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Sonaeru—Information to Help You Prepare for Disasters



Prepare for the unexpected. We provide information on disaster preparedness and practical tips to help you stay safe during an evacuation.



Preparing for a Disaster at Home



When Tap Water Is Not Available

What should you do during a water outage or when water supply is limited? To stay clean and comfortable, check the useful items and practical tips.

When Tap Water Is Not Available

Using Emergency Water Supplies

Get the Right Information

To receive emergency water, it is important to know when, where, and how it will be distributed. Check emergency broadcasts, local government websites, and social media for updates. Knowing the locations of water distribution points in advance will help you stay calm and act quickly in an emergency.

Collecting Water

Collecting water can be physically demanding, so prepare containers and transport tools in advance. Water bags, tanks, bottles, and carts or backpack—style carriers can be useful. You may need to wait in line for a long time, so take precautions against heat or cold.

Storing Water at Home

Store the water you bring home properly and use it safely.



- Separate drinking water from water for washing or other household use.
- Keep containers in a cool place away from direct sunlight.
- Pour drinking water into a cup without touching the opening of the container to prevent contamination.

Helping Each Other in the Community

Give special consideration to those who may have difficulty collecting water, including older adults, people with disabilities, households with infants, and pregnant women. When possible, support one another by sharing information, assisting with water collection, or sharing water. Strong community connections can provide reassurance during emergencies.

Using Toilets

When Flush Toilets Are Unavailable

After a major earthquake or similar disaster, avoid using flush toilets until the drainage system has been confirmed to be working properly. The following explains how to use a portable toilet and important points to keep in mind.

● Important Points Immediately After a Disaster

- Set up a portable toilet before anyone uses it.
- If the toilet is shared, clearly inform everyone that flush toilets cannot be used and that a portable toilet must be used instead.



Always read the instructions and precautions carefully before using a portable toilet. Portable toilets are generally treated as burnable waste, but disposal rules vary by local government. Check local guidelines.

● How to Set Up and Use a Portable Toilet

1. Cover the Toilet Bowl with a Plastic Bag

Lift the toilet seat and cover the toilet bowl with a large plastic bag (about 45 liters).



This prevents the portable toilet bag from touching the water in the bowl. This bag is not included with portable toilets and should not be removed once placed.

2. Attach the Portable Toilet Bag

Lower the toilet seat and attach the portable toilet bag over the seat.



Covering the seat helps prevent it from getting soiled and reduces cleaning needs during water outages.

3. Use and Treat Waste

After using the toilet, add the included absorbent sheet or coagulant to solidify waste. Place used toilet paper in the bag as well.

Some products require adding the coagulant before use—always follow the product instructions.

4. Seal and Store

Remove the bag, expel excess air, and tie it tightly. Until waste collection resumes, store used bags in a lidded container to prevent odors.



If a lidded trash can is unavailable, a storage box such as a plastic storage case can be used.

5. Clean Hands

Wipe hands with wet wipes, then disinfect with an alcohol—based sanitizer.

6. Prepare for Next Use

Attach a new portable toilet bag so the toilet is ready for immediate use.

Tip: How Much Waste Will There Be?

For a household of four, assuming six toilet uses per person per day (five times to urinate and once for a bowel movement)

- 24 bags per day
- 72 bags for three days

This shows that a relatively large container will be needed for temporary storage.

Hand Hygiene

When to Clean Your Hands

During disasters, water and hygiene supplies are limited. Cleaning your hands at the right times helps prevent infection. Even if your hands look clean, they may carry viruses or bacteria. Small actions make a big difference.

Clean your hands in the following situations:

- Before eating or serving food
- After using the toilet
- After changing diapers
- After working outdoors or handling potentially contaminated items

When Water Service Is Restored : Key Points for Effective Handwashing

Once water service is restored, resume regular handwashing.

To help prevent infection, wash your hands more carefully than usual, paying attention to the following points.

● Areas Often Missed During Handwashing

When washing your hands quickly, some areas may not be thoroughly cleaned. Pay special attention to these commonly missed areas:

- Fingertips and under the nails
- Between fingers
- Around the thumbs
- Wrists

● Areas which people often forget to wash well



When You Cannot Wash Your Hands

Prepare alternative hygiene items in case handwashing is not possible.

- Wipe visible dirt from your hands with wet wipes.
- Then disinfect your hands with an alcohol-based sanitizer.
- When handling dirty items, use disposable gloves or clean plastic bags to avoid direct contact.



● Proper Hand Drying

Drying your hands thoroughly is just as important as washing them. If moisture remains, germs can adhere more easily. In addition, sharing towels or handkerchiefs may spread germs.

- Use disposable tissues or paper towels whenever possible.
- If using cloth towels or handkerchiefs, avoid sharing them—even within the family—and replace them frequently.

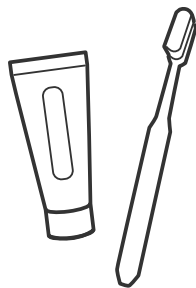
Oral Care

Toothbrushing When Water Is Limited

Even during water outages, toothbrushing is the most effective way to maintain oral hygiene. There are also ways to care for your mouth using items on hand and a small amount of water.

● If You Have a Toothbrush

- Brush the surfaces of your teeth.
- If toothpaste is available, it helps remove plaque and keeps your toothbrush clean. Liquid toothpaste should be used before brushing.
- After brushing, spit out toothpaste and saliva, then rinse with a small amount of water. Use mouthwash after rinsing.
- If no water is available, rinsing is not necessary. Wipe the toothbrush clean with a tissue or similar item.



For Denture Wearers

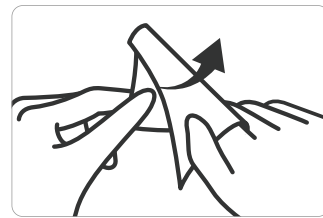
When evacuating, be sure to bring your dentures with you. Without dentures, eating becomes difficult and proper nutrition may be affected. Dirty dentures can also cause illness, so it is important to keep both dentures and the mouth clean.

● Denture Care

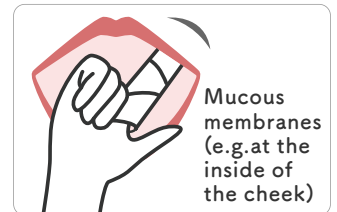
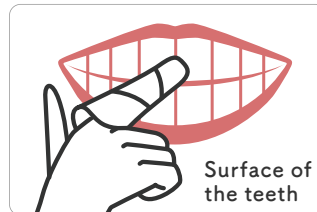
- Remove dentures at least once a day and wipe them clean with gauze or a dental cleaning sheet.
- Use a toothbrush to clean small parts of partial dentures.

● If You Do Not Have a Toothbrush

- Wrap a clean finger with clean gauze, a handkerchief, or a dental cleaning sheet so that it covers your fingertip.



- Gently wipe away dirt from the surfaces of the teeth and the inside of the mouth, such as the inner cheeks and other oral tissues.



Promoting Saliva Production

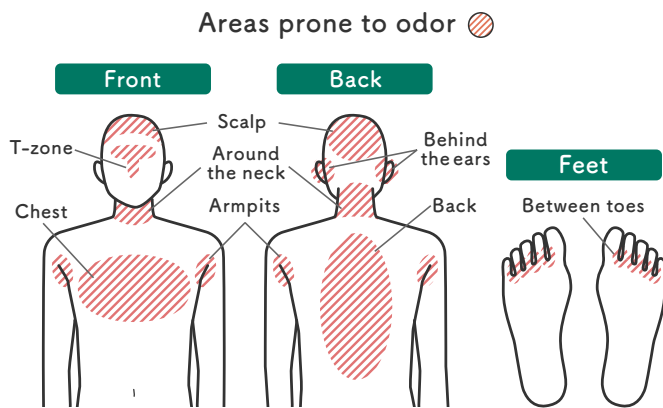
- Chew food thoroughly. This helps stimulate saliva production.
- Sugar-free gum can also be helpful.
- Salivary gland massage can help keep the mouth moist.

Increasing saliva flow helps maintain comfort and oral health.



When Tap Water Is Not Available

Bathing and Personal Hygiene



Face and Body Hygiene

Use body wipes or sweat wipes to clean your face and body. Alcohol-free options for children and cooling types for hot weather are available. Choose products based on your skin type and the season. If a small amount of water is available, wipe your body with a damp towel or washcloth. Focus on areas where odor tends to develop.

Delicate Area Hygiene

Use baby wipes or cleansing products designed for the intimate area to gently clean and protect the skin.

Hair and Scalp Care

● How to Clean Hair with Limited Water

1. If available, use a brush with rounded tips to gently loosen oil on the scalp. Brush from the hairline toward the top of your head. (If no brush is available, skip this step.)

Avoid fine-toothed combs or sharp brushes, as they may hurt your scalp.

2. Wet a towel and squeeze out the water well. Gently separate your hair and wipe away oil and dirt. For long hair, place your hair between the towel and gently pat it to remove dirt. Be careful not to rub your hair strongly.

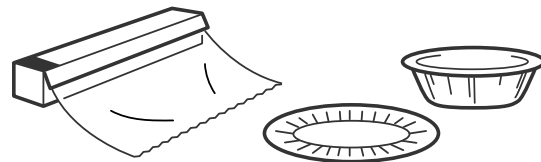


When Tap Water Is Not Available

Cooking and Dishwashing

Ways to Reduce Dishwashing

When water is limited, place plastic wrap on plates before serving food. After eating, simply throw away the wrap to keep the plate clean. If some water is available, wipe dishes with tissues or paper towels before washing to save water. Keep disposable tableware such as paper plates, cups, chopsticks, and plastic spoons on hand. Keep a stock of daily-use items at home and replace them as you use them.



Washing Clothes

Tip: Keeping Underwear Clean

If you do not have a change of underwear and cannot wash your clothes, place tissue paper or a panty liner inside your underwear and replace it as needed.

How to Wash Clothes in a Plastic Bag

When a small amount of water is available, wash underwear and other small items in a large zippered freezer bag or durable plastic bag.



1. Add about 1 liter of water and detergent to the bag, being careful not to spill. Using detergent that requires only one rinse can help save water. Follow the recommended amount and avoid using too much detergent.
2. Place a small amount of laundry in the bag—just enough so the water does not overflow. (For example, one set of underwear and socks). Take care when washing items with zippers, buttons, or hooks, as sharp parts may tear the bag.
3. Remove excess air and seal the bag tightly. Gently knead and press the bag from the outside to wash the clothes. If leakage is a concern, use a double-layered bag.
4. Open the bag to drain the soapy water. Squeeze out as much soapy water as possible before rinsing to make rinsing more efficient.
5. Add clean water and rinse in the same way. Repeat if soap residue remains.
6. Finally, wring the clothes thoroughly by hand and hang them to dry.

MEMO



When Electricity or Gas Is Out

Here are key things to know and prepare so you can stay calm during a power or gas outage.

When Electricity or Gas Is Out

Managing Heat and Cold

Coping with Heat

Our bodies regulate temperature by sweating. To prevent dehydration, drink fluids frequently—before you feel thirsty.

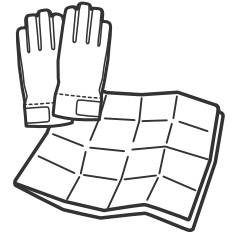
- Wear loose, breathable clothing such as linen or quick-drying fabrics.
- Place a damp towel or handkerchief around your neck and use a fan to create airflow. Evaporation will help cool your body.



Coping with Cold

When using a portable gas heater or kerosene stove, ensure proper ventilation.

- Dress in layers. If clothing is limited, placing newspaper between layers can help retain warmth.
- Keeping your neck, wrists, and ankles warm helps your whole body feel warmer.
- Use blankets or aluminum emergency sheets to block cold air from the floor and surrounding surfaces, helping retain body heat.



When Electricity or Gas Is Out

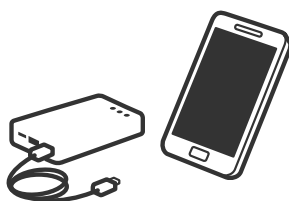
During a Power Outage



A flashlight is essential during a power outage. Keep it within easy reach—especially at night—with batteries inserted or stored nearby. LED lanterns are recommended for indoor lighting. If you do not have one, loosely cover a flashlight with a plastic bag, leaving some air inside, and tie it around the handle to create a simple lantern—style light.

When Electricity or Gas Is Out

Managing Household Appliances



If the refrigerator door remains closed, it can generally stay cool for 2–3 hours.

Placing ice packs or frozen plastic bottles in the upper section helps maintain the internal temperature.

- Minimize how often you open the refrigerator.
- Avoid removing chilled items unnecessarily.
- While it is still bright, take a photo of the contents or make a list for reference.

Mobile phones are essential communication tools. Keep a portable battery charged and switch to power-saving mode during outages.

Tips for Staying Comfortable

Prolonged evacuation can cause stress and health problems.

Maintain a comfortable living space and a good sleeping environment.

✔ Clean Regularly

Avoid leaving your bedding out all day. Clean your space daily to stay hygienic and maintain a regular routine. Quiet, no-electricity cleaning wipes are especially convenient during evacuation.

✔ Sleep Support Items

Create a better sleeping environment by using earplugs or an eye mask to block noise and light. Even small adjustments can improve sleep quality in unfamiliar surroundings.



✔ Do Light Exercise

During evacuation or when sleeping in a car, staying seated for long periods increases the risk of Deep Vein Thrombosis (DVT)—a condition in which blood clots can form in the legs and may cause serious complications.

To help reduce the risk of DVT:

- Drink fluids regularly.
- Do light exercises and stretching frequently.

For your information: Exercises to prevent economy class syndrome



Source: Adapted from the Ministry of Health, Labour and Welfare website https://www.mhlw.go.jp/stf/newpage_07384.html



Kao Products for Emergency Situations

Cleanliness is essential during disasters.

Here we introduce Kao products that can help you stay clean and comfortable in emergencies.

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