

# Sheltering

If you can confirm that your home is safe,

**Sheltering at home is also one of the options.**

Evacuating to a shelter is one option. If the situation nearby is safe, and your home is safe, you can also consider staying at home.

If conditions in the area are safe and your home is secure, you may consider “sheltering,” where you stay in your home.

It is necessary to assess the risks and plan in advance where you stay in the event of a disaster.

The essential services will be covered by stockpile supplies.

Lifeline alternatives such as portable stoves for gas, battery-powered lanterns or head lamps for lights, manual power chargers for smartphones, plastic bottles for water, etc., will be covered by stockpiles.



Toilets may stop working.

Considering the toilet will stop working, it is necessary to secure water for it. In addition to installing rainwater tanks in your homes, review your daily habits, such as leaving leftover bath water until it is time to boil the bath.

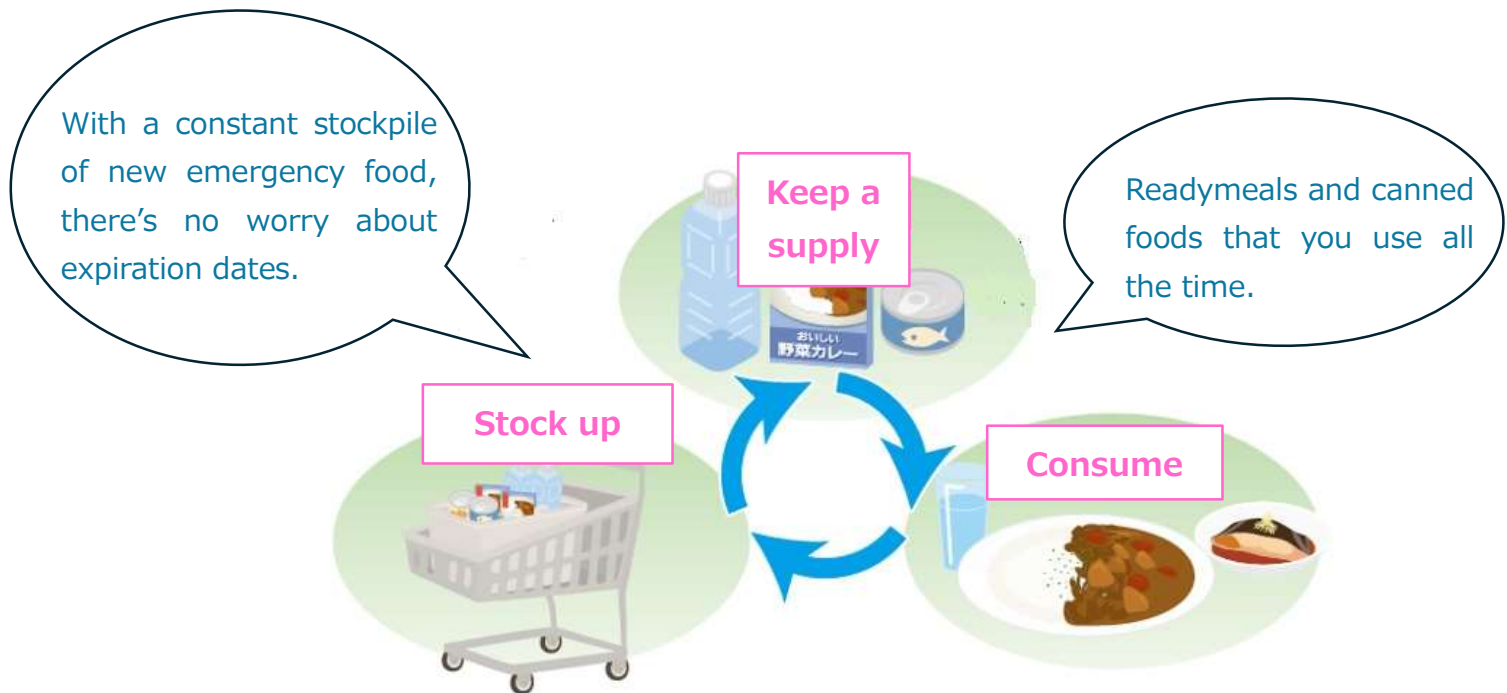


# Storage and rolling stock

## How to survive while sheltering at home.

### The concept of emergency food: "Rolling Stock Method"

Have you ever found that the food you stocked up for emergencies has expired without you noticing? What I would recommend in this case is the 'Rolling Stock Method'. This is a method of buying a little more of the long-life pouch foods, canned foods, and other foods that can be stored for a long time and then buying only what you use on a daily basis. By regularly stocking up stored food and consuming it, you can maintain a constant supply of fresh emergency food. Why not give it a try?



**It's also a good idea to stock up on daily necessities such as sanitary products and diapers, not just food.**