

Emergency Supplies

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Check list

Prepare a bag with the minimum supplies you will need to take with you in a disaster to use until relief supplies arrive.

Valuables

- ☐ Cash (including coins)
- ☐ Spare house and car keys
- ☐ Personal seal
- ☐ Bank account number, life insurance contract number, health insurance card, proof of ID, mother-child health notebook, copy of disability certificate

Tools for gathering information

- ☐ Mobile phone charger
- ☐ Portable radio (with extra batteries)
- ☐ Photos of family members (to help find them if separated)
- ☐ Emergency contact information for family, relatives and acquaintances
- ☐ Large map of evacuation areas (or pocket map)
- ☐ Writing implements, scissors

Food and drink

- ☐ Emergency rations (Emergency food), candy (Items that can be eaten immediately upon opening)
- ☐ Water bottles with cup attachments
- ☐ Beverages (bottled water, etc.)

Convenient tools

- ☐ Disposable heat packs (winter)
- ☐ Cooling sheets, folding fans (summer)
- ☐ Spare eyeglasses, contact lenses, etc.
- ☐ Aluminum space blanket
- ☐ Slippers, indoor shoes
- ☐ Cotton or leather work gloves
- ☐ Earplugs, eye masks, etc.

- ☐ Plastic tarp
- ☐ Portable toilet
- ☐ Plastic bags
- ☐ Disaster hoods or helmets
- ☐ Flashlight (with extra batteries)
- ☐ Whistle or buzzer (to let others know where you are)
- ☐ Multi-tool utility knife

Hygiene and health supplies

- ☐ Surgical masks
- ☐ Thermometer
- ☐ First-aid kit
- ☐ Household medicines, medications anyone in the family needs, medication notebook
- ☐ Towel
- ☐ Toilet paper, tissues
- ☐ Change of clothes (including underwear)
- ☐ Wet sheets
- ☐ Hand sanitizer
- ☐ Body cleansing sheets
- ☐ Toothbrushes, interdental brushes, dental floss, etc.
- ☐ Mouthwash (dental rinse)
- ☐ Oral rinsing sheets, denture cases, etc.

Other

- ☐ Disposable diapers (for infants or seniors)
- ☐ Menstrual sanitary products
- ☐ Powdered milk/baby formula (or other items that infants may need)
- ☐ Anything else you absolutely need in your daily life

- Pack your emergency kit in a bag that leaves both hands free, such as a backpack. ● Keep the kit light and compact enough that it will not impede getting to safety. ● Select items to include based on the needs of you and your family. ● Prioritize the preparation of the things that you need most. ● Periodically check the kit's contents.

Hygiene and Health Care in Times of Disaster



In times of disaster, living in evacuation shelters, a limited water supply and other factors can increase hygiene-related risks in daily life, so keeping clean and taking care to stay healthy are extra important.



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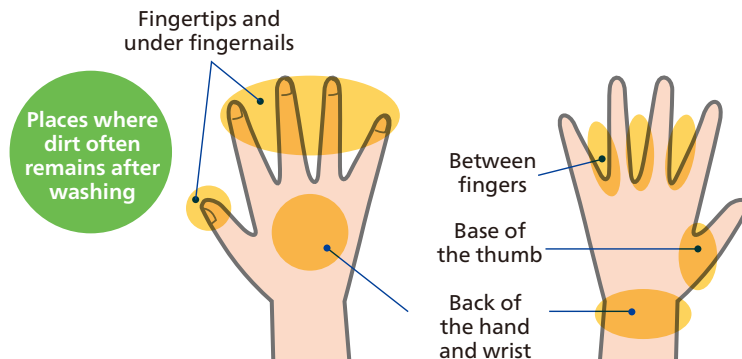
For more information
about hygiene in times
of disaster, contact us at:



*This booklet was made for use in Japan.
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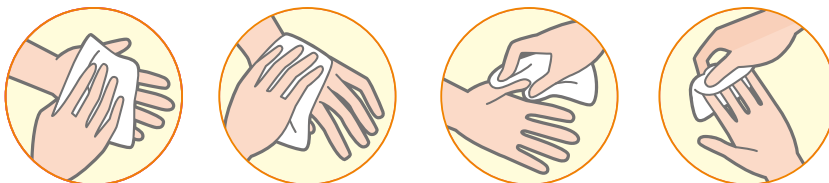
Always keep your hands clean during times of disaster.

At times of disaster, your hands can get dirty more easily than usual, especially if you are in an evacuation shelter or another place where many people are coming and going. Keeping your hands clean at times of disaster is very important.



Way to Clean your hands when you cannot wash with water

Use a wet tissue or wet sheet to wipe your hands and fingers clean.



1. Thoroughly wipe the palm.
2. Reverse the sheet and wipe the back of the hand.
3. Wipe from the pad of the thumb to the tip.
4. Wipe the other four fingers in the same manner.

When to clean your hands

Be sure to clean your hands carefully.

- Before eating
- After using the restroom
- After changing a diaper
- After manual labor
- After touching animals

If you cannot wash your hands, be extra careful with food

Be extra careful about cleanliness to avoid causing food poisoning.

- Avoid touching food directly with bare hands. Use chopsticks, a fork or a spoon.
- Prepare only as much as you will eat at one time and do not leave prepared food uneaten.

When food goes bad, it can cause food poisoning, so throw away any leftover food after eating.

Hand cleaning items to keep ready

Be ready for emergencies by keeping hand cleaning items in your emergency bag alongside other emergency supplies.

Hand
wipes



No-rinse
hand
sanitizer



When you can, wash your hands with soap to prevent infections diseases, wash the palms, backs of the hands, finger tips, under the fingernails and wrists carefully.

Oral care in times of disaster is also very important.

Living in evacuation shelters or anywhere with a limited water supply can lead to inadequate oral care. This increases the risk of developing not just oral problems like cavities and gum disease, but also health issues like infectious diseases and aspiration pneumonia.

Children and the elderly, whose bodies are less resilient, especially require caution.



If you don't have a toothbrush

When you can't brush, there are still things you can do during and after meals

It is important not to leave traces of food in your mouth after eating.

Tip 1

Chew food well

Chewing helps secrete saliva, which washes away contaminants in the mouth.

Tip 2

Use your tongue to clean your teeth

Lick your teeth to clean them with your tongue. Wiping dirt off the teeth with a tissue is also effective.

Tip 3

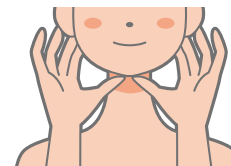
Drink water or tea after eating

Swish water or tea around the mouth to wash away contaminants.

Pay attention to producing saliva

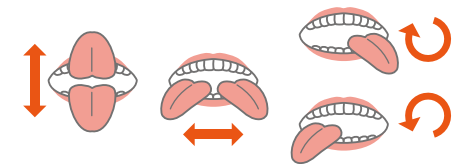
Saliva helps wash away contaminants and germs in the mouth.

Massage the salivary glands



Gently massage the under the ears, jaw and chin.

Tongue stretches



Up and down
Left and right
Clockwise, counterclockwise

Move your tongue up and down, left and right, and in circles clockwise and counterclockwise.

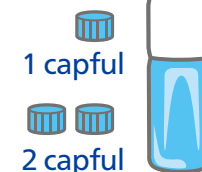
- Chewing, biting, talking and singing all help increase saliva flow.

Oral care when water is limited

You can use just a little bottled water or tea for oral care.

1

Using a plastic drink bottle, hold 1-2 capfuls of water or tea in your mouth.



2

Swish the water or tea around the entire mouth, including between teeth and across the tongue.



- Make sure to do this in the morning, after eating, and before bed.

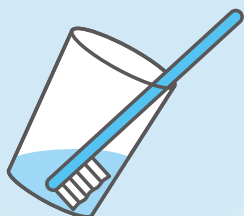


If you have a toothbrush

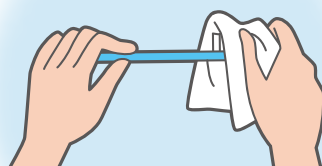
Brushing when water is limited

Even when water is limited, brushing with a toothbrush is best.

1 Pour a small amount of water into a cup and use it to wet your toothbrush.



2 Dirt can gradually build up on your toothbrush, so use a tissue or other available material to wipe it off between uses.



3 Last, use bottled water to rinse your mouth.



- If you have mouthwash, using it in combination with brushing is even more effective.

Sources: "Brushing when water is limited" prepared based in part on information on the websites of the Nihon Kōkū Kea Gakkai and Zenkoku Zaitaku Ryōyō Shien Shika Shinryōsho Renrakukai

Tips for kids

During disasters, kids tend to eat snacks between meals more often than usual, increasing the risk of cavities and gum disease.



- Pay attention to when and how you eat and avoid eating slowly over extended periods.
- Gargle with water or tea to help keep germs from proliferating in the mouth.
- Maintain your regular routine.

Tips for denture users

Keeping dentures clean is important to maintaining oral hygiene.



- Whenever possible, take dentures out after eating and clean off any dirt.
- After taking out dentures, wipe your teeth and the inside surfaces of your mouth with gauze or a handkerchief.
- If possible, take dentures out when sleeping to allow gum surfaces that touch dentures to rest.



Oral care items to keep ready

Be ready for emergencies by keeping oral care items in your emergency bag alongside other emergency supplies.

Toothbrushes



Mouthwash



Your regular interdental tools



If you use dentures, a denture case



Practice good oral care every day to keep your mouth healthy.