Emergency Kit Checklist For Pregnant Women and Babies



Prepare your grab-and-go disaster bag

【For pregnant women】

☐Maternal and Child Health Handbook ☐My Number Card ☐Patient registration card
☐Medication record book ☐Daily medications ☐Maternity Mark ☐Feminine hygiene products
☐Underwear and clothing ☐Toothbrush ☐Surgical masks and hand sanitizer
☐Birth supplies (diapers, towels, picnic blanket, etc.) ☐Nursing pads
☐Items to keep you warm (hand warmers, blankets, socks, etc.)

【For infants】

☐Maternal and Child Health Handbook ☐My Number Card and Child Medical Expense Subsidy Ticket
☐Patient registration card ☐Medication record book ☐Daily medications ☐Baby formula
☐Baby bottle ☐Water for preparing formula ☐Baby food and snack ☐Spoons, straws, and cups
☐Hat (something to protect head) ☐Clothing and shoes ☐Items to keep baby warm (blankets, socks, etc.) ☐Nursing cover ☐Disposable diapers (20+) ☐Wet wipes ☐Gauze baby clothes
☐Toothbrush ☐Towels ☐Baby carrier ☐Toys and books

It's also handy to have some ready-to-feed formula (24 bottles for three days) and plastic bags (to make baby food).

【Essential items】

☐Water (about 6 litters/person) ☐Food (9 meals/person) ☐Emergency toilet ☐Flash light
☐Whistle ☐Plastic bags ☐Scissors ☐Memo pads and pens ☐Kleenex ☐Shoes (sneakers)
☐Portable radio ☐Portable charger

- Remember that you will be carrying your baby during the evacuation. Make sure the weight of your emergency bag is actually manageable for you.
- We recommend the "rolling stock" method, in which you maintain an emergency supplies of food and daily necessities by constantly consuming and replacing them on a daily basis.
- If you have a food allergy, make sure to gather the necessary items and be prepared to provide that information at evacuation centers.

Prepare for disasters on a daily basis

○ Is your home disaster-proofed?

- Secure heavy furniture: Anchor tall furniture to prevent tipping.
- Prevent electrical fires: There is a type of circuit breaker that automatically turns off when it detects an earthquake.
- Block glass shards: Shatter-proof window film prevents scattering of debris.

○ Know your means of communication in an emergency

Please discuss with your family in advance how you will check on each other's safety and where to meet. It can be difficult to get through on the phone during a disaster, so use the following services instead.

Emergency message services ➡

"Disaster Emergency Message Dial 171"
Dial "171" without area code → Then press "1" to record or press "2" to retrieve a message

"Disaster Message Board Services"
Select the "Disaster Message Board" from the top page of each cell phone company HP (or apps) → Select "Register messages" or "Check messages"

○ Check your nearest evacuation shelters and routes

Identify a few evacuation shelters that are close to your home, workplace, and your child's daycare, etc. For more information, please refer to the "Designated Evacuation Sites in Matsudo City" and the "Matsudo Yasa-City Map". It may be a good idea to visit your nearest evacuation site with your children.

List of Designated Evacuation Sites in Matsudo City

Matsudo Yasa-City Map

○ Remember the significance of communicating with your neighbors

Have regular communication with your community members – such as greeting them and letting them know you have a baby. We encourage you to participate in local disaster preparedness drills, too.

To avoid panicking in an emergency, create your "My Emergency Timeline"

"My Emergency Timeline" is a chronological plan that outlines the disaster preparedness actions – such as 'when' and 'what' you and your family should do – during a disaster or when the risk of a disaster is increasing. Organizing these standard necessary actions in advance will help you be better prepared to protect yourself and your baby when an emergency actually strikes.

Matsudo City Disaster Preparedness Guide including 'My Emergency Timeline' template

Remain calm in a time of disaster



【When an earthquake strikes】

○ Protect yourself

Drop and cover to protect yourself from falling or toppling objects.

○ Wait until the shaking stops before putting out the fire

Turn off the gas valves after the shaking has stopped

○ Determine if evacuation is necessary

If your home has collapsed or been damaged, or if a tsunami or fire is approaching, you must evacuate. Once the shaking stops, assess your surroundings and decide whether to head to an evacuation shelter.

○ Be sure to turn off the circuit breaker before heading to an evacuation shelter

There is a risk of an electrical fire in an unoccupied house. If you will be away from your home for an extended period, be sure to turn off the circuit breaker before leaving.

【When a windstorm, flood, or landslide is imminent】

In cases where significant disaster damage is anticipated, the city will urge and guide residents in the affected areas to evacuate, and will open evacuation shelters. "Alert Level 3" is the guideline used to determine when to begin evacuation procedures.

It is important to be able to obtain accurate information when a disaster strikes. Even if electricity and phone service are unavailable, be prepared to get information through the radio, apps, and other means.

Carry the Maternal and Child Health Handbook with you at all times

In the event of a disaster, Maternal and Child Health Handbook serves as the only medical record for pregnant women and their babies. Be sure to fill out the information and other details, and always carry it with you.



Matsudo City
Crisis Management Division and Children & Family Affairs Center, Mother & Child Health Office
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