

Family contact information

Relation	Name	Contact information (Address, phone number)	Other information (Blood type, work)

Phone numbers for facilities or services in my town

	Name	Contact information (Address, phone number)	Other information
Municipal office			
Police station			
Police box			
Fire department			
Electricity			
Gas supply			
Water supply			
Phone service			

Evacuation area

Evacuation area	
How to get there	
Arrangement among family	

How to use NTT disaster Emergency Message Dial

Phones that can be used: Fixed phones, public phones, mobile phones, PHSs
 Message Recording Time: 30 seconds or less per message
 Number of storage messages: up to 10 messages per phone number
 Message storage period: 2 days (automatically deleted after 48 hours)

<How to use> Dial 171 and follow the prompts

(Recording) Dial "1" and dial the number of the person you want to leave a message to including the area code (if you are a victim of the disaster, dial your own number) and record the message.

(Play back) Dial "2" and dial the number of the person whose message you want to play back including the area code (if you are a victim of the disaster, dial your own number) and play back the message.

My "Safe and Secure" Check Sheet



Aichi Prefectural Police

My "Safe and Secure" Check Sheet

Food and drink	Safety
<ul style="list-style-type: none"><input type="checkbox"/> Drinking water (about three liters a day/person)<input type="checkbox"/> Emergency food (for three days)<input type="checkbox"/> Prepared food<input type="checkbox"/> Canned food<input type="checkbox"/> Pan, water bottle<input type="checkbox"/> Portable cooking stove<input type="checkbox"/> Knife, can opener<input type="checkbox"/> Infant formula	<ul style="list-style-type: none"><input type="checkbox"/> First-aid kit<input type="checkbox"/> Medicine<input type="checkbox"/> Cotton work gloves, disposable surgical masks<input type="checkbox"/> Shoes, socks<input type="checkbox"/> Helmet, air-raid hood, cap<input type="checkbox"/> Whistle
Clothes	Valuables
<ul style="list-style-type: none"><input type="checkbox"/> Clothes, Underwear<input type="checkbox"/> Sleeping bag<input type="checkbox"/> Rainwear<input type="checkbox"/> Towels, blanket	<ul style="list-style-type: none"><input type="checkbox"/> Personal seal<input type="checkbox"/> Cash (Small change)<input type="checkbox"/> Identification documents (passport, alien registration card)<input type="checkbox"/> Bank book
Daily necessities	
<ul style="list-style-type: none"><input type="checkbox"/> Portable radio<input type="checkbox"/> Spare batteries<input type="checkbox"/> Flashlight, candles<input type="checkbox"/> Matches, lighter<input type="checkbox"/> Tissues, toilet paper, sanitary napkins	<ul style="list-style-type: none"><input type="checkbox"/> Stationery, memo pad<input type="checkbox"/> Plastic bags<input type="checkbox"/> Warm clothes<input type="checkbox"/> Toys<input type="checkbox"/> Disposable body warmer