

# Provisions for Disaster

Occurrence  
of Earthquake,  
Flood, Eruption

**Self-help** Provisions by Family

**Mutual help** Provisions by Local community

**Public help** Provisions by Public authorities

**Self-help** Prepare to make provisions for disaster by family

- Prepare emergency provisions to make provisions for disaster.
- Take steps to prevent falling down of furniture, and falling of ornaments.
- Confirm shelters and measures of communication.



**Mutual help** Cooperate with neighborhood

- Raise senses of disaster prevention and deepen local communication by participating in local disaster prevention organization and performing training.
- Notify danger of disaster of neighborhood and tackle disaster prevention by whole local, when perceived danger of disaster.
- Worry about neighborhood's safety when disaster occurred.



**Public help** Police, Prefecture, Fire department, Nation are promoting disaster measures by mutual cooperation

- Police will execute rapid rescue work by riot police and interprefectural emergency rescue unit.
- Police and crisis management office of Gunma prefecture are promoting disaster measures by mutual cooperation.
- It is impossible to prevent damages of disaster only by public help. Disaster-resistant areas are superior in Self-help and Mutual help. Self-help and Mutual help can minimize damages of disaster.



**Gunma Prefectural Police**

T E L . 0 2 7 - 2 4 3 - 0 1 1 0



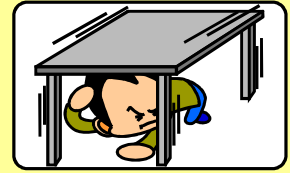
If feel Earthquake shaking or see and hear Earthquake early warning

**Call out to People around**

**Don't panic, protect safety of yourself !!**

**In home . . .**

- Protect head, and evacuate to safety place (under the desk)
- Don't rush to go outside
- Don't force yourself to put out the fire



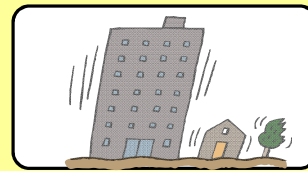
**In large-scale facility . . .**

- Follow instructions of attendant
- Don't rush to start running to Exit



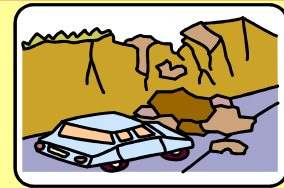
**At outdoors . . .**

- Pay attention to collapse of wall
- Pay attention to fall of sign and glass



**While driving . . .**

- Don't rush to slow-down
- Use hazard light, and call attention to car around
- Don't brake suddenly, slow-down gently



**In train or bus . . .**

- Hold a strap or handrail tightly

**In elevator . . .**

- Get off at the nearest floor

**Check table of emergency kit**

【 ※Source of Japan Meteorological Agency's document 】

Water·Foods		Emergency supplies		Daily necessities		Medical supplies		Valuables	
water		flashlight		towel·soap		medicines		bankbook	
biscuits		radio		tissue		ointments		seal	
instant foods		helmet		plastic bag		cold medicine		cash (coins)	
canned foods		matches·lighter		outerwear		plasters·bandage		insurance card	
		hood		underwear		disposable diaper		driver's license	
		gloves·rope		writing materials					
		whistle		masks					
		batteries		sanitary items					
				blanket					

※ Fill in other necessary supplies to blanks, and check the items which finished provision.

Evacuation site		Police station	
Meeting place		Fire department	
Emergency contact		Government office	