

Make a note of your emergency assembly point,  
nearby designated evacuation site, and evacuation site outside the UPZ.

Emergency assembly point ( )

Nearby designated evacuation site ( )

Evacuation site outside the UPZ ( )

### Emergency pack checklist

As these are the same preparations you should make for a natural disaster, keep this pack ready at all times.

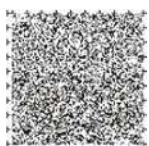
<input type="checkbox"/> Valuables 	<input type="checkbox"/> Emergency provisions 	<input type="checkbox"/> Emergency medical supplies 	<input type="checkbox"/> Clothing, etc. 	<input type="checkbox"/> Infant supplies 
Cash, bankbook, personal seal, health insurance card, etc. 	Water, emergency food supplies 	Household medicines, your medical notebook, bandages, etc. 	Change of clothes, towel, sanitary products, etc. 	Diapers, powdered milk, baby bottle, etc. 
<input type="checkbox"/> Portable radio, flashlight 	<input type="checkbox"/> Mobile phone 	<input type="checkbox"/> Essential items for daily life 	<input type="checkbox"/> Items used when taking refuge 	Don't forget the batteries! 
Don't forget the batteries! 	Don't forget the charger! 	Glasses, dentures, hearing aid, etc. 	Mask, thermometer, disinfectant, handkerchief, outerwear, rucksack, hat, slippers, etc. 	

### ○ Contact information for family and others

Name	Date of birth	Blood type	Illness / Medicine	Phone number	Memo

\* Fill in using a permanent marker that won't rub out.

For inquiries about this pamphlet contact: \_\_\_\_\_



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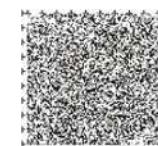
# Don't Forget!

To residents within the UPZ  
(approx. 5-30km radius away  
from the nuclear plant)

## Sheltering indoors during a nuclear disaster is the first step to staying safe



If you hear a state of alert has been issued,  
first collect your children from school,  
return home, and check the TV or other sources  
for information while staying indoors.



佐賀県  
<https://www.pref.saga.lg.jp/>

In a nuclear disaster, it is important to stay calm and await correct information and instructions from public authorities.

# Staying in the home, “Sheltering indoors,” is the first step to staying safe.\*

\* Going outdoors can greatly increase your risk of exposure if radioactive material is somehow released from the nuclear power plant.

\* If everyone tries to evacuate far away all at once, this can lead to confusion and accidents, thus leading to increased risks.

Keep this booklet where it can be clearly seen.

