

# Creating a Personal Timeline

Organize a plan in chronological order to determine what actions are necessary for evacuation

## Basic Information

○ Nearest Evacuation Shelters

○ Family / Neighbor Contacts (mobile numbers)

○ Family Workplaces and Schools

**Warning Level** Fill in specific actions that need to be taken.

Heavy rain flooding / Sediment-related disasters

<b>5</b>	(Ex) If you can't escape, climb to your apartment building's 3rd floor.
<b>4</b>	(Ex) Evacuation to a local community center.
<b>3</b>	(Ex) Go to pick up grandma.
<b>2</b>	(Ex) Contact grandma.
<b>1</b>	(Ex) Get the latest information through Kikikuru.

Earthquakes

	(Ex) Inspect emergency supplies on March 11th and September 1st.
	(Ex) Use the emergency messaging service when an earthquake occurs.

Elementary Schooler Personal Timeline Creation  
**"Escape Kid"**  
 (Ministry of Land, Infrastructure, Transport, and Tourism)

For easy step-by-step creation of your own timeline.  
 Video guidance also available.



# Emergency Information Notes

In case of emergency, provide information to the police, rescue services, medical institutions, and the city.

## Police: 110

If you are unsure whether to call for a police car or not, dial **#9110**.

## Fire and Rescue: 119

If you are unsure whether to call for an ambulance or not, dial **#7119**.

Name (in Katakana)	Date of Birth	Blood Type	Conditions / Allergies	Primary Doctor
(Ex) Ichiro Oshu (イチロウ)	(Ex) October 1, 1970	(Ex) AB	(Ex) High blood pressure, egg allergy	(Ex) ABC Clinic, XYZ Pediatric Clinic

### Prepare a list of emergency supplies and regularly inspect them!

- Portable radio
- Dry batteries
- Flashlight
- Medicine, bandages, adhesive bandages
- Drinking water
- Emergency food (canned bread, etc.) and baby food
- Paper plates, paper cups, disposable chopsticks
- Clothing
- Sanitary products, disposable diapers
- Wet wipes, disinfectant
- Masks
- Helmet, disaster hood
- Rain gear
- Towels
- Valuable items (bank books, etc.)
- Plastic wrap
- Lighter
- Portable toilets
- Writing utensils
- Heat packs, cooling sheets
- Toothbrush
- Mobile battery
- Plastic bags
- Newspaper

*Check expiration and consumption dates!  
 Prepare 3 days of supplies!*



For home preparation:  
 Prime Minister's Office Website ▶

