankle and knee joints

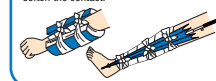


Open fracture

- Apply gauze over the wound and tie bandage over it for protection.
- If bone parts are sticking out, place layers of gauze over and around them to cover the wound. Apply bandage over it, being careful not to pressure the bones.
- Do not try to force the projecting bones back in.

Splint substitution

Thick magazines, pieces of cardboard and umbrellas can serve as a substitute splint. Wrapping bandage or cloth sling around the object before applying it to the skin can help soften the contact.

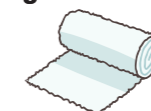


Step 3 Assess the condition.

If the person is very pale, shaking or having cold sweats, which can indicate being in a shock or in severe pain, try to keep the person warm with a regular blanket or aluminum foil blanket.

Using soft-stretch and high-elasticity bandages correctly

Soft-stretch bandages stretch gently and let air in. They are good for securing a gauze pad to protect an open wound.



High-elasticity bandages stretch tightly and can apply strong pressure. These bandages are good for stabilizing bone fractures or dislocated or twisted



防災あなうめクイズ ひらがなで答えてね!

【何が必要?】

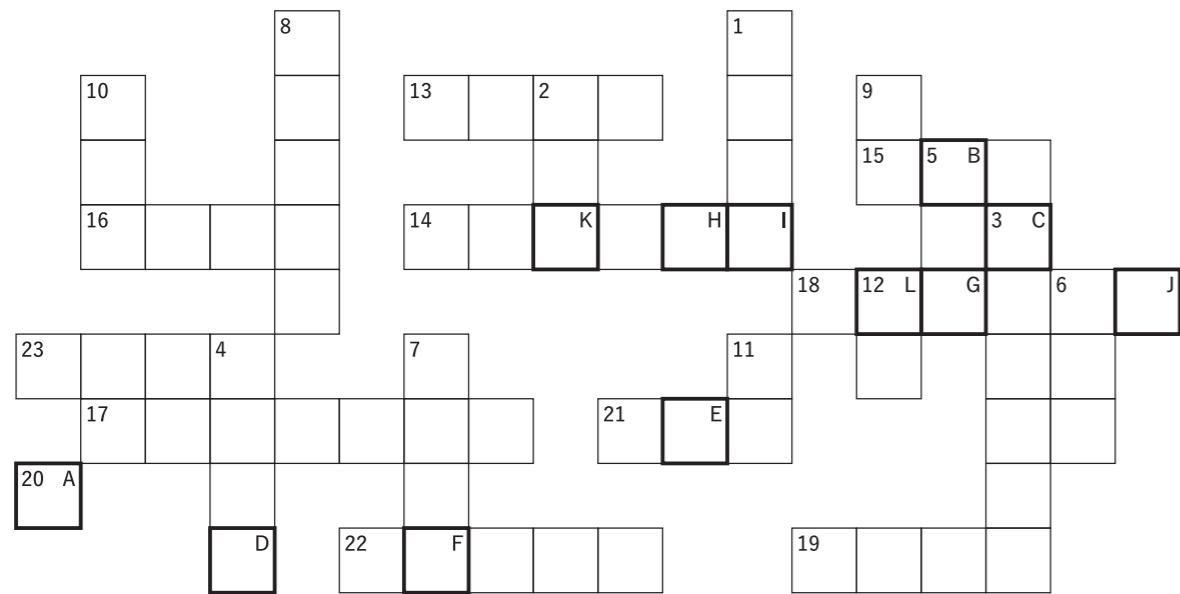
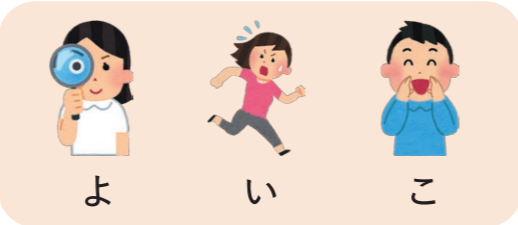
- タテのカギ 1 家具が倒れるのを防ぐ器具、かぐるい○○○○ぼうしきぐ
- タテのカギ 2 火事が起きたら、何をにつかう?○○○かき
- ヨコのカギ 13 地震が起きたら、ブレーカーをオフ!○○○○ぶれーかー
- ヨコのカギ 14 けがした時に役にたつ箱は?○○○○○○○ばこ
- タテのカギ 3 ガラスが割れて飛びちるのを防ごう!○○○○○○○ぼうしてーぶ
- ヨコのカギ 15 電気が消えた、まっくら、何を使う?「トイレまで持ち歩く○○○」
- ヨコのカギ 16 電気が消えた、まっくら、何を使う?「机の上に置くと便利な○○○○」
- ヨコのカギ 17 スマートフォンの充電が切れそう!○○○○○○○りー
- ヨコのカギ 18 テレビが見つからない、どうやって情報を?きんきゅう○○○○○○
- タテのカギ 4 家のトイレが使えない!○○○○といれ

【マンガがヒント】

- タテのカギ 5 家具を固定して○○○を守ろう
- ヨコのカギ 19 地震発生!まずは身の○○○○を確保しよう
- タテのカギ 6 災害のときは、とくに正確な○○○ほうを。デマに気をつけよう
- タテのカギ 7 水を飲むのをがまんしない。○○○○しょうじょうに気をつけよう
- タテのカギ 8 食料はなくなる前に買ったす=○○○○○ストック

【防災標語!】

- ヨコのカギ 20 避難訓練標語『おはしもち』の「お」 お○ない
- タテのカギ 9 避難訓練標語『おはしもち』の「は」 は○○ない
- タテのカギ 10 避難訓練標語『おはしもち』の「し」 し○○○ない
- タテのカギ 11 避難訓練標語『おはしもち』の「も」 も○○ない
- ヨコのカギ 21 避難訓練標語『おはしもち』の「ち」 ち○○○ない
- タテのカギ 12 防災標語『よいこ』の「よ」 よ○○る
- ヨコのカギ 22 防災標語『よいこ』の「い」 い○○○○る
- ヨコのカギ 23 防災標語『よいこ』の「こ」 こ○○○○る



A B C D E F G H I J K L

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こた 答えは31ページ!

Take Shelter Safely

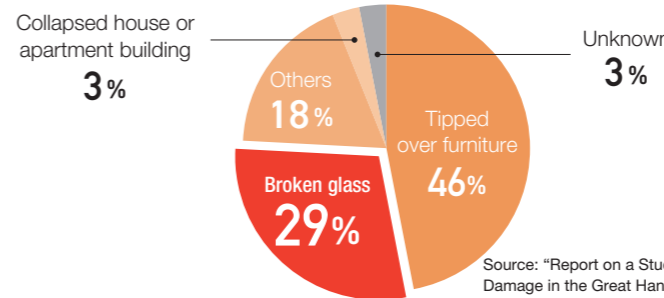


Disaster readiness **keyword** /

Take measures to avoid hazards

We will not get injured in the home as long as our furniture is anchored, right?

Let's look at the chart from the "Anti-tip Furniture Anchors" section again.



Source: "Report on a Study of In-home Damage in the Great Hanshin-Awaji Earthquake" published by the Architectural Institute of Japan

Approximately 29% of in-home injury suffered in the Great Hanshin-Awaji Earthquake was caused by **broken glass**.

Do what you can to keep safe in all situations even when you are in your own home. Be ready to protect yourself from hazards especially when the lights are out!



What items do we need?

Don't forget to protect yourself from hazards even when you are in your own home!

Hazard Protection Products



The most injury-prone moment is over once the tremors subside, right?

As many of you may still remember, in the 2016 Kumamoto Earthquakes, **the mainshock came after a massive foreshock, both hitting at Japanese seismic intensity 7.**



A massive earthquake often hits in a series of tremors. It is important to prepare for aftershocks even after the initial tremors subside. To avoid injury with scattered pieces of furniture or broken glass fragments, use good bodily protection even when you are in the home.

Let's check!

Things you want to have ready at the bedside before you sleep

- Eyeglasses (if you need a pair)
- Slippers
- Light
- Gloves
- Change of clothes
- Spare set of medication

See how to

What clothes should be worn immediately after an earthquake

Wear a long-sleeved top and a full-length pair of pants even in summer

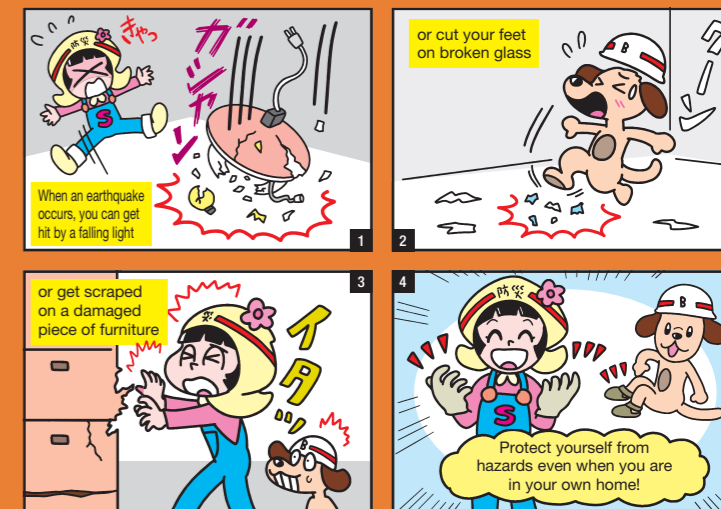


Have cut-resistant protection gloves ready

Wear safety slippers or shoes inside the home. When being outside, wear shoes with puncture-proof soles.



Your own home can be full of safety hazards



After the tremors subside, use bodily protection to keep safe!

Safety slippers

- The slippers have an embedded puncture-proof inner sole that protects your feet from nails and broken fragments and yet are flexible enough to provide comfort and ease of walk.
- The wide opening is adjustable with Velcro straps



Watch the video

What are safety slippers?

The slippers have an embedded puncture-proof inner sole (3.3 mm thick) that protects your feet from nails and broken fragments. They are also flexible enough to provide ease of movement even when walking on an uneven surface.

Can walk over broken dishes and plates!



The slippers are fully openable up to the toe point and can be easily adjusted for your best fit and comfort.

Manufacturer	Tokutake Sangyo Co., Ltd.
Weight	Approx. 150 g (each one of an L size pair)
Materials	Outer: Knit fabric, polyester 65% and cotton 35% Inner: Knit fabric, polyester 75% and cotton 25% Sole: TPR

Disaster-ready room shoes M (22.0~23.0 cm)	Item number 201	3000 points
Disaster-ready room shoes L (23.5~24.5 cm)	Item number 202	
Disaster-ready room shoes LL (25.0~26.0 cm)	Item number 203	
Disaster-ready room shoes 3L (26.5~27.5 cm)	Item number 204	

Cut-resistant protection gloves

- Tungsten fibers, developed based on incandescent light filament production technology, are mixed in the knit material to provide excellent cut resistance while keeping the material comfortably thin and flexible.



Scan the QR code for size information



Manufacturer	Panasonic Electrical Material Solutions
Specification	Cut resistance class D
Material	[Main knit fabric] Polyethylene, polyurethane, metallic fiber and others [Rubber parts] Polyurethane

Strongunte D (cut-resistant tungsten protection gloves), size S	Item number 205	3000 points
Strongunte D (cut-resistant tungsten protection gloves), size M	Item number 206	
Strongunte D (cut-resistant tungsten protection gloves), size L	Item number 207	
Strongunte D (cut-resistant tungsten protection gloves), size LL	Item number 208	

Protection to keep glass fragments from scattering

- The 50 m roll can cover many windows. The tape can be easily torn to length by hand, and the natural color makes the taping inconspicuous.
- Can be easily removed after use with least glue residue!
- Powerfully keeps the glass in place to prevent broken fragments from scattering



Manufacturer	Boueki Co., Ltd.
Specification	Tape width: 50 mm Length of one roll: 50 m
Protectable area	One roll covers five to six 90 cm W x 120 cm H windows

Glass securing tape to keep fragments from scattering, 50 m

Item number **209**

1000 points

Flashlights and Head-mounted Lights



Can power go out in Chuo City?

If a Southern Tokyo inland earthquake hits, power is expected to go out in **approximately 22%** of Chuo City. Be prepared to survive a power outage!

Power outages can also be triggered by non-earthquake disasters such as flood, volcano eruption, tornadoes and thunderstorms. It is good to have emergency lights ready to light the inside of the home and also your evacuation routes in case the power goes out.



Let's calculate!
How many DC batteries do you need to power your light?

The required DC battery type/size

The total number of DC batteries that the light holds bottles

The total number of hours you want the light to be on
Example: 5 days x 6 night hours = 30 hours hours

The number of hours that one set of batteries last hours

bottles

Know how to

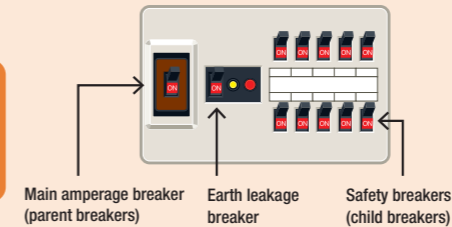
What to do when the power goes out during or after an earth quake and how to turn power back on afterward

- When the power goes out
- 1 Turn all the breakers off
 - 2 Unplug all electrical appliances from the power outlets

- How to turn power back on
- 1 Check that all the breakers are in the "Off" position
 - 2 Turn the main amperage breaker on
 - 3 Turn the earth leakage breaker on
 - 4 Turn the safety breakers on, one at a time
 - 5 After verifying it is safe to do so, plug the electrical appliances back into the outlets.

If possible, work in a team of two to verify safety one step at a time!

Read about post-earth quake electrical fires on page 13!



What happens when the power goes out?

When the power goes out
Power is out!
It does not hit your home only.

The whole town will go
completely dark

Have a light to guide your footsteps!

A hands-free type is even more helpful!

Have an emergency light ready to keep safe!

Flashlights

- An attached support allows self-standing use
- Maximum lighting distance: 459 m



Manufacturer	Gentos Co., Ltd.
Brightness	Approx. 470 lumens at the maximum intensity
Light source	One high-illuminance white LED chip
Required batteries	Four Size D alkaline DC batteries (to be separately purchased)
Size/weight	125 mm W x 148 mm H x 190 mm D / 984 g (including the battery weight)
IP protection rating	IP54
Maximum lighting distance	Approx. 459 m at the maximum intensity
Lighting hours	Approx. 23 hours

Powerful LED light LK-314D Item number **211** 4000 points

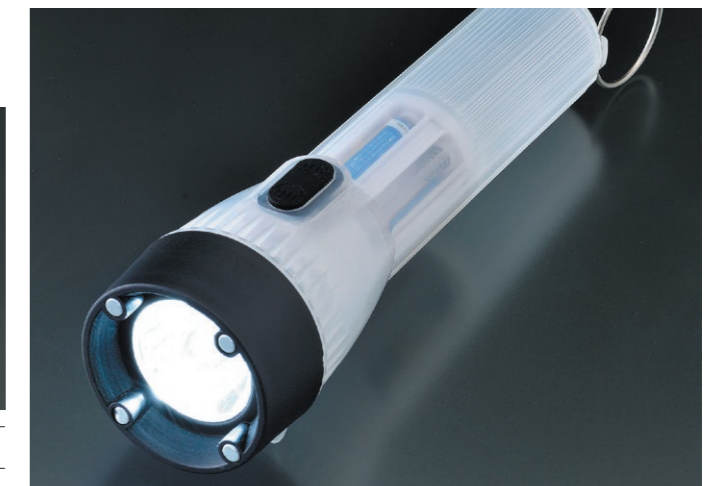
Multi-purpose light and head-mounted light

- Lightweight and easy to carry
- Can also be hung from a hook for hands-free use
- The light can be secured with a magnet on top



Scan the QR code for more info

Manufacturer	Boueki Co., Ltd.
Light modes	Flashlight mode: High and low Lantern mode: High, low and flashing red
Required batteries	Three AAA alkaline DC batteries (one set is included for testing purpose)
Size/weight	67 mm dia. X 223 mm / Approx. 205 g



Multi-purpose light Item number **213** 2000 points

- A compact light provides good illumination
- Dust-resistant drip-proof design
- The light beam size can be flexibly adjusted from a narrow spot to a wide circular light



Manufacturer	Gentos Co., Ltd.
Brightness	Approx. 350 lumens at the maximum intensity
Light source	One high-illuminance white LED chip
Required batteries	Three AAA alkaline DC batteries (one set is included for testing purpose)
Size/weight	29.8 mm dia. X 107.5 mm / 110 g (including the battery weight)
IP protection rating	IP64
Maximum lighting distance	Approx. 132 m at the maximum intensity
Lighting hours	Approx. 6 hours

LED light FLP-2306 Item number **212** 5000 points

- A standard head-mounted light



A set of 2

Manufacturer	Gentos Co., Ltd.
Brightness	Approx. 120 lumens at the maximum intensity
Light source	One high-illuminance white LED chip
Required batteries	One AA alkaline DC batteries (one set is included for testing purpose)
Size/weight	63 mm x 49.9 mm x 51.8 mm / 93 g (including the battery weight)
IP protection rating	IPX4
Maximum lighting distance	Approx. 110 m at the maximum intensity
Lighting hours	Approx. 13 hours

Head-mounted LED light GTR-S31D [Set of 2] Item number **214** 3000 points

Disaster-ready LED Bulbs and Lanterns



What is a disaster-ready light bulb?

The bulb can be used just like a regular bulb in normal times, but it can stay lit up to **six hours after the power goes out** by using its internal battery power!



In addition to flashlights and head-mounted lights, you would also want a stationary light to illuminate your space! A lantern provides a wide, spreading light in all directions. Having disaster-ready bulbs in the home gives you a peace of mind. Light up your space and keep safe!

Let's calculate! /

The required number of lighting devices in the home

Provide one each for everyone in the family so that they can go wherever they want to

Flashlight or head-mounted light units

Have one unit to light each area of the home during and after a disaster

Lantern units

Try to have disaster-ready light bulbs in all the spaces where one can be installed

Disaster-ready light bulb units

See how it works

Combined use of an earthquake-sensing circuit breaker and disaster-ready light bulbs

If you are using an earthquake-sensing circuit breaker, all the lights in the home will go out at once

However...

If you are also using disaster-ready bulbs in the room, you can continue to have light!

Disaster-ready light bulbs are helpful!

Use disaster-ready bulbs in combination with an earthquake-sensing circuit breaker

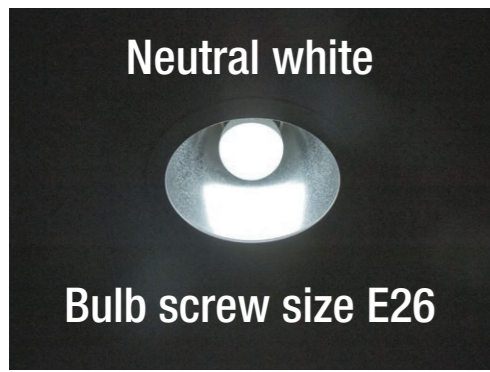
Disaster-ready LED bulbs



- Installed to a lighting fixture, a disaster ready bulb can be used as a regular light bulb in normal times while having its battery charged
- Even after the power goes out, the light can be turned on and off as usual by operating the wall-mounted switch. When switched on, the bulb can stay lit for up to six hours by using its internal battery power



Manufacturer	NBSS, Inc.
Size	60 mm dia. X 117 mm (E26)
Rated amperage	100 V
Brightness in normal times	AC660lm
Freezer management Brightness	DC200lm
Freezer management Lighting hours	6 hours
Required battery	2600 mAh



Always Ready Light Bulb "Tsuita" neutral white

Item number **221** **3000** points



Always Ready Light Bulb "Tsuita" incandescent color

Item number **222** **3000** points

Difference between neutral white and incandescent color

Neutral white is a light color just like that of the daytime sun. Neutral white light is good for work such as cleaning up the rooms. Incandescent color light is a relaxing orangish light and is good for lighting the bedroom and the bathroom.

Lantern

- A relaxing ultra-warm color LED that looks like a real campfire
- Can stay lit for up to 890 hours

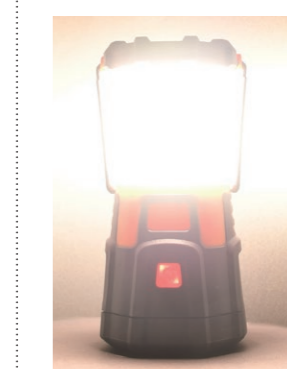


Manufacturer	Gentos Co., Ltd.
Brightness	Approx. 420 lumens at the maximum intensity
Light source	One high-illuminance warm-color LED chip
Required batteries	Three Size D alkaline DC batteries (to be separately purchased)
Size/weight	102.4 mm x 87.3 mm x 184.1 mm high / Approx. 802 g (including the weight of three Size D batteries)
IP protection rating	IP64
Lighting hours	Lighting hours: 34 hours (High mode) / 110 hours (Eco mode) / 890 hours (Candle mode)
Accessories included	Hanger hook

LED Lantern EX-X777D

Item number **223** **4000** points

- A 800 lumens of light illuminates your space
- Two types of light source, warm color and white, are available



Manufacturer	Boueki Co., Ltd.
Brightness	Approx. 800 lumens at the maximum intensity
Light modes	Warm color, white, and full brightness (brightness level is continuously adjustable)
Required batteries	Three Size D DC batteries (to be separately purchased)
Size/weight	95 mm dia. X 192 mm / Approx. 960 g (including the weight of three Size D batteries)
IP protection rating	IPX4
Lighting hours	24 hours in warm color, 15 hours in white and 12 hours in full brightness (all approx.)

800 lumen de lantern

Item number **224** **5000** points

- The lantern can be powered in three ways, hand-cranked, with DC batteries or by its own solar power film



Manufacturer	Taichi Holdings
Light source	Nine white LEDs
Required batteries	Capacitor 2.7 V 150F, DC batteries (three AA or three AAA DC batteries) * DC batteries need to be separately purchased. USB charger output is 5 V.
Monocrystalline solar film	52 W x 50 D x 5 H (mm), 0.3 W/5 V
Size/Weight	74 mm dia. x 187 mm high / Approx. 400 g (including the weight of three AA batteries)
IP protection rating	IP54
Lighting hours	Approx. 19 hours (High mode) / Approx. 40 hours (low mode)
Accessories included	USB A, micro USB cable, USB C-to-A adapter, micro USB-to-USB C adapter

Long-storage Lantern ECO-9C

Item number **225** **5000** points

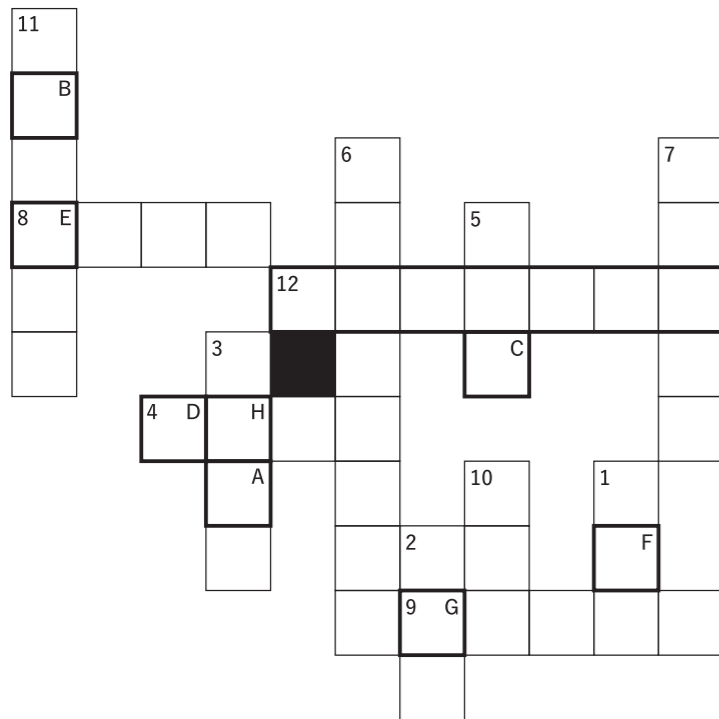
- Can be recharged by hand cranking Long storage life model gives you a peace of mind
- Can be powered by its own solar panel Excellent dust resistance and waterproofness make the product suitable for outdoor use
- Can be used with DC batteries or hand-cranked to recharge a smartphone

* Does not work in a remote-controlled, variable-brightness or sensor-controlled lighting fixture.
 * Does not support mixed use with other types of bulbs.
 * To make the bulb ready to activate, keep it lit for a period of time to have the internal battery charged.



ぼうさい 防災あなうめクイズ ひらがなで答えてね!

- タテのカギ 1 地震の揺れの強さの程度を表す言葉はなんでしょう。
- タテのカギ 2 大きな地震の後に、引き続いて何度も発生する地震をなんというでしょう。
- タテのカギ 3 地震などが原因でできた岩盤のずれのことをなんというでしょう。
- ヨコのカギ 4 地震や台風など、自然現象によってもたらされる災害をなんというでしょう。
- タテのカギ 5 もし地震がおきたら、何の下にかくれる?
- タテのカギ 6 火事に、はやく気付くために、キッチンなどに設置しておくべき機器はなんでしょう。
- タテのカギ 7 長い間、保管ができる水を何というでしょう。
- ヨコのカギ 8 水やお湯を入れることで食べられる長期保存可能なお米、○○○○かまい。
- ヨコのカギ 9 すり傷や切り傷などのケガをしたとき、まず何をしなければならいでしょう。
- タテのカギ 10 自分自身や家族で災害に備えることを何というでしょう。
- タテのカギ 11 「ふだんから準備をしておけば、いざという時に困らない」という意味の言葉
○○○○○○うれいなし
- ヨコのカギ 12 自宅が安全な場合にそのまま自宅避難生活を送ることをなんというでしょう。



A B C D E F G H ヨコのカギ 12

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こた 答えは31ページ!

03 Access to Information



\ Disaster readiness **keyword** /

Access the local information



We can get disaster information from our TV or smartphones, right?

Not really. TVs will not work once the power goes out, and smartphones can run out of battery. Another important thing is, what you want to know most when a disaster hits is what is happening in your area.

Make sure you have access to local information specific to your area.



What items do we need?

Be ready to use your smart phone during and after a disaster

Mobile Batteries

I have a mobile battery!

It is expected that, if a Southern Tokyo inland earthquake occurs, it will take **approximately 4 days** until electricity and communication services are resumed.

Smartphones can be very useful to collect valuable information during and after a disaster. Have mobile batteries ready so that your smartphone can be recharged even when the power is down.

* Source: "Damage Estimation of a Tokyo Inland Earthquake" (published on May 25, 2022)

Let's calculate!

How much mobile battery capacity you want to have ready?

How many times do you want to charge your smartphone during a power outage? USES

What is the power capacity of your smartphone? mAh

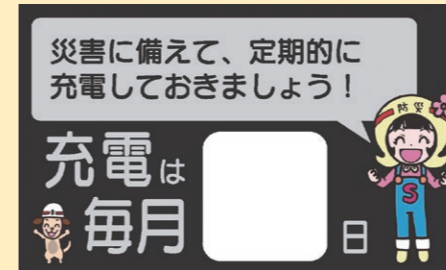
* You can find it on the manufacturer's website.

|| mAh

The actual capacity of a mobile battery may be different from its product specification. Have an extra capacity ready to charge your devices

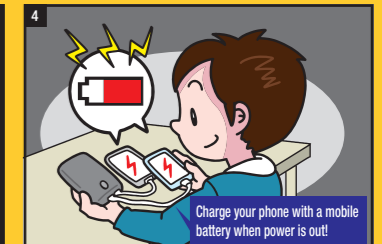
Includes "recharge reminder stickers"

Mobile batteries will self-discharge even when not in use if left uncharged for a long period of time. Our mobile batteries are shipped with "recharge reminder stickers" which can be attached to the battery to assist your recharge management!



The stickers only come with mobile batteries carrying this icon.

What you can do with your smartphone



Have a mobile battery ready!

Supports fast charging protocol, 10,000 mAh

- Can fast-recharge a smartphone
- The palm-size unit provides massive power capacity



Manufacturer	Anker Japan Co., Ltd.
Capacity	10000 mAh
Approximate charging capacity	Fully recharges a smartphone twice
Input	USB-C input: 5V=3A / 9V=2A
Output	① USB C output: 5V=3A / 9V=2.78A ② USB C PPS output: 3.3 to 6V=3A / 3.3 to 11V=2.78A (up to 25W) ③ USB-A output: 5V=3A / 9V=2A / 12V=1.5A ④ USB A protocol output: 4.5V=5A / 5V=4.5A
Size/weight	Approx. 107 x 52 x 27 (mm) / Approx. 194 g
Accessories included	USB C-to-USB C cable, strap

Mobile battery Anker PowerCore 10000 PD Redux 25 W Item number **301** 4000 points

The slim unit can provide ample 20,000 mAh

- Massive 20,000 mAh capacity
- Includes two USB-A ports and one USB-C port



Manufacturer	Anker Japan Co., Ltd.
Capacity	20000 mAh
Approximate charging capacity	Fully recharges a smartphone four times
Input	5 V=2 A
Output	5 V=3 A (up to 2.4 A from a single port)
Size/Weight	Approx. 158 x 74 x 19 (mm) / Approx. 343 g
Accessories included	Micro USB cable

Mobile battery Anker PowerCore Essential 20000 Item number **302** 5000 points

Can fully recharge a smartphone by being charged with two hours of sunlight



Manufacturer	Air-J Co., Ltd.	
Maximum output from solar panels	14 W	
Number of USB charging ports	2 ports	Number of panels 4 panels
Size (in storage)	Approx. 230 H x 160 W x 30 D (mm)	
Size (when deployed for use)	Approx. 230 H x 815 W x 5 D (mm)	
Weight	Approx. 710 g	

Portable solar power charger AJ-NSOLAR14W BK Item number **305** 6000 points

Mobile battery with built-in light

- Includes a carabiner clip strap and a multi-function LED light



Manufacturer	Air-J Co., Ltd.	Capacity	20000 mAh
Approximate charging capacity	Fully recharges a smartphone approx 3 to 7 times		
Input	(USB-C): 5 V/3 A, 9 V/2 A (PD) (microUSB): 5 V/2 A, 9 V/2 A (PD)		
Output	Output 1: (USB-A) 5 V/3 A, 9 V/2 A, 12 V/1.5A (18 W) Output 2: (USB-A) 5 V/3 A, 9 V/2 A, 12 V/1.5A (18 W) Output 3: (USB-C) 5 V/3 A, 9 V/2.22 A, 12 V/1.67 A (20 W)		
Size/weight	Approx. 52 W x 32 D x 170 H (mm) / Approx. 386 g		
Accessories included	Cable: USB-A (male)-to-USB C (male) Cable length: Approx. 25.5 cm		
Brightness	400 lumen		

Mobile battery MB-LG20000BK Item number **306** 5000 points

Massive 24,000 mAh capacity

- Up to 65W output
- Can recharge two smartphones at the same time
- Not only smartphones but also PCs can be recharged



Manufacturer	Anker Japan Co., Ltd.
Capacity	24000 mAh
Approximate charging capacity	Fully recharges a smartphone approx 4 to 5 times
Input	USB-C1 input: 5V=3A / 9V=3A / 12V=1.5A / 15V=2A / 20V=1.5A (Max 30W)
Output	USB C1/C2 output: 5V=3A / 9V=3A / 12V=1.5A / 15V=3A / 20V=3.25A (max 65 W) USB A output: 5V=3A / 9V=2A / 10V=2.25A / 12V=1.5A (max 22.5W)
Size/weight	Approx. 160 x 85 x 27 (mm) / Approx. 500 g
Accessories included	USB C-to-USB-C cable, strap

Mobile battery Anker 537 Power Bank Item number **303** 10000 points

The slim unit can provide ample 10,000 mAh

- Can recharge three smartphones at the same time
- Can provide pass-through charging



Manufacturer	Air-J Co., Ltd.
Capacity	10000 mAh
Approximate charging capacity	Fully recharges a smartphone twice
Input	• USB-C: 5 V/3 A (15 W) maximum • Micro USB: 5 V/2 A (10 W) maximum
Output	• Total: 5 V/3 A (15 W) maximum (when using multiple ports) • USB-C: 5 V/3 A (15 W) maximum (when using a single port) • USB-A1/A2: 5 V/3 A (15 W) maximum (when using a single port)
Size/weight	68 x 140.5 x 17 (mm) / Approx. 224 g
Accessories included	USB C-to-C cable (approx. 25 cm)

Mobile batteries MB-GD10000 WH Item number **304** 3000 points

Can generate power from a glass of water

- Can generate power with a glass of water (285 mL)



Manufacturer	Fujikura Composites Inc.
Battery capacity	11000 mAh
Approximate charging capacity	Fully recharges a smartphone twice
Size/weight	Approx. 105 W x 95 D x 104 H (mm) / Approx. 525 g
Output voltage/ amperage	5.0 VDC (USB Type A) / (up to) 1.0 A

Aqua Charge Item number **307** 5000 points

DC battery-powered mobile battery

- Using the On/Off switch and the power-on indicator, you can control and monitor the charging status any time
- DC batteries need to be separately purchased. Stock the required quantity of 10-year guaranteed DC batteries.



Manufacturer	Air-J Co., Ltd.
Required batteries	Four AA alkaline DC batteries (to be separately purchased)
Output voltage	(USB-A) 5 V/1 A
Cable	To be separately purchased

DC battery-powered mobile battery BJ-EUSBNB WH Item number **308** 1000 points

Access to Information

Having access to information is critical in times of disaster

Access to Radio and Other Information Services



We can get all the disaster information we need from our smartphones, right?

Not really. Have access to multiple information sources to get **local, Chuo City-specific** information!

Have access to multiple information sources to find disaster information just when you need it.



Know how to access useful information!

Chuo City's information partners in times of disaster

Tokyo Bay Network Co., Ltd.

During and after a disaster, the BayNet channels provide accurate information directly supplied from Chuo City authorities.

Chuo FM Broadcasting Ltd.

In times of disaster, the Chuo FM channel acts as an emergency broadcaster on behalf of Chuo City authorities.

Watch out for fake information during or after a disaster

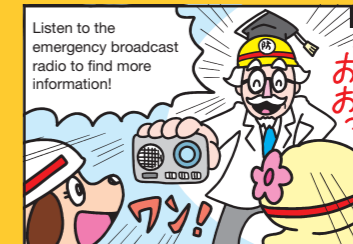
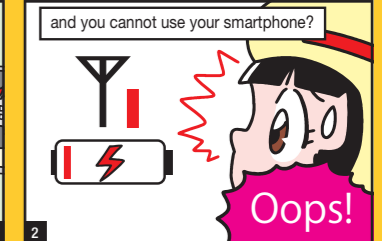
When an earthquake occurs, various ungrounded and potentially fake information can spread among people, which can incite people's fear and panic about even worse disasters, such as "an even stronger earthquakes is coming soon".

In times of major disaster, people become more prone to be taken in by these unreliable pieces of information and contribute to their further spread. Most of these fake pieces of information start in frivolous, non-serious manner, for example someone overhearing other people's casual conversation on the street.

Check the information from authoritative sources such as the local municipal office, the police and established mass media channels to avoid being taken in by fake information.



In times of disaster, having access to information is critical



Having access to more than one information sources gives you a peace of mind!

Wakes up automatically even when it is switched off! Chuo City's original radio receiver



You can purchase an emergency broadcast radio receiver for 2,000 yen (including tax) from the Chuo City Office's Disaster Prevention and Crisis Management Section or from any of the Nihonbashi, Tsukishima and Harumi Special Branch.

If you have an old-model receiver, bring it to any of the receiver sales points listed above to have it exchanged with the current model for 1,000 yen (including tax).

* One household can only purchase one Chuo City emergency broadcast radio receiver.

Wakes up automatically even when it is switched off!

- Even when the receiver is switched off or when you are listening to a regular radio program, the receiver will automatically start to play the disaster emergency broadcast as soon as it receives one, providing information about a major earthquake, flood or other disasters.
- The emergency broadcast will be played at a very loud volume, and the built-in emergency LED light will be lit at the same time. (When playing the test broadcast, the sound volume can be adjusted just like normal radio programs)

You can take it out of home as a portable radio when you evacuate!

- The radio can be powered by AA batteries so that you can listen to it during power outage or in outdoor locations or evacuation shelters.

Chuo City emergency broadcast radio receiver	Item number 311	2000 points
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A compact and easily storable radio receiver

A hand-cranked radio receiver that can be stored for a long period of time can be very useful during and after a disaster



Manufacturer	Taichi Holdings		
Power source (rechargeable battery)	Electric double-layer capacitor (2.7 V, 10 F)		
Power (DC batteries)	Two AAA batteries (to be separately purchased)		
Radio frequency	AM: 530 to 1600 kHz, FM: 76 to 108 MHz (can listen to complimentary FM relay stations)		
Siren volume	75 dB	Material	ABS plastic
Light	White LED light	Size/weight	104 x 46 x 66 high (mm) / Approx. 180 g
Accessories included	USB Type C-to-A adapter, micro USB-to-USB Type C conversion plug, USB A-to-micro USB cable		

Long-storage radio receiver ECO-3C	Item number 312	5000 points
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Radio receiver with a built-in energy storage capacitor

The hand-cranked radio receiver with built-in light can be stored for 10 years



Manufacturer	Dretek Co., Ltd.
Power source (rechargeable battery)	Built-in energy storage capacitor (5.5 VDC/5F)
Power (DC batteries)	Four AA alkaline DC batteries (to be separately purchased)
Receivable frequencies	AM: 525 to 1630 KHz, FM: 75.5 to 108.5 MHz
Output terminal	Headphone terminal: One 3.5 mm diameter mini jack USB terminal: One
Input terminal	One USB Type C port
Light	White LED
Size/weight	Approx. 160 W x 77 D x 70 H (mm) / Approx. 281 g (not including the battery weight)
Accessories included	Charging cable (USB type A /USB type C), hang strap

Plug-to-power radio with built-in light 3	Item number 313	4000 points
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Other information sources

Chuo City official website

In times of disaster, the top page will be replaced with a portal from which you can access various disaster-related information, for example evacuation notices, the extent of damage suffered, relevant public services and weather events.



Chuo City Disaster Readiness Map App

This is Chuo City's official smartphone app to provide useful information in times of disaster, for example evacuation center notices. The service is provided in Japanese, English, Chinese (both simplified and traditional) and Korean.



Chuo City Disaster Readiness Map App 検索

Chuo City Keep Safe E-mail Service

The service provides e-mail messages containing disaster information about earthquakes and weather events as well as useful crime protection and consumer information.



Scan this QR code to send us a blank e-mail, and you will receive an invitation e-mail in return.

Official accounts on X, Facebook and Line

[X]
@chuo_city
[Facebook]
@tokyochuo.city
[LINE]
@tokyochuo.city



X

Facebook

LINE

Municipal Disaster Protection Broadcast Service

The broadcast service provides disaster-related emergency information including evacuation advisories. Outdoor broadcast speakers are provided in 87 locations across Chuo City.

* As of October 1, 2024

Emergency news e-mail service Area-specific e-mail alerts

The services distribute text information about evaluation notices and special alerts/warnings to your smartphone. You don't need user subscription to receive these messages. Contact your smartphone service provider if your smartphone works with these services.

Yahoo! Disaster Readiness News Smartphone App

Install and set up the app so that you can receive disaster and other relevant information specific to Chuo City.

Everybody has the need to use one. Prepare to handle your toilet needs!

Emergency Toilet Supplies



How many toilet uses should we be ready to handle?

Be ready to handle **five** toilet uses per person **per day**.

* The average number of defecations per person per day is five times.



Everybody needs to use the toilet, and no one can hold it. After the Noto Peninsula Earthquake, many people tried to cut down their water and food intake in an effort to reduce their toilet use as they did not want to visit the filthy unflushed bathroom. However, this can lead to harmful medical conditions such as dehydration or increased tendency to blood clotting (“economy class syndrome”).

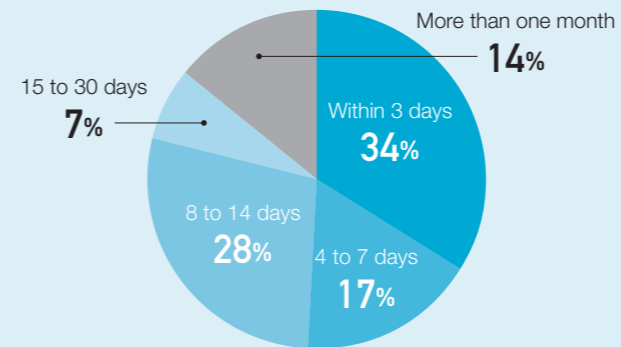
Let's calculate! /

The number of toilet uses that you need to be ready to handle

people in the household
 ×
 One day per person uses
 ×
 Number of days you want to cover days
 =
 Total uses

* The number of uses may vary from person to person.

Number of days it took to provide a sufficient number of temporary toilet booths to cover all the residents

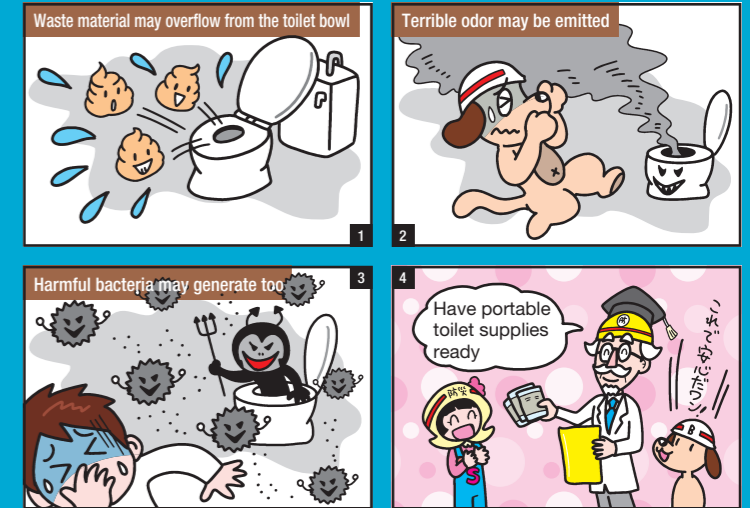


It takes a **significant amount of time** until a sufficient number of toilet facilities are provided in the evacuation centers to cover all the residents. The amount of emergency toilet supplies **stocked in the evacuation centers is limited.**

Survey about the provision of toilet facilities after the Great East Japan Earthquake, conducted by Japan Toilet Labo. 29 municipalities responded the survey



What happens if we don't have water to flush our toilet?



Stock a good amount of emergency toilet supplies!

Portable toilets



For 20 uses

- A fecal storage bag and an absorbent sheet are integrated into one piece for easy use
- Antibacterial and deodorant effects
- The environment-friendly bag contains 30% biomass plastic material made from plants
- Helpful step-by-step instructions with pictures guide the user how to use it

Manufacturer	Sogo Service Corporation
Handling capacity	20 urinations and defecations
Items contained	20 fecal storage bags
Size/weight	Approx. 230 W x 100 D x 315 H (mm) / Approx. 1.2 kg



- Contains coagulant
- All the bags are designed with antibacterial and deodorant effects

10 year storage

For 30 uses

Manufacturer	Boueki Co., Ltd.
Handling capacity	30 urinations and defecations
Items contained	30 packets of antibacterial coagulant (7 g each), 30 fecal storage bags, 3 waste storage bags, 2 toilet bowl cover bags, one copy of user manual
Size/weight	Approx. 170 x 280 x 70 (mm) / approx. 1.0 kg

Antibacterial Simple Oi-Toilet for 30 uses Item number **402** 4000 points



10 year storage

- Each packet can be easily picked up from the box for use like a piece of tissue paper
- One coagulant packet can solidify 800 cc of liquid

For 20 uses

Manufacturer	Toilenger, Ltd.
Handling capacity	20 urinations and defecations
What is included in the package	20 sanitary toilet bags, one waste storage bag, one tie string, 20 packets of coagulant (7 g each)
Size/weight	Approx. 230 x 130 x 85 (mm) / approx. 700 g

Toilenger SS for 20 uses Item number **403** 3000 points



- Chemical action powerfully reduces undesirable odor
- Deodorant, bacteriostatic and coagulant components are contained in one chemical package
- The chemical effects start immediately after use and will last for approximately one month.
- Can be stored for up to 15 years before the first use

For 40 uses

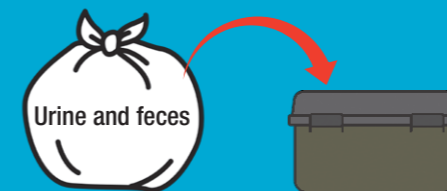
Manufacturer	Nisso Fine Co., Ltd.
Handling capacity	40 urinations and defecations
Quantity contained	40 packets of urine/fecal coagulant, 40 fecal storage bags, four waste storage/disposal bags, one toilet bowl cover bag, one copy of user manual
Size	Approx. 150 x 204 x 160 (mm) / Approx. 2 kg

Chemical toilet "Emergen" for 40 uses Item number **404** 5000 points

How to put out used portable toilets as part of garbage

Storage method

- Collect all the used fecal bags in the municipal garbage bag. Add some amount of newspaper or other easily burnable material to the garbage bag to accelerate incineration.
- Garbage bags that contain fecal bags should be marked "urine and feces" so that garbage collectors can distinguish them from normal garbage.
- Place the garbage bag in a covered box and store it on the porch or other places around the home until the garbage collection service resumes.



Disposal method

- Put out the garbage bags for collection according to the municipal information.
- Try to place the garbage bags containing toilet waste away from those containing normal burnable garbage



Separate from normal burnable garbage

How should we handle toilet needs after an earthquake occurs? See page 39 for the answer and some useful tips about toilet use!



- In normal times, the box can be used as a storage container for disaster-ready supplies
- In times of disaster, bags of used chemical toilets can be stored to reduce odor until the next garbage collection service.

Manufacturer	Risu Co., Ltd.
Size	Approx. 600 W x 390 D x 357 H (mm)
Inner dimensions	Approx. 504 W x 306 D x 293 H (mm)
Capacity	50 L
Weight	Approx. 2.6 kg
Material	Polypropylene

Storage box TC-50S Item number **405** 5000 points



Set of 3 rolls

- One roll (70 m) can cover one week's toilet paper use per person
- Each roll is vacuum-packed in aluminum film to block water, moisture, mold and harmful insects to allow prolonged storage
- Powerful compression process produces space-saving, ultra-compact paper rolls
- The empty boxes can be used as toilet paper holders

Manufacturer	Maruhide Paper
Size	Approx. 75 x 75 x 122 (mm)
Paper material	100% recycled paper

10-year storage toilet paper rolls LogLog 70 m [Set of 3 rolls] Item number **406** 1000 points

Be ready to handle your bodily care needs when you cannot use the shower or bath or brush your teeth

Oral and Bodily Care Products



In what situations we cannot use the shower or bath?

In addition to disaster times, you won't be able to use the shower or bath when **water, sewerage, electricity or gas service is temporarily suspended or even when your hot water system breaks down!**



Your municipality or the national self defense force may set up bathing facilities in disaster times, but the quantity will most likely be limited and cannot possibly cover all the evacuation centers. Stock bodily care supplies to prepare for situations where you cannot use the shower or bath.

Let's calculate! /

Body wipes to handle 1 use per day per person
 One use × persons × days = uses

Waterless shampoo to clean your hair to handle 1 use per day per person
 One use × persons × days = uses

Dental cleaning sheets to handle 3 uses per day per person
 Three times × persons × days = uses

No shower or bath available? What should we do?



Shampooing gloves

The easy-to-manipulate gloves are good for thoroughly wiping your hair roots and scalp. Reduce the discomfort of being unable to wash yourself, which helps improve the mental and emotional health as well.

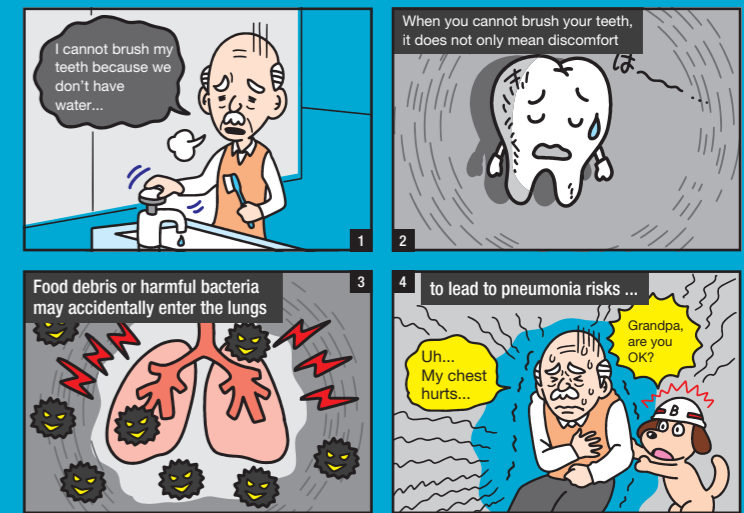


Wet bodily care towel

Wet towels are excellent for wiping your body clean when shower or bath cannot be used. It is recommended to select large sized ones which are good for wiping your back.



What happens when you cannot brush your teeth?



Prepare to avoid disaster-related deaths

Bodily care supplies

- This one package covers all your bodily care needs when you don't have water!
- Prepare for situations where you cannot use the shower or bath! Bodily care supplies including shampooing gloves
- Contains dental cleaning sheets for 10 uses!
- A complete bodily care kit to cover one person for three days

Recommended

防災グッズ大賞 2023

Designed for long-term storage! Stock in case of disaster

Waterless bodily cleaning kit

Items contained (covers one person for 3 days)

- Shampooing gloves ×3 uses
- Dental cleaning sheets ×10 uses
- Body wipes (Compact type to wipe the bottom and other smaller part of the body) ×30 uses
- Body wipes (Large type good for wiping the back) ×3 uses

5 year storage

Manufacturer	Shikoku Kamihanbai
Size	155 x 61 x 220 high (mm)

Item number **411** 3000 points



Sheet that helps keep your hair and scalp clean

5 year storage

Manufacturer	Shikoku Kamihanbai
Number of pieces contained	One pair is contained in each packet

Waterless hair shampooing gloves [3 packs]

Item number **412** 1000 points

Oral and dental care

8 year storage

Dental cleaning paper sheet, 30 packets

Manufacturer	Hanic White Labo
Packaging	Each sheet is individually packaged
Material	100% natural cotton
Size/weight	Approx. 82 x 71 x 96 (mm) / approx. 127 g

Item number **415** 2000 points

5 year storage

Mondamin Medical Clear 12 mL [Set of 30 bottles]

The one-time use bottle eliminates the need to measure the liquid for each use

- Low-irritation alcohol-free mouthwash
- Medicated product containing antibacteria CPC*
- No need to rinse your mouth with water after use.

* Cetylpyridinium chloride hydrate

Set of 30 bottles

Manufacturer	Earth Corporation
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Item number **416** 1000 points

Douching products

5 year storage

Cotton body wipe towel [9 packs]

- Sturdy wet towel made from a pleasantly thick mesh fabric
- The amply sized 280 mm x 560 mm towel is good for wiping your back

Set of 9 packs

Manufacturer	Nisshinbo Holdings Inc.
Ingredients	Water, benzalkonium chloride, iodopropynyl butylcarbamate, cetylpyridinium chloride, propylene glycol

Item number **413** 1000 points

5 year storage

20 disaster-ready wet wipes [Set of 6 packs]

- Packed in a three-layer aluminum deposition film for excellent moisture barrier effect.
- Sized for best ease of use (200 mm x 300 mm)

Set of 6 packs

Manufacturer	Needs Co., Ltd.
Ingredients	Water, ethanol, propylene glycol, benzalkonium chloride, iodopropynyl butylcarbamate, stabilized chlorine dioxide

Item number **414** 1000 points

5 year storage

Bottom-flushing shower [Set of 10 units]

- One-time use anal flusher
- A special nozzle design that mixes air and water provides excellent washing effect with a small amount of water
- The compact product is easy to carry in a pocket when you go to the bathroom

Set of 10 units

Manufacturer	Tokue Co., Ltd.
Ingredients	Distilled water
Quantity contained	Ten 16 mL bottles

Item number **417** 2000 points

5 year storage

Weak-acid Clean Shower Plus Four bottles

- Clean your sensitive genitalia
- Gently flush the area with weak-acid douching solution
- Lactic acid is added to the douching solution

Manufacturer	Okamoto Industries
Ingredients	Distilled water, sodium lactate, lactic acid, parabens
Quantity contained	Four 120 mL bottles

Item number **418** 1000 points

Prepare to keep warm or cool even when the power is down!

Keeping Warm and Keeping Cool



Heat exhaustion only occurs when we are outside, right?

Not really. Of all the heat exhaustions deaths (a total of 192) reported in Metropolitan Tokyo areas during the summer of 2023, **91.7% (176 cases) occurred indoors.** Most of them occurred in a room or area **where no air conditioner was used.***



When the power is out, temperature and humidity inside the home will rise. And if the windows are closed, there will be no air movement in the rooms and the heat exhaustion risk will increase further. One important thing we need to do to prepare for power outage is to protect against summer heat.

* Source: 2023 summer heat exhaustion death statistics compiled by the Tokyo Metropolitan Government Medical Examiner's Office

Think about this!

How hot or cool my home can be when the air conditioner/heater does not work due to power outage?

Hot summer days

_____ °C approx.

Cold winter days

_____ °C approx.

It is important to anticipate risks and take action!

What you can do to help keep your home cool

Open the windows to let heat out

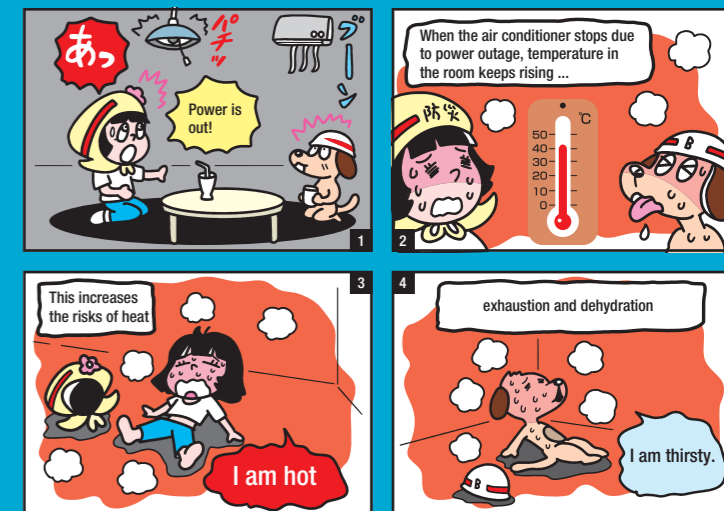
Opening a pair of diagonally opposed windows is good for letting air flow through the home and accelerating heat escape. Installing light-blocking curtains or external shades helps block direct sun.

Sprinkle water

If you have a south-facing porch or yard and when there is enough water, sprinkling some water there can help keep the home cool.



What happens when you cannot use the air conditioner in summer?



Prepare to keep warm or cool even when the power is down!

Heat exhaustion protection products

Body wipe sheet with refreshing coolness



Manufacturer	Taisei Medicine Industry Co., Ltd.
Sheet size	180 mm x 400 mm
Ingredients	Water, ethanol, persimmon-derived tannin, tea leaf extract, BG, sodium hyaluronate, menthol, talc, hydroxyapatite, methylparaben, ethylparaben, aromatic additives

MEGA Cool Max, 150 pieces **Item number 421 3000 points**

3 year storage



Set of 6 packs



- Place the pack on a flat surface
- With a closed fist, tap the center of the pack with enough force to break the liquid bag inside
- The pack starts to cool immediately as soon as the liquid bag breaks and the bag content gets mixed with other chemicals in the pack

Manufacturer	Sankei Corporation
Single pack size/weight	Approx. 140 x 230 x 30 (mm) / 340 g
Product package size/weight	Approx. 220 x 290 x 90 (mm) / 2,200 g
Cooling hours	Approx. 90 minutes in a room at 30°C

Cool rescue, set of 6 **Item number 422 2000 points**

Oral rehydration products



Oral Rehydration OS-1 Powder, 15 g (set of 10 packets)

Item number 423 2000 points

OS-1 Powder can be used to prepare an oral rehydration solution to treat dehydration through oral intake. Dissolve the powder in water for use.

Manufacturer	Otsuka Pharmaceutical Factory, Inc.
Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Not applicable
Size/weight	148 x 120 x 50 (mm) / 206 g

Emergency toilet kits and oral rehydration products



Why we might need oral rehydration in disaster times?

In disaster times, people may want to avoid visiting the bathroom, which can lead to **dehydration.**

When water service is suspended, your toilet cannot be used in normal manner. When that happens, some people tries to cut down their water intake to reduce toilet use, which can lead to dehydration.



Laundry cleaning bag

- Takes care of sweaty laundry in summer! Can clean clothes without a washing machine
- Easily cleans underwear or socks
- Put dirty laundry, water and detergent in the bag. Seal the bag closed and shake it
- After washing, water can be drained by loosening the valve on the bottom of the bag
- Can also be used as a compression storage bag



Manufacturer	Logos Corporation
Main materials	Polyester (TPU)
Capacity	Up to 7 L
Size/weight	Approx. 440 x 720 (mm) / approx. 130 g

LOGOS shake-to-clean laundry leaning bag **Item number 424 4000 points**

Warmer heat packs



- Keep warm with everyone's favorite warmer heat packs
- Non-adhesive type can be used in various ways

Set of 2 bags (containing a total of 20 warmer packs)

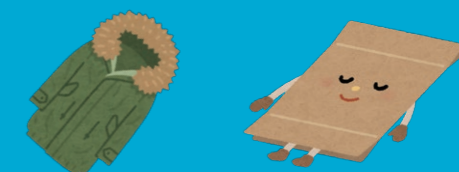
7 year storage

Manufacturer	S.T. Corporation
Number of effective hours	16 hours (length of time where the pack stays 40°C or warmer)
Warmer pack size	Approx. 125 x 95 (mm)
Individual package size	Approx. 200 x 135 x 68 (mm)

10 long-life warmer heat packs [Set of two bags] **Item number 425 1000 points**

What can we use to keep warm during winter?

- Warm clothes (quilted down coats, stadium jackets)
- Cold-blocking sheet products (aluminum foil blankets)
- Cardboard paper (good for keeping warm when laid on the floor)
- Sleeping bag and blankets
- Portable heaters including ones fueled by canned gas



An earthquake has occurred! How should we handle our toilet needs?

Answer: Use portable toilet kits and do not flush your toilet.



Why shouldn't we flush the toilet?

Even if the water service is down, we can flush the toilet by using water stored in our bathtub, can't we?

It is true that you probably can flush the toilet by using water stored in the bathtub. However, if the sewage system or the in-building drain piping is damaged, the waste material may overflow from the toilet bowl and pour onto your floor! Another risk is, if you are living in an apartment building, flushing your toilet may cause overflow in a downstairs apartment even when your own apartment is safe. Therefore, it is important not to flush your toilet until it is verified that the sewage system and the in-building drain piping are in good working order. Use portable toilet kits instead!



How to use an emergency toilet kit

1



Cover the toilet bowl with the large poly bag to be ready to receive the fecal bag

Lift the toilet seat and cover the toilet bowl with the large poly bag. (This is to prevent the fecal bag from contacting the residual water in the bottom of the toilet bowl upon each use)



2



Put the fecal bag over the seat, sit on it and do your "business"

Lower the toilet seat and set the fecal bag over the toilet seat. Sit on the covered toilet seat and do your "business".



3



Add the chemical (coagulant etc.)

Add the coagulant or other post-use chemical into the fecal bag. Some portable toilet kits may have an absorbent sheet glued to the fecal bag. Read the user manual in advance to know how to best handle the used fecal bag.



4

Tie the bag closed

After use, remove as much air as possible from the fecal bag and firmly tie the bag closed



5

Store

- Collect the used fecal bags in the municipal garbage bag, and mark the garbage bag as "urine and feces".
- Place the garbage bag in a covered container and store it on the porch or other places around the home until collection.



6

Discard

- Put out the garbage bags for collection according to the municipal information.
- Try to place the urine and feces bags separately from the bags containing normal burnable garbage



See page 34 for more information about how to store and discard toilet wastes!

Food Readiness



\ Disaster readiness **keyword** /
"Rolling stock"



We can cover all our food needs by choosing emergency food products from this catalog, right?

What you can order from this catalog is an absolute minimum to cover one person for three days. The best food stocking practice is **"rolling stock", where you stock your usual non-perishable food items a little more than you regularly need and consume the oldest ones first.**

It may also be good to stock some additional emergency food products.



What items do we need?

Prepare for gas or water service suspension

Supplies for Water and Cooking Needs



How long will it take before gas service resumes?

It is generally estimated to take **approx. 6 weeks before gas service** is resumed

To prepare for an extensive gas outage, have food heating tools ready such as a cooking stove using canned fuel or chemical heating packs.



Let's calculate! /

The required number of fuel cans to use your portable cooking stove

[Average daily fuel can consumption]
0.5 can with 30 minutes of use a day
1.0 can with 60 minutes of use a day

For one day bottles

Number of days you want to cover days

Total bottles

See the statistics

Gas damage estimation if a Southern Tokyo inland earthquake hits

In Chuo City, gas service is expected to stop in

Estimated period of time before the service resumes in Tokyo

approx. **30%** of the area

approx. **6 weeks**

How long does it take before water and sewerage services resume?

How long will it take before water and sewerage services resume?

It is generally considered that it takes 17 days before water service resumes and 21 days before sewerage service resumes ...

have water bags ready to receive water from the emergency water supply truck!

Stock long-storage-life water and ...

Stock long-life water and also have water bags ready!

Portable cooking stove using canned fuel



[Heat panel technology]

The unit is designed to transfer heat from the burner to the fuel can so as to accelerate fuel gasification inside the can to maintain heat power (pressure-sensing safety feature is installed)

Manufacturer	Nitinen Co., Ltd.
Continuous combustion time	Approx. 60 minutes (* when using a "My Bombe L" can)
Size/weight	Approx. 344 x 270 x 86 (mm) / approx. 1500 g

My Cooking Stove KC-353A	Item number 501	5000 points
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Can hold twelve 500 mL PET bottles

Manufacturer	Boueki Co., Ltd.
Material	Polyester, EVA, PE
Size/weight	Approx. 300 W x 190 D x 210 H (mm)/400 g

10L cooler bag	Item number 502	2000 points
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Sub-zero cooling packs



Smartly designed semi-transparent container! You can easily see from outside if the content is frozen or thawed

Manufacturer	Logos Corporation
Size/weight	Approx. 255 x 164 x 25 (mm) / 0.9 kg

For the cooling pack to freeze completely, the freezer must be kept at or below -20°C. Set the freezer to the coldest setting (-20°C) to freeze the cooling packs.

Sub-zero cooling packs [Set of 2 packs]	Item number 503	3000 points
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Freezer management during power outage

What are sub-zero cooling packs? In what situation they can be useful?

Keeping the cooling packs in the freezer will help keep the freezer content cool for a longer of period time when a power outage occurs

They do not really extend the storage life of the food, but having the cooling packs in the freezer can give you a better chance of consuming as much of the food stored there as possible before they go bad.

Water stocking products



7 year storage

- The water composition remains unchanged for more than seven years (tested by Japan Food Research Laboratories)
- More than 10 million liters of this product have been delivered to major companies, municipalities, schools and hospitals across the nation.

Manufacturer	KFG Co., Ltd.
Water type	Soft water with a mineral content of approx. 86 mg/L and a pH of 8.0
Storage life	7 years after the manufacturing date
Size/weight	Approx. 325 x 187 x 317 (mm) / approx. 12.9 kg

2L bottles of long-life natural alkaline water (set of six bottles)	Item number 504	2000 points
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Carried on the back



Gripped by the handle



12 year storage

- With an advanced water processing technology, deep ocean water taken from the sea off Muroto, Kobe Prefecture is converted into a 12-year storage life drinking water.

Manufacturer	Unique Sogo Bosai Co., Ltd.
Water type	Soft water with a mineral content of approx. 15 mg/L and a pH of 5.8
Storage life	12 years after the manufacturing date
Size/weight	Approx. 367 x 247 x 218 (mm) / approx. 13.5 kg

DSW PREMIUM 12YEARS 500 mL [Set of 24 bottles]	Item number 505	5000 points
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- 2 bags
- 6L bag which will not get too heavy to carry
- The two-way design can be carried either on your back or by gripping by the handle
- The cap closure reduces spillage
- The bag stands on its own when filled with water

Manufacturer	Boueki Co., Ltd.
Capacity	6 L
Material	Polyethylene, polyamide, polyethyleneterephthalate
Single bag size/weight	Approx. 330 x 350 (mm) / approx. 95 g

Backpack type 6L water bag [Set of 2 nipples]	Item number 506	1000 points
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Try to stock food and water for one week!

Emergency Food Products



How many days' of emergency food stock should we have? If we run out of food, can't we just go to the evacuation center to have some more?

We should have a food stock for a minimum of **3 days and ideally for a week.** Depending on the road condition, disaster aid supplies from the municipality or the national government may not reach your area very soon. Having a sufficient stock on your own is essential!



Let's check! /

Do we have a food stock for a minimum of three days, ideally for a week?

Long storage life water

Try to stock 3 liters per day per person:

Food

Three meals a day for a person including the staple food, the main dish and a side dish

[Average daily calorie consumption of an adult woman]*

1,400 to 2,000 kcal

[Average daily calorie consumption of an adult man]*

2,200 ±200 kcal

* From "Practical Food Education Navigator Program", provided by the Ministry of Agriculture, Forestry and Fisheries

Why should we have one week's food stock?

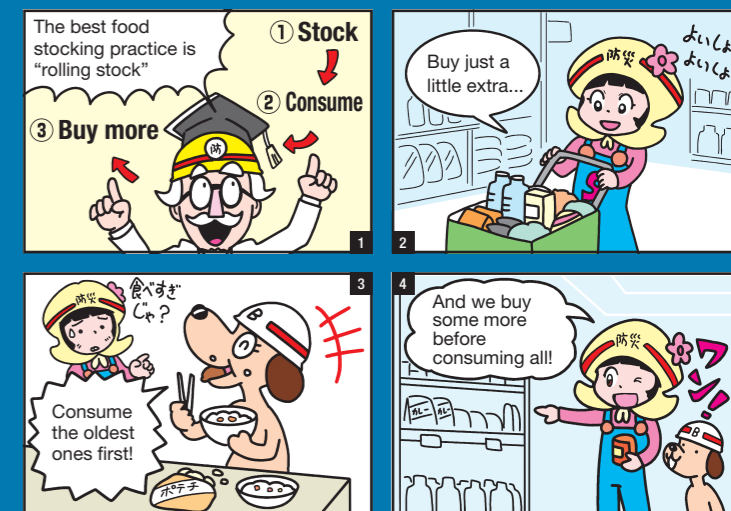
If the essential service infrastructure or the road network in Tokyo areas is severely damaged, cargo transportation will also be seriously impacted. And even after the roads are repaired, traffic congestion may cause delays in logistic services. That is why it is wise to keep a food stock that lasts for a week.



Not all of your food stock needs to consist of emergency food products! Practice a "rolling stock" food management routine, where you buy a little extra of the foods that you regularly use, consume the oldest ones first and then buy some more to add to the stock!



What is "rolling stock"?



Practice a well-organized food stocking routine!

A complete set of food and long storage life water for three days

5 year storage



Six 1.5L bottles

Three days' meals for a person plus 3 liters of water is contained in one box!

Manufacturer	Satake Corporation, Takumi Co., Ltd.
Quantity contained	Magic Rice (easy-to-prepare rice meal) collection (3 curry-flavored packs, 3 vegetable mix packs, 3 seaweed mix packs), Natural Drinking Water from Tateyama set of six 1.5L bottles
Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Not applicable
"Feel Safe" set of food for 3 days	Item number 511 5000 points

A complete set of food for three days

5 year storage



Manufacturer	Onishi Foods Co., Ltd., Satake Corporation, Shirako Co., Ltd.
Quantity contained	[Containing 1 serving each] Hidamari Bread (long-life bread) - plain, maple-flavored and chocolate-flavored / Packed-to-carry Rice Balls - salmon filling flavor, vegetable mix flavor and kelp filling flavor / Magic Rice Seven-Year Life Series - vegetable mix, seaweed mix and umeboshi-and-kelp mix / toasted nori seaweed
Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Wheat, egg, cow milk-based ingredients, soy beans, salmon
Three-meals-a-day light meal set	Item number 513 4000 points



Six 1.5L bottles

- A nice variety adds to the joy of everyday meals
- You can choose what you like to have depending on the time of the day, for example bread in the morning, a Magic Rice pack for lunch and noodle in the evening

5 year storage

Manufacturer	Onishi Foods Co., Ltd., Satake Corporation, Takumi Co., Ltd. House Gaban Corporation
Quantity contained	[A collection of emergency food products, containing one serving each] Hidamari Bread (long-life bread) - plain, maple-flavored and chocolate-flavored / Magic Rice (easy-to-prepare rice meals) - plain white, curry-flavored and Chinese vegetable mix / Magic Pasta ragout flavored / Japanese noodle made from rice flour with curry soup / Japanese noodle made from rice flour with vegetable mix soup / no-heating-required vegetable mix rice / [Long storage life water] Natural Drinking Water from Tateyama, six 1.5L bottles
Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Wheat, egg, cow milk-based ingredients, soy beans, chicken, pork, apple, gelatin
"Colorful Variety" set of food for 3 days	Item number 512 5000 points



5 year storage

The bread is fully ready to eat right after opening the package, which is helpful when you don't have access to cooking means in times of disaster or when you just don't have time to cook

Manufacturer	Onishi Foods Co., Ltd.
Quantity contained	Hidamari Bread (long-life bread) - 4 plain bread packs, 3 maple-flavored packs and 3 chocolate-flavored packs

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Wheat, egg, cow milk-based ingredients, soy beans
Ready-to-eat Hidamari Bread set	Item number 514 3000 points



9 servings

- Risotto (Italian style soup-cooked rice meal) that can be eaten without water and without heating
- None of the 28 typical allergens (included in the Japanese Consumer Affairs Agency's allergen list) used
- Designed to be storable for 7 years

7 year storage

Manufacturer	Nagatanien Co., Ltd.
Quantity contained	Curry-flavored risotto meal set of 9 servings

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Not applicable
Nagatanien's Risotto Rice Meals Set of 9 servings	Item number 515 4000 points

Medical and Special Diet Meals

Set of allergy-friendly foods

5 year storage



- Set of foods with none of the 28 typical allergens (included in the Japanese Consumer Affairs Agency's allergen list) used
- Fully ready to eat with no cooking required

Scan the QR code to visit the allergy info portal



Manufacturer	Nagatanien Co., Ltd., Onishi Foods Co., Ltd., Imuraya Co., Ltd., Takumi Co., Ltd.
Quantity contained	<ul style="list-style-type: none"> • 1 serving of curry-flavored risotto meal • 1 serving of Japanese flavored vegetable mix risotto meal • 2 servings of rice cookies • 1 box of long-life Yokan bean paste cake bars (containing 5 bars) • Natural Drinking Water from Tateyama, set of these 500ml bottles

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Not applicable
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Ready-to-eat allergy-friendly meals for one day	Item number 521	3000 points
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+ well-balanced nutrition

5 year storage



- Helps increase vegetable intake that tends to be low during and after a disaster
- It is recommended to stock these products together with long-life water bottles

30 packs

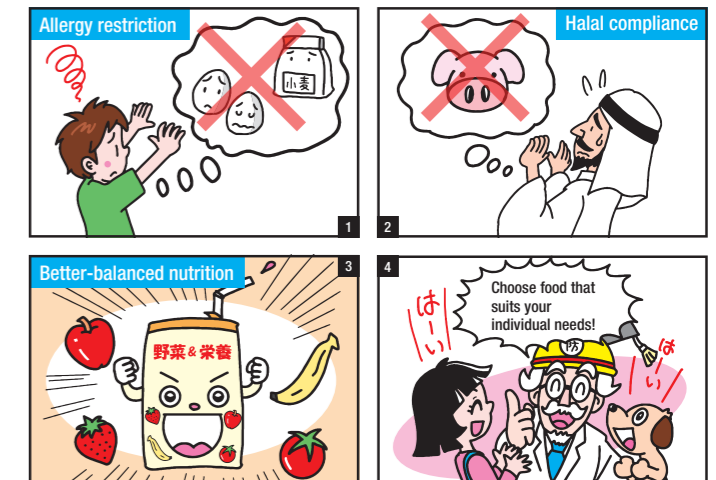
Manufacturer	Kagome Co., Ltd.
Quantity contained	One Day Vegetable Needs in One Drink, long storage life type, thirty 190 g packs

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Not applicable
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One Day Vegetable Needs in One Drink, 190 g pack 5-year storage type [Set of 30 packs]	Item number 524	5000 points
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What are special diet meals?



Stock food that suits your individual needs!

Halal-certified meal set

5 year storage



- A collection of "halal" meals that the Muslim rule allows the believers to eat
- Products with "halal" certification

Manufacturer	Onishi Foods Co., Ltd.
Quantity contained	[Containing 1 servings each] Easy-to-prepare dry-packed rice meals (bamboo shoot mix, seaweed mix, vegetable mix, curry-flavored meal, red bean mix, salty-kelp-flavored soft rice meal), rice balls (salmon filling type and kelp filling type), strawberry flavored cookies made from rice flour

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Wheat, soy beans, salmon
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Halal-certified meal set	Item number 522	3000 points
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Set of soups designed with post-disaster nutrition considerations

5 year storage



- "Curry soup with chickpeas" and "Italian minestrone" are good for people who want to keep a vegan diet
- Each of the food is nutritionally enhanced with a specific nutrient. "Curry soup with chickpeas" is enhanced with protein, "Italian minestrone" is enhanced with dietary fiber and "Japanese vegetable mix soup" is enhanced with plant-derived lactic acid bacteria

Manufacturer	Alpha Foods Co., Ltd.
Quantity contained	[Containing 3 servings each] A health-conscious collection of vegetable soups, including "curry soup with chickpeas", "Italian minestrone" and "Japanese vegetable mix soup"

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Not applicable
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Health-conscious vegetable soups [Set of 9 servings]	Item number 525	3000 points
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Mechanical soft rice meal set of 9 servings

5 year storage

- Simply pour hot water to enjoy a rich taste like that of freshly cooked rice. Has been delivered to many hospitals and assisted senior living facilities across the nation
- Specially developed to meet the needs of people with eating disorders and swallowing difficulties. A variety of three flavors has been newly released to respond to calls for more flavored meals
- You can easily adjust the amount of water to be added to obtain a range of softness, from a firmer texture like that of a fruit jam to a softer, almost-soup-like consistency (water level lines are printed on the inside of the package for reference)



3 servings

3 servings

3 servings

Manufacturer	Matsuya Co., Ltd.
Quantity contained	[Containing 3 servings each] Mechanical soft rice meals packed for emergency stocking (matsutake mushroom-flavored, blowfish-flavored, plain rice meal). Spoons are included in the package

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Wheat, soy beans
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Mechanical soft rice meals [Set of 9 servings]	Item number 523	3000 points
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A moussy meal that can be prepared just by shaking the package

5 year storage



- A gentle-tasting flavor made from a mixture of deep-roasted tea leaves and cow milk is not only good for people with swallowing difficulty but also can make a nice dessert for everybody



5 servings

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Cow milk-based ingredients, soy beans, gelatin
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Shake-to-eat Moussy Meals [Set of 5 servings]	Item number 526	3000 points
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Low salt meals

5 year storage



- A set of two dishes specially designed to meet salt reduction and calorie control needs
- The food is ready to eat right after opening the package without heating

Manufacturer	Alpha Foods Co., Ltd.
Quantity contained	One stewed pumpkin pack, one tomato-flavored stewed chicken and vegetables pack

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Wheat, cow milk, beef, chicken, soy beans
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Low salt meal set of 2 types	Item number 527	1000 points
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Products for babies and infants



- Reproduces the moderate sweetness just like the taste of natural mother's milk
- Designed for best digestibility and absorption for babies by specially adjusting the amino acid balance and the fatty acid composition to be as close as possible to those of natural mother's milk

10 packs

Manufacturer	Ezaki Glico Co., Ltd.
Quantity contained	Icreo Baby Milk, ten 125 mL packs
Good-through date	9 months after the manufacture date

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Cow milk-based ingredients, soy beans
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Icreo Baby Milk [Set of 10 nipples]	Item number 531	2000 points
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- Nipple attachment for paper drink packs specially designed for baby use
- The nipple is designed to automatically adjust the amount of liquid discharged depending on the baby's sucking power, which makes the product suitable for babies of all months of age



Set of 2 packs

Manufacturer	Jex Inc.
Compatible product	Compatible with Icreo Baby Milk 125 mL pack

Chuchu nipple attachment for paper drink pack [Set of 2 nipples]	Item number 532	1000 points
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Things that you need to stock for a baby

Product name	Quantity
Baby milk formula and nursing bottle	3 days to one week
Paper cups and disposable spoons	As appropriate
Drinking water	3 days to one week
Boil-in-bag or other easily prepared baby food	3 days to one week
Paper diapers	3 days to one week
Bottom wipes and wet tissue hand wipes	3 days to one week
Bath towels	Stock a little extra to prepare for disasters

Make sure to stock the things that you regularly use so that they will be available in times of disaster as well. Also, make sure you are familiar with the tools and products that you will need to use in disaster times

Sweet snacks

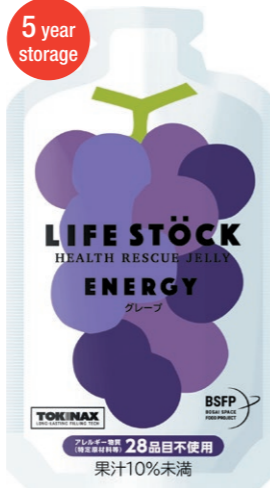
Jelly drink



This is the reasons why Jelly drinks are good to stock



Stock food that everyone can eat and enjoy!

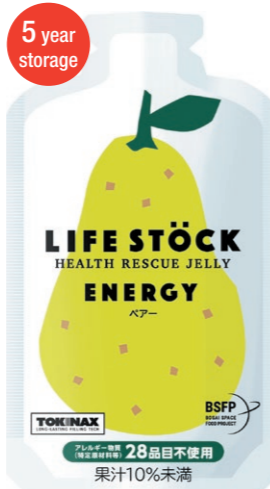


Life Stock Grape Flavor [Set of 6 nipples]	Item number 533	2000 points
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Set of 6 packs

The Jelly-style product is easily digestible for infants and elderly people and is also good for people who are weakened or do not feel well due to disaster impacts.

Manufacturer	One table Co., Ltd.
Quantity contained	Life Stock Grape Flavor, set of 6 packs
Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Not applicable



Life Stock Pear Flavor [Set of 6 nipples]	Item number 534	2000 points
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Set of 6 packs

Jelly drink with pear flavor
The compact packs can be stored in a good quantity even in a small space

Manufacturer	One table Co., Ltd.
Quantity contained	Life Stock Pear Flavor, set of 6 packs
Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Not applicable

Glucose

Glucose turns into energy in the human body and is the sole source of energy for the human brain. While the brain accounts for only approximately 2% of the human body weight, it consumes as much as 20% of the energy that the whole body consumes.

Neurotransmitter substance Dopamine

Of the approximately trillion neurons in the brain, some neurons only react to dopamine. These neurons are believed to transmit the sense of pleasure, enabling the person to feel good or happy and also to feel motivated or to create motivation.

Neurotransmitter substance Serotonin

Serotonin is a neurotransmitter that keeps noradrenaline and dopamine under control and helps maintain emotional and mental stability. It is believed that increase in serotonin in the brain can lead to calmness and a greater peace of mind.

Having something sweet helps you relax and relieve stress, especially in times disaster when you tend to be anxious or stressful!



Children's snack set

5 year storage

- A collection of long life storage sweet snacks
- Iconic snacks loved by all generations have been selected



Manufacturer	Tohato Inc., Ezaki Glico Co., Ltd., Sanritsu Confectionery Co., Ltd.
Quantity contained	Harvest cookies in two long storage cans, Bisco sandwich biscuits in two long storage cans, and Crab Biscuits in one can



Cute, crab-shaped biscuits!

Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Cow milk-based ingredients, wheat, sesame beans
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Children's snack set	Item number 535	2000 points
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Long storage life yokan cake bars

5 year storage

- Set of two boxes each containing 5 bars



Manufacturer	Imuraya Co., Ltd.
Quantity contained	Two boxes each containing five 60 g bars

Scan the QR code to watch the development story (cartoon-style) of Imuraya's long life yokan bean paste cake "Eiyokan"



Potential allergens (included in the list of 28 typical allergens published by Japanese Consumer Affairs Agency)	Not applicable
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Long-life yokan bean paste cake bar "Eiyokan" [Set of 2 boxes]	Item number 536	1000 points
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To learn more about disasters and how to prepare for one

Know How to be Disaster Ready

How can we learn more about disasters and how to prepare for one?

Chuo City organizes disaster-readiness drills every September! To learn about something and take action, it is always best to actually do it, see it and take part.

As we live our usual lives, we often tend to forget about being disaster-ready. Always try to learn about disasters and think about how we can best prepare for one.

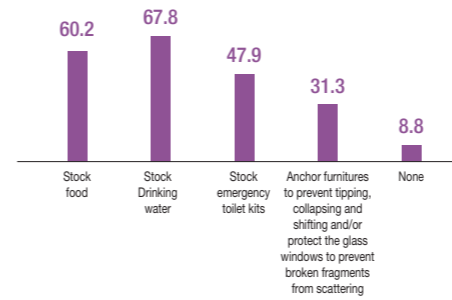
Check this out! /

Every year, typically on a Saturday or Sunday during the period from October to November, the Chuo City Disaster Readiness Hub Management Committee organizes disaster-readiness drills at each of the disaster readiness hubs that serve as the evacuation center for the local residents. The drill date is different for each disaster readiness hub. Check the Chuo City Office website to find the drill date at your nearby disaster readiness hub.



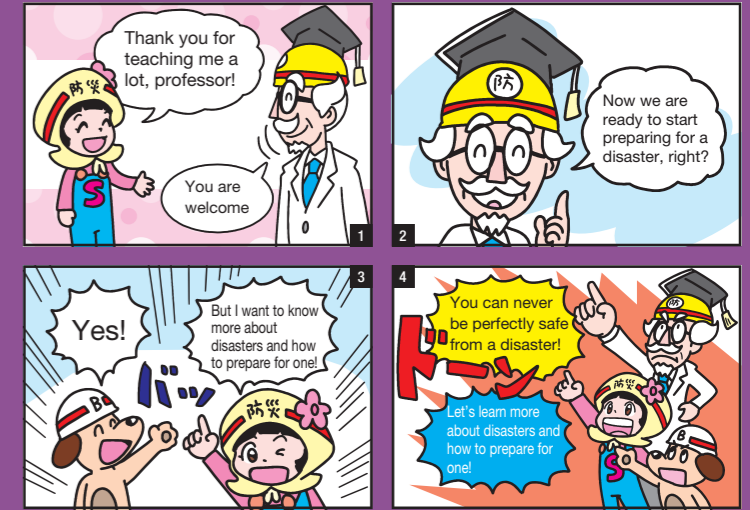
Chuo City Disaster Readiness Hub Management Committee disaster-readiness drills

[Chuo City Resident Questionnaire] Do you practice the following types of disaster preparation at home? (to see how much self-support effort the Ward residents make in disaster preparation)



Only about 30% of the people say they anchor their furniture to prevent tipping, collapsing and shifting and/or protect the glass windows to prevent broken fragments from scattering. While the lack of preparation for toilet needs became a major issue after the Noto Peninsula Earthquake, less than 50% of the people say they stock emergency toilet supplies at home. These figures show that there is much room for improvement to promote people's self-supportedness to prepare for disasters.

Are you perfectly prepared for a disaster?



Keep disaster readiness in mind in your everyday life!

The Card Deck will be given away free of charge to all the people who have requested for one (0 point consumed)!

Sai-chan's Disaster-readiness Playing Card Deck

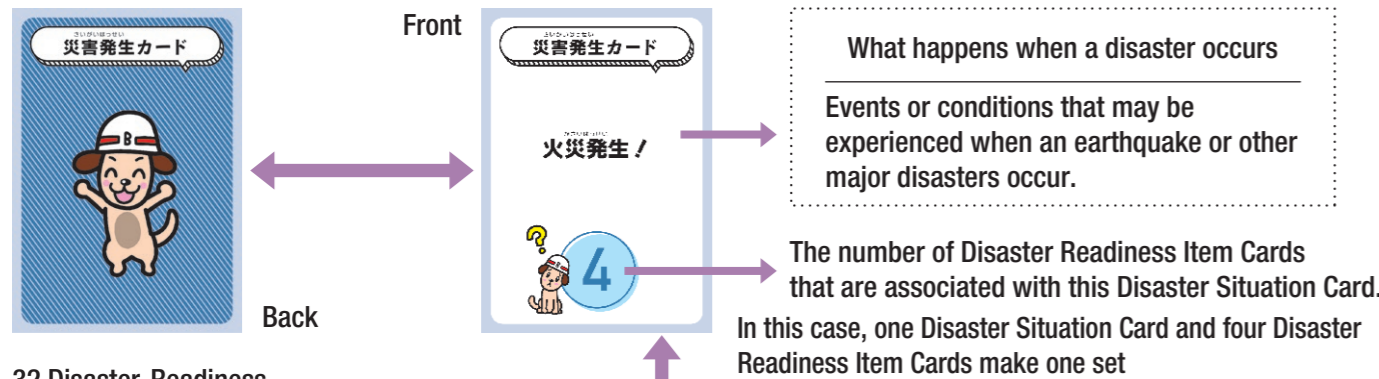


How to order: The Sai-chan's Disaster-readiness Playing Card Deck MUST be ordered together with the catalog item(s).

WEB: On the order page, check the box for "Sai-chan's Disaster Readiness Playing Card Deck" before ordering the catalog item(s).
By mail: On the first page of the order form, check the box for "Sai-chan's Disaster Readiness Playing Card Deck" before ordering the catalog item(s).
(Note) You cannot order the card deck separately from the catalog item(s).

Items contained in the [Sai-chan's Disaster-readiness Playing Card Deck] package

16 Disaster Situation Cards



32 Disaster-Readiness Item Cards



[How to play] Disaster-readiness Playing Card Deck Number of players: Two or more

- The dealer puts all the Disaster Situation Cards together and make sure that they are all face down so that the players can't see the pictures. The dealer shuffles the Disaster Situation Cards well and stack them on the table.
- The dealer places all the Disaster Readiness Item Cards on the table, with the picture side facing up.
- The dealer puts out one "Disaster Situation Card" at a time. The players are asked to pick up as many Disaster Readiness Item Cards as possible that are associated with the Disaster Situation Card on the table. Repeat these steps. The player who has picked up the largest number of Disaster Readiness Item Cards in the end wins!



For more information about how to play, read the instruction manual included in the Card Deck package!



* "Sai-Chan's Disaster Readiness Playing Card Deck" is available in Japanese only.

Product list in the order of the required number of points

Item number	Category	Product name	Points	Page
104	Anti-tip Furniture Anchors	Adhesive anchoring mat Tack Fit TF-10100CL-3	1000	P10
209	Hazard Protection Products	Glass securing tape to keep fragments from scattering, 50 m	1000	P20
308	Mobile Batteries	DC battery-powered mobile battery BJ-EUSBNB WH	1000	P28
406	Emergency Toilet Supplies	10-year storage toilet paper rolls LogLog 70 m [Set of 3 rolls]	1000	P34
412	Oral and Bodily Care Products	Waterless hair shampooing gloves [3 packs]	1000	P35
413	Oral and Bodily Care Products	Cotton body wipe towel [9 packs]	1000	P35
414	Oral and Bodily Care Products	20 disaster-ready wet wipes [Set of 6 packs]	1000	P35
416	Oral and Bodily Care Products	Mondamin Medical Clear 12 mL [Set of 30 bottles]	1000	P36
418	Oral and Bodily Care Products	Weak-acid Clean Shower Plus, set of 4 bottles	1000	P36
425	Keeping Warm and Keeping Cool	10 long-life warmer heat packs [Set of 2]	1000	P38
506	Supplies for Water and Cooking Needs	Backpack type 6L water bag [Set of 2 bags]	1000	P42
527	Emergency Food Products	Low salt meal set of 2 types	1000	P46
532	Emergency Food Products	Chuchu nipple attachment for paper drink pack [Set of 2 nipples]	1000	P47
536	Emergency Food Products	Long-life yokan bean paste cake bar "Eiyokan" [Set of 2 boxes]	1000	P48
103	Anti-tip Furniture Anchors	Adhesive anchoring mat Tack Fit TF-40K	2000	P09
110	Anti-tip Furniture Anchors	Anti-tip furniture anchoring strips Fumbaru-kun (set of 2 strips)	2000	P10
114	Domestic Alarms and Incipient Fire Control Devices	Aerosol fire extinguishing spray	2000	P12
213	Flashlights and Head-mounted Lights	Multi-purpose light	2000	P22
311	Access to Radio and Other Information Services	Chuo City emergency broadcast radio receiver	2000	P29
415	Oral and Bodily Care Products	Dental cleaning paper sheet, 30 packets	2000	P36
417	Oral and Bodily Care Products	Bottom-flushing shower [Set of 10 packets]	2000	P36
422	Keeping Warm and Keeping Cool	Cool rescue, set of 6	2000	P37
423	Keeping Warm and Keeping Cool	Oral Rehydration OS-1 Powder 15 g (set of 10 packets)	2000	P37
502	Supplies for Water and Cooking Needs	10L cooler bag	2000	P41
504	Supplies for Water and Cooking Needs	2L bottles of long-life natural alkaline water (set of six bottles)	2000	P42
531	Emergency Food Products	Icreo Baby Milk [Set of 10 packs]	2000	P47
533	Emergency Food Products	Life Stock Grape Flavor [Set of 6 packs]	2000	P47
534	Emergency Food Products	Life Stock Pear Flavor [Set of 6 packs]	2000	P47
535	Emergency Food Products	Children's snack set	2000	P48
777	Installation service package	Installation service package	2000	P53
101	Anti-tip Furniture Anchors	Anti-tip furniture anchoring device Super Tack Fit TF-L	3000	P09
102	Anti-tip Furniture Anchors	Anti-tip anchoring belt "Beyonta" LH-902BGP	3000	P09
105	Anti-tip Furniture Anchors	TV stoppers (a set of 6) P LV-400NP	3000	P10
111	Domestic Fire Alarms and Incipient Fire Control Devices	Domestic fire alarm SS-2LT	3000	P11
131	First-aid Supplies	Chuo City original first-aid kit	3000	P15
201-204	Hazard Protection Products	Disaster-ready room shoes	3000	P19
205-208	Hazard Protection Products	Strongunte D (cut-resistant tungsten protection gloves)	3000	P20
214	Flashlights and Head-mounted Lights	Head-mounted LED light GTR-S31D [Set of 2]	3000	P22
221	Disaster-ready LED Bulbs and Lanterns	Always Ready Light Bulb "Tsuita" neutral white	3000	P23
222	Disaster-ready LED Bulbs and Lanterns	Always Ready Light Bulb "Tsuita" incandescent color	3000	P23
304	Mobile Batteries	Mobile battery MB-GD10000 WH	3000	P27
403	Emergency Toilet Supplies	Toilenger SS for 20 uses	3000	P33

Item number	Category	Product name	Points	Page
411	Oral and Bodily Care Products	Waterless bodily cleaning kit	3000	P35
421	Keeping Warm and Keeping Cool	MEGA Cool Max, 150 pieces	3000	P37
503	Supplies for Water and Cooking Needs	Sub-zero cooling pack L [Set of 2 packs]	3000	P41
514	Emergency Food Products	Ready-to-eat Hidamari Bread set	3000	P44
521	Emergency Food Products	Ready-to-eat allergy-friendly meals for one day	3000	P45
522	Emergency Food Products	Halal-certified meal set	3000	P45
523	Emergency Food Products	Mechanical soft rice meals [Set of 9 servings]	3000	P45
525	Emergency Food Products	Health-conscious vegetable soups [Set of 9 servings]	3000	P46
526	Emergency Food Products	Shake-to-eat Moussy Meals [Set of 5 servings]	3000	P46
121	Earthquake-sensing Circuit Breakers	Yamori GV-SB1	4000	P13
211	Flashlights and Head-mounted Lights	Powerful LED light LK-314D	4000	P21
223	Disaster-ready LED Bulbs and Lanterns	LED Lantern EX-X777D	4000	P24
301	Mobile Batteries	Mobile battery Anker PowerCore 10000 PD Redux 25 W	4000	P27
313	Access to Radio and Other Information Services	Plug-to-power radio with built-in light 3	4000	P29
401	Emergency Toilet Supplies	ECO Sanita-Clean for 20 uses	4000	P33
402	Emergency Toilet Supplies	Antibacterial Simple Oi-Toilet for 30 uses	4000	P33
424	Keeping Warm and Keeping Cool	LOGOS shake-to-clean laundry leaning bag	4000	P38
513	Emergency Food Products	Three-meals-a-day light meal set	4000	P44
515	Emergency Food Products	Nagatanien's Risotto Rice Meals Set of 9 servings	4000	P44
112	Domestic Fire Alarms and Incipient Fire Control Devices	Powder fire extinguisher PEP-10N	5000	P12
122	Earthquake-sensing Circuit Breakers	Yamori De Set GV-SET1	5000	P13
132	First-aid Supplies	MOSHISONA 15-item first aid kit	5000	P15
212	Flashlights and Head-mounted Lights	LED light FLP-2306	5000	P21
224	Disaster-ready LED Bulbs and Lanterns	800 lumen de lantern	5000	P24
225	Disaster-ready LED Bulbs and Lanterns	Long-storage Lantern ECO-9C	5000	P24
302	Mobile Batteries	Mobile battery Anker PowerCore Essential 20000	5000	P27
306	Mobile Batteries	Mobile battery MB-LG20000BK	5000	P28
307	Mobile Batteries	Aqua Charge	5000	P28
312	Access to Radio and Other Information Services	Long-storage radio receiver ECO-3C	5000	P29
404	Emergency Toilet Supplies	Chemical toilet "Emergen" for 40 uses	5000	P33
405	Emergency Toilet Supplies	Storage box TC-50S	5000	P34
501	Supplies for Water and Cooking Needs	My Cooking Stove KC-353A	5000	P41
505	Supplies for Water and Cooking Needs	DSW PREMIUM 12YEARS 500ml (24 bottle)	5000	P42
511	Emergency Food Products	"Feel Safe" set of food for 3 days	5000	P43
512	Emergency Food Products	"Colorful Variety" set of food for 3 days	5000	P43
524	Emergency Food Products	One Day Vegetable Needs in One Pack, 190g, 5-year storage type [Set of 30 packs]	5000	P46
305	Mobile Batteries	Portable solar power recharger AJ-NSOLAR14W BK	6000	P28
113	Domestic Fire Alarms and Incipient Fire Control Devices	Powder fire extinguisher PEP-4	7000	P12
106-108	Anti-tip Furniture Anchors	Richter magnitude 7 (set of 2) ML-35/50/80	8000	P10
123	Earthquake-sensing Circuit Breakers	Wall outlet-connection type earthquake-sensing breaker, Kanshin Tap-kun	8000	P14
109	Anti-tip Furniture Anchors	Richter magnitude 7 (set of 2) ML-110	9000	P10
303	Mobile Batteries	Mobile battery Anker 537 Power Bank	10000	P27



Installation service package



Item number [777] **2000 points**



I want to order an anti-tip furniture anchor from the catalog, but it needs to be installed to a high place above the furniture and I am not sure if I can do it.



Good news! If you order an installation service package with an applicable product, an installer will visit your home with the product, complete the installation and also explain how to use the product!

Applicable items Anti-tip furniture anchoring products shown on Pages 9 and 10 and earthquake-sensing breakers shown on Pages 13 and 14

Installation service package: Steps from ordering for the service to actual installation

1
Ordering the service package

Order for the installation service package together with the item(s) that you wish to have installed, using the Item Number 777. Multiple applicable items ordered from this catalog can be installed with a single installation service package.

2
Scheduling the date

As soon the ordered item(s) are ready for installation, we will mail you a "Request to Schedule the Installation Date". Fill in the desired installation date.
* It may take some time before we complete preparing the ordered items and mail you the Scheduling Request.

3
Notification

Once the installation date is finalized, we will notify you by mail. If the originally requested date is not available, we will contact you by telephone and may ask to choose another date.

4
Installation

The installer will visit you on the confirmed date. You will be contacted on the day before the installation or in some cases on the installation date to be notified at what time of the day (allow for a two-hour range) the installer will visit you.

Note: We do not provide installation service to install a product to a high place that cannot be reached by standing on the third-from-the-bottom step of a self-standing ladder. For questions, contact our call center. We do not provide installation service outside Chuo City.

Installation service package

Item number
777

2000 points

How to order an item

You can order by one of the two ways!

Use one of the ways to order
Do not place duplicate orders by both ways.

WEB



Log in to the website for quick order
<https://chuobosai.tokyo>

You need the user ID and the password printed on the "Invitation" letter.

By mail

Complete the order form and use the included envelop to mail the order.

For more details about how to fill in the order, refer to the information printed on the order form.

Frequently asked questions

Q How did you select the beneficiaries for this program?

A The beneficiaries of this program are people who are registered as a Chuo City resident as of September 1, 2024, or those who have either moved into the City from elsewhere or have been newly born into a Chuo City household during the period from September 2, 2024 to March 31, 2025 and thereafter have been newly registered as a City resident on or before April 13, 2025. People who have moved out of the City to other locations after the above-mentioned date will also be eligible for this program.

Q Does ordering an item incur any additional cost?

A We do not charge any extra cost to Chuo City residents under this program. In suspicion of any fraud or other unlawful act, contact us at the call center shown below.

Q The order mailing address is not a Chuo City location. Is this correct?


A All operations related to this catalog program, from mailing the catalog to the recipients to shipping the ordered items, is provided by a third party provider.



<Notes>

- The catalog item can only be shipped to locations in Japan.
- The storage periods and the expiration dates printed on the catalog are all based on the product manufacturing date.
- Kindly note that some product colors may be slightly different from what is shown on the catalog.
- Should any ordered item is not available due to the manufacturer having discontinued production of the item or the product being out of stock, we may ship you an updated version of the product or a substitute product that will not be inferior to the originally ordered item.
- Make sure to keep the catalog until the ordered item(s) is/are safely delivered.
- After the catalog expiration date, your point balance will become void and the catalog items will not be available for order. Order as early as possible so as not to lose your points.
- We do not redeem your unused points to cash.
- If the order form has been illegitimately acquired, for example through resale, or the original right holder has transferred his or her ordering right to a third party, we do not redeem the points with catalog items for such order.

Chuo City Choose-Your-Gift Catalog of Useful Disaster-ready Items

 **0120-396-206**



Operating period November 15, 2024 to September 8, 2025

* The Call Center will operate on Saturdays, Sundays and national holidays except for the year end-to-new year period (from December 28 to January 5).

9:00 to 17:00

*Up to December 27, 2024, the center will stay open until 22:00.

✉ chuobosai@y-cs.co.jp