

Disaster Prevention Notebook: Protect Your Child and Yourself



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Name:

How to Use the Disaster Prevention Notebook

1

Make your disaster prevention preparations complete by filling in this notebook.

This notebook is designed to “know” and to “act” on each item on one page. First, you learn a point on the front page; second, see the back of its page and fill in your own details by thinking and checking carefully.

2

Keeping equipment at your home is not the only way for disaster prevention.

Pregnant women, women after childbirth, and babies and toddlers are the people who require special support in a time of disaster. People around you might want to help you, but unless they know you are there, how can they reach out to you? Be sociable among your neighbors by greeting them often so that as many people as possible get to know you. It is also a good idea to participate in activities in your local area such as disaster drills and other events.

3

Keep updating your health log as well as that of your child.

For both pregnant women and babies, checking on your own health and making record of it is important, because the health checklist provides necessary information to medical professionals and will help you determine whether you should consult your doctor or not.



Let's Make Your Disaster Prevention Map

Get to know about your community and what kinds of disasters might occur, and imagine what kinds of damage can occur.

1

Get a hazard map prepared by your local government.

What is a hazard map?

A map on which predicted damage from natural disasters is shown.

A hazard map shows you, at the time of a disaster, the extent and degree of damage from each type of disaster, where the evacuation centers and hub medical institutions are, and routes for evacuation.

Various types of hazard maps are also shown at the Hazard Map Portal Site (in Japanese) prepared by Ministry of Land, Infrastructure, Transport and Tourism of Japan: <http://disaportal.gsi.go.jp>

2

Gather disaster-prevention information, such as brochures offered by the local government in your area.

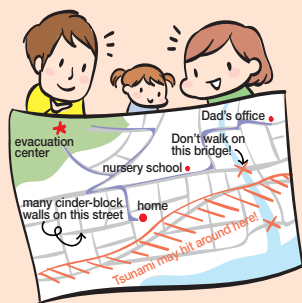
Do you know about your **local government's** evacuation centers and **stockpiles**?

Responses at the time of disaster differ by each local government. Participate in disaster drills and events held by your local community or township in a positive manner, and get to know your neighbors.

3

Make your own disaster-prevention map.

Prepare an outline map. You can print one from the Google Maps website. Write information that you have obtained based on steps 1 and 2 above. Once your disaster-prevention map is completed, go out and actually walk along the evacuation route to confirm if it is safe enough to walk with your young child or for a pregnant woman.



Make sure the following on your disaster-prevention map

- ☐ Old houses and cinder-block walls may collapse even after the shaking stops.
- ☐ Watch out for holes and uneven surfaces. You may not be able to see them when they are flooded.
- ☐ It is difficult to go through small alleys; flooding can speed up on slopes at the time of a flood.
- ☐ Even a small river can be dangerous depending on the amount of rain and the size of a tsunami.

Check Out Your Evacuation Bags

It is important to prepare one evacuation bag per person, as you might get separated from your family while evacuating.

1

Primary evacuation bag

The vital point is you can: hold it, use it, and be saved.

- What you must protect first is your life. You might feel better if you have all sorts of personal items with you, but make the bag light enough that you can carry it yourself.
- Try using the emergency goods at least once and make sure you can actually “use” them.
- Prioritize the things that protect your life. Next, the most important things are living necessities. Think about your daily life, and prepare them based on that.
- You might want to have a helmet together with your evacuation bag.

You should be able to use both hands.



2

Secondary evacuation bag

Things you can come back for after the initial turmoil stabilizes

- The secondary evacuation bag is what you can take after the safety of brief visit to your home is secured. Preparing them as a part of your stockpiles is a good idea.
- First of all, make a list of things you want to take in an emergency. Prioritize them and put them in the first bag based on the order. Things that don't fit in the first bag can go in this second bag.

3

Essential items to be carried with you at all times

- Put items you will need the most or things that are highly useful in an emergency, and which you can carry around, into a pouch, and take it with you at all times.

Items in the evacuation bag might be ...

whistle, thermal blanket, portable toilet, radio, flashlight, survival food (that can be eaten without cooking), water, personal identification card (see page 17), personal medications, gauze, and necessary items depending on the number of weeks of pregnancy or the age of the baby.

Check Out Your Evacuation Bags

Items	Note	Type of evacuation bag
Maternal and Child Health Handbook, health insurance card	{ Carry them with you at all times, and store copies of the important pages in cloud computer storage. }	Primary ☐ Secondary ☐ Portable ☐
diapers, baby wipes	{ Baby wipes can also be used to clean the body. }	Primary ☐ Secondary ☐ Portable ☐
nursing cover, nursing goods	{ Prepare the things necessary for feeding your baby. }	Primary ☐ Secondary ☐ Portable ☐
spoon, paper cup, kitchen wrap	{ You can give milk to your child little by little with a paper cup. }	Primary ☐ Secondary ☐ Portable ☐
gauze	{ Gauze is useful for caring for your baby, such as for cleaning teeth and wiping dirt off the face. }	Primary ☐ Secondary ☐ Portable ☐
baby sling	{ With a baby sling, you can use your both hands. }	Primary ☐ Secondary ☐ Portable ☐
survival food, baby food	{ Breast milk and formula can be used for baby food. You can also give adult food to your baby bit by bit. Having a stock of commercial baby food on a routine basis is recommended. }	Primary ☐ Secondary ☐ Portable ☐
vitamins	{ You tend to become vitamin deficient during a time of disaster, and easily get mouth ulcers. Prepare some vitamin supplements. }	Primary ☐ Secondary ☐ Portable ☐
change of clothes, shoes, protection against cold	{ If your child is old enough to walk, have him/her wear shoes even if you hold the child in your hands while evacuating. }	Primary ☐ Secondary ☐ Portable ☐
women's sanitary items and bidet	{ Being able to use sanitary items, including underwear familiar to you, is a great help. }	Primary ☐ Secondary ☐ Portable ☐
mask	{ Wearing a mask is recommended to prevent infection in the evacuation center. }	Primary ☐ Secondary ☐ Portable ☐
toys	{ Wearing a toys is recommended to prevent infection in the evacuation center. }	Primary ☐ Secondary ☐ Portable ☐

Necessary Actions When a Disaster Occurs

Since babies, toddlers, and pregnant women tend to require more time than others and need support to evacuate, it is important to simulate an evacuation in ordinary times.

Floods and landslides

When an evacuation advisory or preparation order for an evacuation is issued, follow the order and evacuate.

Earthquake

● Before the strikes and when shaking begins

Find as safe a place as possible, take a position to protect your child and yourself, and stay still until the quake stops. Hold your child by covering his or her head.



● When the shaking stops

1. Wear shoes or slippers to protect the soles of your feet from broken glass or tableware.
2. Confirm the safety of family members in the home, and check for damage.
3. Obtain correct information from the radio and similar means, take out your evacuation bag, and get ready to evacuate if necessary.

Note: If you do not have a helmet, use a hard-surfaced bag to protect the head from falling objects.

Women in mid- and late pregnancy

You might not be able to see small uneven surfaces because you are large with the child. Be sure to walk with someone.

Baby

Put your baby in a sling to evacuate.

Young child

Put his or her personal identification card into your child's evacuation bag. Make sure the child is wearing shoes.

*Necessary actions
when a disaster
occurs*



**Take it out in
an emergency**

Keep this sheet in a
place where you can
check it right away in
emergency situations.

Tips to make myself calm

List things to help you calm down.

Example: Take a deep breath; say aloud, "I'm all right," etc.

{ }

My emergency procedure

Simulate what you should do if an emergency arises at home, and make a list of the actions.

{ }

List of supporters in an emergency

Talk to people you can rely on in an emergency in advance, such as someone who could help you evacuate or pick up your child, and those who can evacuate together.

Reading in katakana	Phone number:	Other contact information:
Name:		
Reading in katakana	Phone number:	Other contact information:
Name:		
Reading in katakana	Phone number:	Other contact information:
Name:		
Reading in katakana	Phone number:	Other contact information:
Name:		

List of areas for evacuation

● Temporary evacuation shelter	-----
● Wide-area evacuation site	-----
● Evacuation center	-----
● Final meeting place for my family	-----
●	-----

◎ Make sure you and your family can correctly use the emergency messaging services,
both 171 for land-line phones and the system for mobile phones.

Important Things While Living at Evacuation Site

If your home is undamaged, basically you should stay home. Public administration offices also become confused at times of crisis. It is important that you proactively take action to obtain necessary support information at such times.

Diet

Mother's milk

For a baby, mother's milk is an optimal source of nutrition. Even if you temporarily don't have enough milk, continue breast-feeding. First and foremost, relax when you give milk to your baby.

Formula

Choose soft water if it is the commercial type. If you do not have a bottle, give milk little by little using a paper cup or a spoon.

Baby food

If baby food is not available, and if you have just weaned your baby, continue breast-feeding or giving formula to give him or her sufficient nutrition.

Diet for pregnant women

Emergency provisions tend to have a high salt content. If possible, try to choose those low in salt.

Allergen-free diet

It is critical that you prepare such food for your own sake. If the evacuation center does not have allergen-free food, at least ask them to divulge the ingredients of the food provided.

Preventing diseases

Pregnancy complications

In a time of disaster, blood pressure tends to go up due to stress, which might induce pregnancy-associated hypertension. Therefore it is important that you keep yourself warm, drink enough water, and secure a space where you can stretch your feet and lie down. Also, since the risk of thrombosis, also called "economy-class syndrome," is high at such times, try to drink water as often as possible and exercise regularly.

Nutrient deficiency

For a baby, mother's milk is an optimal source of nutrition. Even if you temporarily don't have enough milk, continue breast-feeding. First and foremost, relax when you give milk to your baby.

Mental health care

Pregnancy and the postpartum period

You experience great mental changes even in ordinary times during pregnancy, childbirth, and the postpartum period. Adding to such changes, in the shock of a disaster, you might have strong feelings of fear or depression. It is not a good idea to suppress your feelings while trying to cheer up your child; instead, try to make opportunities to talk with someone you think you can rely on.

Babies and toddlers

During the time of a disaster, babies and toddlers often exhibit aberrant behavior such as infant regression, crying at night, and using intemperate language and behaviors. These are, however, normal behaviors in times of emergency. Accept them with an open heart, and envelop him or her in your arms. It is said that repeating the same story many times, and playing "earthquake" or "tsunami," which is play to restage the disaster, is a necessary process in understanding what happened to them and to digest their experiences in their own way. Watch over them warmly. Children are also concerned for their parents. If a child looks all right, he or she is the one who is most in need of care.

*Important Things
While Living at an
Evacuation Site*



**Take it out in
an emergency**

Keep this sheet in a
place where you can
check it right away in
emergency situations.

Mental health care

My favorite ways to relax and refresh

If your desire to protect your child is too strong, chances are you are far more stressed than you imagine. It is important that you take care of yourself in order to provide good care to your child.

{ }

List of supporters at the time of evacuation

Name:

What he/she offers:

Contact information
(phone number, etc.):

What I can do for others

During the period of evacuation, families with babies and toddlers often have serious difficulties. They definitely need help and support. Even though this is evident, if you see someone who seems to be in need of help, talk to him or her. Watch carefully to find out what you can do to help them take it easy.

Think about Necessary Preparations

Environmental adversity affects you badly, and thus impacts your diet and water intake. Keeping good sanitation is important in maintaining your life.

1

Pregnancy: physical and mental features; necessary preparations

Pay attention to the changes in your physical condition on a day-to-day basis.

- Morning sickness and changes in tastes.
- Susceptibility to tooth decay and gingivitis.
- Easily tired, difficulty standing for long periods and carrying heavy things.
- Restrict salt intake, drink sufficient water, and get adequate nutrients and dietary fiber.
- Exercise frequently, and get an appropriate amount of rest.
- As you grow large with the child, the risk of falling increases; be careful of your balance.
- You are going to need someone's help when you evacuate.

2

Postpartum period: physical and mental features

- The flow of lochia may not stop for a prolonged period, and you might experience back pain and excess fatigue.
- There might be breast problems such as breast inflammation, and eliminatory disorders including urine leakage and hemorrhoids.
- This is the time to restore your body, you need to get sufficient rest.
- Some women might experience anxiety and depression.

3

Infancy: physical and mental features

Preparing evacuation bags alone is not enough—you also have to get your child protective vaccinations.

- Give your baby enough water, as babies easily become dehydrated. Also monitor the volume of urine.
- Babies are susceptible to heatstroke and hypothermia. Make adjustments with clothes or room temperature.
- Since babies' immunity and resistance are still weak, be wary of infectious diseases.
- It is important to maintain clean skin and retain moisture.
- Babies' physical condition can change suddenly.
- Because your baby cannot yet tell you what he or she wants with words, watch his or her way of crying, facial expressions, and mood.

4

Childhood: physical and mental features

They need play appropriate for their level of physical growth and motor function.

- As babies' chewing power, digestive function, and continence mechanisms are still immature, you have to monitor what they eat and how much, depending on the baby's developmental stage.
- They cannot express their feelings with words. Therefore, anxiety and fear might appear as physiological responses.
- Maintain a clean mouth, as baby teeth are prone to decay.

*Think about
Necessary
Preparations*

Check for dangerous places in your home, and take measures so that your home can be a safe evacuation shelter for you.

① Ensure your health management

- ☐ Do I have my necessary medications always ready?
 - ☐ Do I have a list of clinics that offer services even in times of emergency?
 - ☐ Did I take copies of my Maternal and Child Health Handbook, and my Medications Notebook?
 - ☐
 - ☐
 - ☐
-

② Do I have any concerns about my health?

My concerns:

Solutions:

Checklist on Health Management for Pregnant Women



Keep this sheet in a place where you can check it right away in emergency situations. Show this sheet to your doctor when you consult him or her.

Basic Information

If you have your Maternal and Child Health Handbook, refer to the handbook when filling this in.

Date: / /

Reading in katakana

Date of birth:

Name:

Month /Day /Year Age:

Expected date of delivery:

Month /Day /Year

Number of childbirths:

Number of weeks of pregnancy: weeks and days

times, among which were cesarean

Presently it is a single pregnancy / multiple pregnancy (number).

Cesarean delivery scheduled?: Yes / No (If "yes," why?:).

My last prenatal checkup was:

Date of checkup: month /day /year

Fetal position: Head-down / Breech position / Unknown

Placenta attachment: Normal / Previa / Marginal / Unknown

Cervical incompetency: Yes / No

Threatened miscarriage/threatened premature delivery: Yes / No

Presumed weight of the fetus: g. / Unknown

Blood pressure: / mmHg

Urinary test: Protein: - / + / ++ / +++

Sugar: - / + / ++ / +++

Other:

Asthma: Yes / No

Allergies: I have no allergies.

I am allergic to: drugs / food / metal / latex / alcohol

Treatment or method of control:

Medication currently taking:

None

Yes:

List them.

Note: If you have your Medications Notebook, take it with you.

Pregnant woman's present subjective symptoms

Subjective symptoms	If you checked "yes" for any item, you need to consult a doctor.	If you checked "yes," do this yourself before you visit your doctor:
pain in the abdomen	Yes / No	Lie down and keep still. Check if your abdomen has been hit, and whether there is normal fetal movement.
feel uterine contractions	Yes / No	Lie down and keep still. Try to remember when you started having contractions, and when it began regular intervals. Check the timing of contractions and breaks.
water broke, or feels like it broke	Yes / No	Apply a pad that is as clean as possible, lie down, and keep still. Remember when the water broke, or when you think it broke.
genital bleeding	Yes / No	Apply a pad that is as clean as possible, lie down, and keep still.
disappearance or diminished fetal activity	Yes / No	Lie down or take a sitting posture. Count up to 10 instances of a clear feeling of fetal movement, and measure the time. Normally this is within 30 minutes.
hypertension (90/140 mmHg or over)	Yes / No	Lie down, drink a lot of water, and stay still in a quiet and dark place. Check whether you have a headache, dizziness, nausea, vomiting, or irritated eyes.
edema or dizziness associated with hypertension	Yes / No	Lie down, drink a lot of water, and stay still in a quiet and dark place.
signs of infection with fever	Yes / No	Stay in a room separate from others as there is the threat of infection. Check whether a rash has broken associated with chills, cough, runny nose, nausea, vomiting, diarrhea, or fever.
present illness	Yes / No	{ }
illness now under treatment and that is getting worse	Yes / No	{ }

Checklist on Health Management for Your Baby



Take it out in an emergency

Keep this sheet in a place where you can check it right away in emergency situations. Show this sheet to your doctor when you consult him or her.

Basic Information

Reading in katakana		Date: / /	
Name:		Date of birth: Month /Day /Year Age: month(s)	
Birth weight: g.	Recent weight: g. Weight measured on: month / day		
Number of weeks of pregnancy at the time of delivery (or gestational age): weeks and days		Single or multiple: Single pregnancy / multiple pregnancy (number)	
Abnormalities during pregnancy/at the time of delivery: None / Yes: List them.			
Illness now under treatment: None / Yes: List them.			
Medications currently taking: None / Yes: List them.			
<i>Note: If you have the baby's Medications Notebook, take it with you.</i>			
Allergy: No allergies. The baby is allergic to: Treatment or method of control:			
Something specifically advised by a doctor:: None Yes: List them.			

Present symptoms of baby

Symptoms to watch for	If you checked "yes" for any item, you need to consult a doctor for the baby.	If you checked "yes," do this yourself before you visit your doctor:
fever: 38°C or higher	- looks lifeless, such as having a strange look in the eyes; cannot catch his/her eyes; does not cry - in a bad temper - younger than three months old - cannot take milk or formula; frequency of urination is diminishing	- give water - cool the body: cooling the armpits and base of the thighs is effective - check the baby's temperature make a record of it
had spasms	Consult a doctor even if there are no other strange symptoms.	- do not panic - turn the baby's torso sideways, and loosen the clothes - do not put your finger or a towel into his/her mouth
vomited	- looks lifeless - vomited something pink - blood included in the vomited matter - blood included in the feces - cannot take milk or formula; frequency of urination is diminishing	- place baby on his/her back, holding the upper body higher than the lower-half with the face forward - give water little by little to avoid dehydration - hold the baby gently; place a towel on the shoulder of the parent
has a cough	- difficulty breathing - in a bad temper - looks lifeless - breathing sometime stops - consumption of milk or formula is diminishing; refuses to take milk or formula	- give water little by little to avoid dehydration - hold the baby gently; place a towel on the shoulder of the parent

Note: If the baby is unconscious and not breathing, cardiopulmonary resuscitation must be performed.



Take it out in
an emergency

Personal Identification Card

Make a copy of this sheet, and have each family member keep a copy.

Paste family photos.

Photos of your family members can help you find your family members if you get separated during evacuation. If you have pets, also paste their photos here.

Personal identification data

Reading in katakana	Sex: male / female	Blood type:
Name:	Date of birth: Month /Day /Year	
Address:		

Contacts of family members (emergency contact number)

Name:	Reading in katakana	Age:	Relationship:	Phone number:

Critical information in an emergency

Health insurance card number:	
Chronic illness/medication:	
Personal physician:	Contact:

Paste copies of your health insurance card, Maternal and Child Health Handbook, and Medications Notebook here. Storing copies on a cloud computer service is also recommended.

On Using This Booklet

by Megumi Haruna, PhD

An old saying goes, “Preparation is key.” We all know that, but many of us have a sense of difficulty about it—what we should prepare for a disaster, we’re not sure if we can really cope with an emergency situation, and so on. This is an extension of raising a child in your daily life. Try increasing the things you can do even in a time of emergency. It is critical that you seek for help when necessary. In this notebook, you can write in items that need to be kept for an emergency and what should be done at such times. In this way, you can make full-scale preparations for your own needs. This booklet consists of a deck of cards, which makes it easy to utilize as educational material by arranging each card with others depending on the kinds of classes, including mothers’ class, parents’ class, and after-childbirth class. Try carrying an evacuation bag on your shoulder as if you were going on a picnic. It would be our greatest pleasure if you could take the first step toward disaster prevention through this notebook.

An Encouragement of Support-Receiving Ability

by Honami Yoshida, PhD

Thinking about a time of disaster leads to a rediscovery of what you truly treasure. In an emergency situation, human relationships built up in a casual daily life take on great significance in protecting you and your child. Do not carry the burdens of raising a child alone. Do not endure everything yourself. Instead, make friends with neighbors to help each other and depend on each other, which turns into a lifeline in an emergency situation. Trusting someone means that you trust and appreciate the person, which also means a lot to him or her, giving the feeling of self-efficacy and that he is trusted. Try thinking this way. Once you become capable of readily accepting support from others, which we call “support-receiving ability,” you will be able to build up a circle of friends who raise their children like you do. This will create a positive mood within you. After reading this booklet, if you feel you want to tell someone about this, talk to your friends. Your support-receiving ability will begin improving from this first step.



How to Use the Disaster Prevention Notebook

For
Instructors:

The front of each card contains information on disaster prevention needed for pregnant and postpartum women. Disaster prevention tends to be regarded as somebody else's problem, but this booklet is designed so that participants write about their own situation on the cards, and then begin thinking about the disaster prevention as something that concerns them as well.

Thorough lesson on disaster prevention: 30 minutes per card using both the front and back is recommended.

Since each chapter has independent content separate from others on one card, an instructor can choose any card or cards he or she intends to take up in the lesson at each session as a teaching material. Critical information on disaster prevention is compactly edited. You can arrange your lesson by adding people's actual experiences with disasters or other information on prevention, which you might collect yourself in each category.

One-shot lesson: It can be arranged for a 60-minute class per lesson.

The front of each card contains the minimum amount of information to urge participants to learn more themselves. You might want to choose a topic you wish to emphasize, making it a one-shot class. If you choose one card and hold a one-shot disaster prevention class as part of a parents' class, the rest of cards can be used by the participants to learn more at home.

Combination with parents' classes: a short disaster prevention class can be included in parents' class program.

A short program of just five or ten minutes on disaster prevention can be given as part of parents' classes. For example, talk about the front of the card and tell the participants to fill in the back at home before the next class. In this way, you can encourage them to think about their own situation for disaster prevention. Just handing the booklet out to the participants at a parents' class will motivate them to think about disaster prevention. Your active use of it is highly recommended.

Disaster Prevention Notebook: Protect Your Child and Yourself

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