

# Well prepared means being well covered

Now that natural disasters and the spread of infections are expected to increase, it is essential to be prepared so that we can respond to emergencies.

We will look at routine preparations in a 3-part series.

# Well prepared means being well covered

## Vol.1 Let's prepare!

By Mari TAKEUCHI



There is always a rush on toilet paper when there is an emergency. If you have supplies **for about 4 weeks** or more, you can see off any confusion in an emergency.

### 【Daily necessities in short supply in past emergencies】

## Toilet paper

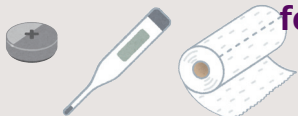


Spread of infection

Earthquake

Kitchen paper  
Coin batteries  
Thermometers

Cassette gas cylinders  
Dry batteries  
Sparebatteries for mobile phones



It is recommended that you stock up on the above daily necessities on a routine basis. Other recommended daily necessities include small and large plastic bags (transparent/black), plastic wrap, and heat packs.

There seems to be no end in sight yet for COVID. Now that natural disasters and the spread of infections are expected to increase, it is essential to be prepared so that we can respond to emergencies.

We will look at routine preparations in a 3-part series.

EVERYONE CHECK!!

## Do you have spare toilet paper?



For people who fall under the following conditions, it is reassuring to have a few more spares.

- ☐ People with infants and the elderly who need constant supervision
- ☐ People busy with work who can't go shopping



We asked a professional life organizer!

## Tips for storing stockpiles



Spare rolls of toilet paper are best kept in the bathroom. As for the stockpile, please think about the amount necessary for your family using **4 rolls** or more per person as a guide.

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Mari Takeuchi



This is 12 rolls = 4 weeks for a family of 3!



If double rolls, it's enough to keep at least 8 rolls for a family of four.

Place a wooden box on the floor for storage, and cover it with a cloth for a stylish look!

You can put a lot of items on high shelves!

If you're worried, it's a good idea to keep another unopened pack for storage only. Since toilet paper is light, it can be stored even in high places such as the top of a closet.

Don't worry on your own when you have a problem  
Call the "Consumer Hotline" 188!

Nationwide Number



Consumer Affairs Agency  
Consumer Hotline 188  
Image Character  
Iyayan

We will guide you to local consumer affairs centers and local government consumer affairs inquiry counters.

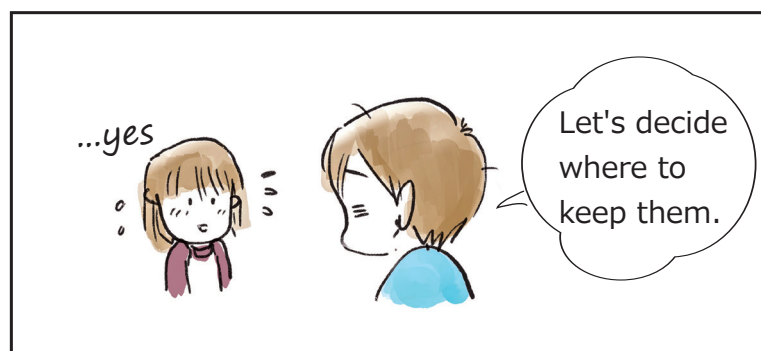
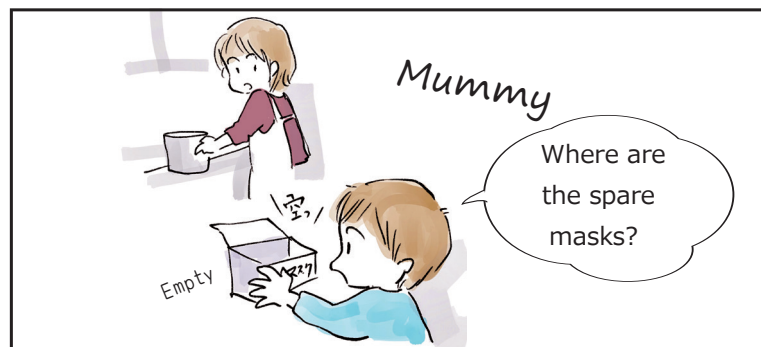


# Well prepared means being well covered

Vol.2  
sanitary goods version  
March, 2021

## Vol.2 In the right place!

By Mari TAKEUCHI



If you have cloth masks, you should have **1-2 boxes of spare disposable masks**.  
Decide where to store both of them.

**[Sanitary goods in short supply due to the spread of infection to date]**

## Masks Disinfectant

Gargles

Disposable gloves

Sanitizing wipes

Baby wipes

It is recommended that you stock up on the above sanitary goods on a routine basis. Other sanitary items that are recommended to stock include first aid kits, diapers, sanitary products, and emergency toilets.

The shortage of masks and disinfectants during the first wave of COVID was serious. These shortages also occurred during the 2009 H1N1 influenza pandemic. In this second part of our series, we will look at the preparation of sanitary goods.

EVERYONE CHECK!!



Can you find your masks straight away?



My house is cluttered with various consumables

YES

Reconsider what you have and where you put it!!

NO

I'm always looking for many things

YES

Decide on a place for things

NO

My masks are in a set place

YES

GOOD!

You're organized!

Being organized is more important for people who:

☐ Have large families

☐ Are usually busy and don't have time to tidy up



We asked a professional life organizer!

## Tips for storing stockpiles



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Labeling bags and shelves will reduce the number of lost items. For miscellaneous items such as masks and antiseptic solutions, it is recommended to gather like objects in a bag or basket.



Effective use of paper bags!  
Convenient for collecting small items!

Sort thoroughly using labels and separating by type



Collect in a basket and put it on the shelf!

Make use of baskets that allow you to see the contents inside!

The basics of tidying up are to keep like with like, separate different things, and put them in their proper place. The smaller the item, the more consciously you should decide where to put it!

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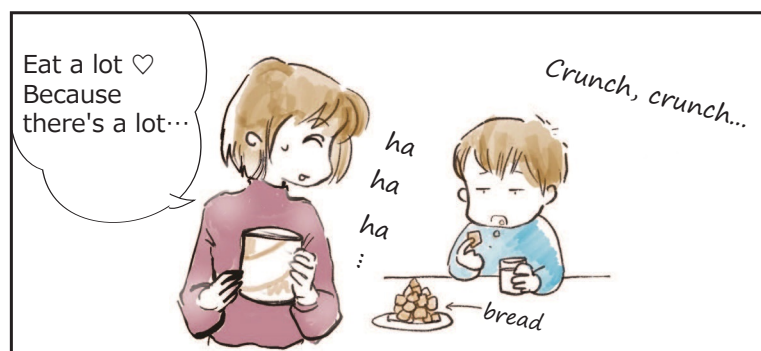
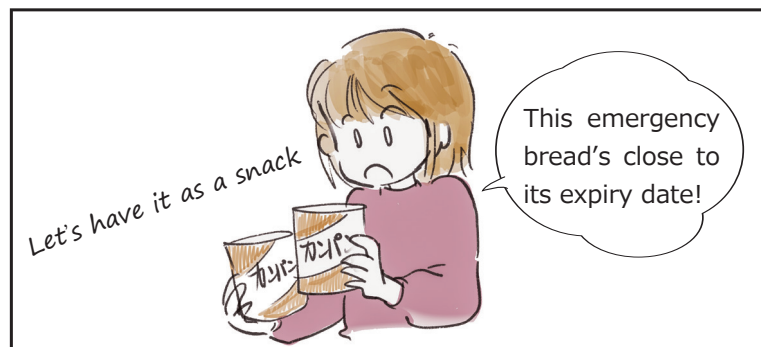
# Well prepared means being well covered

Vol.3

Food supplies version

March-April, 2021

## Vol.3 What should I prepare? By Mari TAKEUCHI



**Prepare enough food for your family to survive for at least 3 days!**

**[Foods hoarded in past emergencies]**

**Instant ramen** Canned food  
Water  
Retort pouch food  
Packaged cooked rice  
Pasta  
Bread  
Instant food

In the first wave of COVID, there were shortages of various foods. Hoarding tends to occur in emergencies. In this third part of our series, we will look at the preparation of food supplies.



## What food supplies?



We have no food supplies for disasters etc

YES

Think about food supplies for your family for a minimum of 3 days!

NO

Our stockpiles have passed their expiry date

YES

Stock up on edibles! Be smart where you store them!

NO

We have spare portions of food we use without fail

YES



Your rolling stock is ready!!

### ◎What is rolling stock?

It is a method for always stockpiling a certain amount of food at home by buying a little extra food and processed foods on a regular basis, and then replacing what you use.

**Tips for storing stockpiles**

- 1) Group like together and different things separately.
- 2) Don't cram it in so you can see what's there!
- 3) Labels are important for maintaining what you put and where you put it!
- 4) Put the new ones you bought in the back so you can use from the front!

*Labeling helps prevent confusion*

*Put the deadline in a visible spot*

*2022.7.22*

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Mari Takeuchi

First, decide what foods you need to prepare. Stock up on things you want to eat that you can store to some extent, and buy more as you use them. Stockpiling food doesn't end after purchase. Techniques 1) to 4) to prevent food loss are essential!

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