

Totoro's Emergency Guide: How to Stay Safe in a Disaster

"Totoro says: Staying calm and prepared keeps everyone safe."

1. What Is an Emergency Kit and Why Do I Need It?

Emergencies like earthquakes, floods, or storms can happen suddenly. You may need to leave home or stay inside without electricity, water, or help for a while.

According to FEMA, everyone should have a kit with **enough supplies for 3 days**.



"Being prepared saves lives and reduces fear." – FEMA

2. What to Put in Your Kit

Based on UNICEF's emergency supply recommendations, here are the most important items:



Essentials

- Water (1L per person per day)
- Non-perishable food (protein bars, canned goods)
- Battery-powered or hand-crank radio
- Flashlight and extra batteries
- Medication for 3 days
- Contact list written on paper
- Copies of important documents (ID, health info)



Hygiene

- Toilet paper
- Soap or sanitizer
- Face masks (especially post-COVID)
- Wet wipes / tissues
- Plastic bags

3. What NOT to Bring

- ❌ Large electronics (TVs, consoles)
- ❌ Perishable food (fruit, milk)
- ❌ Glass items or sharp tools (unless recommended by adults)

4. What Experts Say About Being Ready

○ Psychological Perspective (WHO)






“Children cope better in emergencies when adults stay calm and give them small tasks.”
— *WHO Emergency Guidelines for Families*

Let your child help check the list or pack their own small bag. It gives them a sense of control and purpose.

○ Home Preparation (Red Cross)

“Practice a home evacuation and where to meet. Do it like a game!”
— *American Red Cross Family Safety Plan*

5. Top 5 Pro Tips from Safety Experts

Tip	Why it Matters
 Store your kit near the exit	Fast grab-and-go access
 Check it every 6 months	Replace expired items
 Make a kit for each person	Tailor needs (babies, allergies, etc.)
 Add a local map	Phone GPS may not work
 Include a comfort item	Especially important for younger kids

References:

- UNICEF: What to pack in an emergency go bag
- FEMA Emergency Kit Guide
- American Red Cross Emergency Plan
- [WHO: Helping children cope with emergencies](#)