

# Well prepared means being well covered

## Vol.1 Let's prepare!

By Mari TAKEUCHI



There is always a rush on toilet paper when there is an emergency. If you have supplies **for about 4 weeks** or more, you can see off any confusion in an emergency.

### 【Daily necessities in short supply in past emergencies】

## Toilet paper

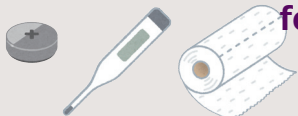


Spread of infection

Earthquake

Kitchen paper  
Coin batteries  
Thermometers

Cassette gas cylinders  
Dry batteries  
Sparebatteries for mobile phones



It is recommended that you stock up on the above daily necessities on a routine basis. Other recommended daily necessities include small and large plastic bags (transparent/black), plastic wrap, and heat packs.

There seems to be no end in sight yet for COVID. Now that natural disasters and the spread of infections are expected to increase, it is essential to be prepared so that we can respond to emergencies.

We will look at routine preparations in a 3-part series.

EVERYONE CHECK!!

## Do you have spare toilet paper?



For people who fall under the following conditions, it is reassuring to have a few more spares.

- ☐ People with infants and the elderly who need constant supervision
- ☐ People busy with work who can't go shopping



We asked a professional life organizer!

## Tips for storing stockpiles



Spare rolls of toilet paper are best kept in the bathroom. As for the stockpile, please think about the amount necessary for your family using **4 rolls** or more per person as a guide.

Tokushima Life Organizing Lab  
Mari Takeuchi



This is 12 rolls = 4 weeks for a family of 3!



If double rolls, it's enough to keep at least 8 rolls for a family of four.

Place a wooden box on the floor for storage, and cover it with a cloth for a stylish look!

You can put a lot of items on high shelves!

If you're worried, it's a good idea to keep another unopened pack for storage only. Since toilet paper is light, it can be stored even in high places such as the top of a closet.

Don't worry on your own when you have a problem  
Call the "Consumer Hotline" 188!

Nationwide Number



Consumer Affairs Agency  
Consumer Hotline 188  
Image Character  
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We will guide you to local consumer affairs centers and local government consumer affairs inquiry counters.