

# Surviving Earthquakes

～ Survival Manual 1 ～



地震から生き残るために

## During an Earthquake 地震が起きたら

### 1 Inside The House ～Take Cover～

When indoors, stay calm and immediately take cover near a strong and stable wall or supporting post/pillar. Do not run outside without verifying outside conditions. Immediately extinguish any possible sources of flame in the area.



### 2 If Caught Outdoors ～Move Away from Buildings～

When outdoors, stay calm and immediately move away from the hazard of falling glass and building materials presented by buildings in your proximity.

### 3 If Caught Underground

～Calmly assess the situation and act accordingly～

Do not panic. Avoid stampeding towards the exits. Calmly follow the instructions of trained personnel who will coordinate evacuation procedures.



### 4 Inside Department Stores and Supermarkets

Do not panic. A power outage may follow after an earthquake. Calmly follow the instructions of trained personnel who will coordinate evacuation procedures.

### 5 Inside Moving Vehicles



If you are on a bus or a train, do not panic and jump out of the moving vehicle. Please follow the instructions of the bus driver or train personnel and calmly proceed to evacuate the vehicle.

If you are in a car, gently pull over to the left-hand side of the road and park there.

### 6 Near Coastal Areas

～Evacuate from areas close to the sea～

As coastal areas may be in danger from tsunamis, relocate to higher ground as soon as possible.





## Evacuation Tips 避難の心得

### 1 Make sure you have correct, accurate information and then act accordingly.

- Do not be misled by false information.

### 2 Choose clothes that are easy to move in.

- If possible, wear a hat or helmet. Put on sneakers or running shoes.

### 3 Extinguish fires. Lock your home.

- Switch off the main gas valve before evacuating the premises.



### 4 Proceed to the Evacuation Shelter on foot.

- As road conditions may prevent the easy passage of vehicles, please refrain from using your car or bicycle.

### 5 Avoid independent action if possible. Coordinate your efforts with authorities in the region.

- Cooperate with neighbors and other people in the vicinity.
- Give special care and consideration to the elderly and handicapped around you.

### 6 Evacuate orderly.

- Avoid dangerous areas. Calmly take the appropriate course of action at all times.

## Note: Other Natural Disasters (1) -Storms and Floods- その他の災害にも気をつけましょう(1)～風水害～

The rain and strong winds caused by storms and typhoons may cause flooding and considerable damage to life and property. Please keep yourself up to date on weather conditions, especially during the typhoon season. Upon receiving notice of an approaching typhoon, please do not fail to do the following:

- 1 Prepare for possible power outages, keep flashlights and a portable radio on hand.
- 2 Keep current on weather information via television or radio.
- 3 Reinforce glass doors. Close rain shutters if possible.
- 4 Move indoors or securely fasten potted plants, laundry, and other items that may easily be taken up by strong winds and become flying hazards.
- 5 Stay indoors.
- 6 In areas in danger of flooding, move furniture to higher locations.
- 7 Prepare emergency rations of food, drink, and medicines.
- 8 Prepare valuables and an emergency kit for a quick and easy evacuation.
- 9 If you live in a high-risk area, be ready to evacuate your residence at all times.
- 10 Confirm the location of your nearest Evacuation Shelters and Safe Areas beforehand at your local ward office.



# Evacuation Shelters and Evacuation Safe Areas

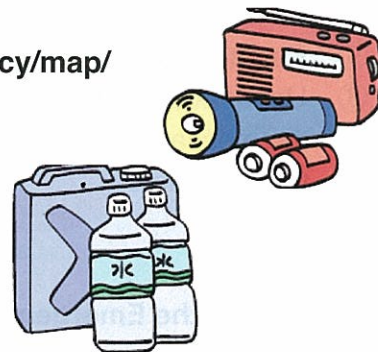
## 避難所・避難場所とは

An Evacuation Shelter (or Hinan-jo) is a public place assigned as an emergency shelter for citizens who may no longer dwell safely in their homes during instances of disasters like earthquakes and floods. Public buildings and elementary schools are commonly assigned as Evacuation Shelters. An Evacuation Safe Area (or Hinan-basho), on the other hand, is a wide area like a park or a courtyard where people may gather for safety when a particular disaster strikes.

Please acquaint yourself with the Evacuation Shelters and Evacuation Safe Areas in your area for future reference. Also, verify the various routes that may be taken between your home or place of work and the Evacuation Shelters and Safe Areas.

For more information regarding the location of the Evacuation Shelters in your area, please refer to the following map:

<http://www.city.nagoya.jp/global/en/livinginnagoya/emergency/map/>



↓ Please cut out and keep in safe place.

### Survival Card 防災カード

#### ★★★★★Information Providers★★★★★

- Text Messaging Service - Pokeccchu!  
[http://cep.jp/pc/shop/k\\_hinan.html](http://cep.jp/pc/shop/k_hinan.html)  
※Free Registration. Will provide regular disaster status updates.
- Nagoya International Center (NIC)  
Mobile phone site:  
<http://www.nic-nagoya.or.jp/mobile>

#### ★Disaster Emergency Message Dial 171: Protocol★

- ① DIAL 1 7 1
- ② DIAL 1 to Record or 2 to Playback Message.
- ③ DIAL Phone Number of the person in the disaster area.
- ④ DIAL 1 掛, then Record or Playback Message.

FINISH

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#### ★★★★★Your Information★★★★★

Contact number (local) of your friend  
友人の電話番号

Overseas contact number (Family/Friends)  
海外の連絡先 (家族・友人)

Nearest Evacuation Shelter 避難所  
※This is commonly an elementary school or junior high school in the area.

Nearest Evacuation Safe Area 避難場所  
※This is usually a wide area like a park in the area.

Telephone number of your ward office 区役所  
(or corresponding municipal office 役場)

Embassy/Consulate contact number  
大使館(領事館)の電話番号

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# Disaster Emergency Message Dial: 171 災害用伝言ダイヤル「171」

This messaging service allows citizens in disaster zones to communicate with friends and loved ones from areas outside the designated disaster zone. It is possible to leave a retrievable voice message and reassure family members via cell phone or public phone through this system.

## ~How to leave a message~

- ① DIAL
- ② DIAL
- ③ DIAL your telephone number starting with your area code.
- ④ DIAL  . Listen for the voice prompt.
- ⑤ Record your message.
- ⑥ Upon receiving a message confirming that the message has been recorded, you may then cut the call.

## ~How to retrieve a message~

- ① DIAL
- ② DIAL
- ③ DIAL the telephone number of the person you wish to contact starting with the area code.
- ④ DIAL  . Listen for the voice prompt
- ⑤ Listen to the message.
- ⑥ Upon receiving a message confirming that all messages have already been replayed, you may then cut the call.

Trial runs of the Emergency Messaging Board (171) will be held on the following dates:

- 1<sup>st</sup> of every month
- Jan 1- 3
- Jan 15- 21
- Aug 30-Sept 5



**Survival Card 防災カード**

★★★★★Your Information①★★★★★

Name  Blood Type

名前  血液型

Date of Birth 生年月日  /  /  Nationality 国籍

(yyyy/mm/dd)

Home Address 住所

〒

Telephone Number 電話番号

Land Line

Mobile

Contact Numbers of Family members

家族の電話番号

**Survival Card 防災カード**

★★★★★Your Information①★★★★★

Name  Blood Type

名前  血液型

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Contact Numbers of Family members

家族の電話番号

**Survival Card 防災カード**

★★★★Contact in case of emergency★★★★

In case of emergencies (injuries, fires, etc.) Please contact the following:

- Fire department ☎119
- Aichi Emergency Treatment Information Center  
Automated phone & fax service on medical institutions in Aichi  
050-5810-5884 (English, Chinese, Portuguese, Spanish, and Korean)

arrest  
age.

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★★★Nagoya International Center★★★  
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✉info@nic-nagoya.or.jp

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