

Surviving Earthquakes

～ Survival Manual No.3～



地震から生き残るために

Are You Prepared for an Earthquake? - Disaster Preparations That You Can Do - 日ごろからの対策は大丈夫? ～自分でできる防災活動～

1 Discuss with Your Household 家族で話し合い

Sit down and make an emergency contingency plan with other members of your household. Decide where you will evacuate to and decide how you can get in contact with each other if phone services are suspended.



2 Prepare an Emergency Survival Bag 非常持ち出しの用意

In the event that you have to evacuate your home, it is a good idea to plan ahead and prepare a 3-day emergency survival kit. The most important item is **water** - at the very least a 3-day supply is required. The kit should also include food (canned or other non-perishable items), useful survival items (portable radio, flashlight, lighter, etc.), and cash. Keep your passport and other important personal items in an easy-to-reach location so that you can easily take with you at short notice.



●Key Points

- Make your emergency survival kit light and compact; it's a good idea to put all your emergency survival kit items in a backpack or a double-handled bag.
- Shards of broken glass can be a hazard when trying to evacuate your home.



Get into a daily habit of leaving a pair of thick-soled slippers or shoes at the side of your bed.

3 Inspect & Reinforce Your Home Against Disaster

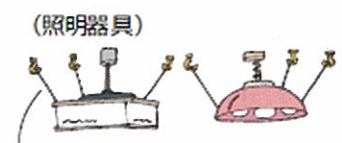
家やその周りの補強・点検

Get your home's support beams, foundations, and roof checked for weak points. It is important to get any weak points reinforced or repaired. Make sure to also check if any adjacent brick walls or fences require reinforcing.

4 Prevent Furniture from Moving and Objects from Falling

家具の転倒防止や落下物の対策

In order to prevent injury and ease escape, take measures to prevent furniture falling over and to prevent objects falling down from high. Fixing furniture to walls, and covering glass windows & glass cupboard doors with transparent film to prevent shattering, are very effective ways to prevent injury or ease escape.



What to Do When an Earthquake Occurs

地震発生時の行動マニュアル



○ The Earthquake Begins

- Large tremors will occur in the first minute. 大きな揺れは1分間
Keep yourself safe. Take action to prevent fires from starting.

○ 1 - 2 Minutes After the Start of the Earthquake

- After the tremors have subsided... 揺れがおさまったら
Secure an exit and check the well-being of all household members.
Then evacuate:

- Make sure that the main gas valve is closed and main electric breaker is turned off
- Take your pre-prepared "emergency earthquake kit"
- Put on some comfortable shoes and evacuate on foot



○ 3 Minutes After the Start of the Earthquake

- Confirm everyone's safety & take steps to prevent fires みんなの無事を確認 火災発生の防止
 - Check up on your neighbours
 - Prevent outbreak of fires by extinguishing any naked flames
 - Beware of aftershocks

○ 4 Minutes After the Start of the Earthquake

- Get correct information 正しい情報を
Don't be fooled by false rumours. Get confirmation on all disaster-related information.

○ 10 Minutes to a Few Hours After the Start of the Earthquake

- Assist with extinguishing fires and rescue activities

NIC Disaster Language Volunteers 災害語学ボランティア

If a major natural disaster occurs in Nagoya City, volunteers will be present at ward offices & evacuation centers in affected areas to interpret information for non-Japanese speaking foreign nationals that are in need of help.

Requirements: Volunteers need to be 18 or over, be able to communicate in both Japanese and a foreign language and must either currently live, work, or study in the Nagoya area.

Volunteer Activities: If a strong earthquake (5-upper or above on the Japanese Shindo scale) occurs in Nagoya City, volunteers report to their pre-designated location (e.g. ward office). Volunteers are also dispatched 72 hours or more after the start of a disaster if requested by the Nagoya International Center.

If you are interested in becoming a Nagoya International Center registered volunteer contact the NIC's Exchange & Cooperation Section at Tel: 052-581-5689.

See our website (www.nic-nagoya.or.jp) for more information.

Japanese to Remember : Useful Disaster-Related Phrases

覚えておこう 災害時に役立つやさしい日本語

- あぶない！ (Abunai) - Look Out!
- 助けて！ (Tasukete) - Help!
- 逃げろ！ (Nigero) - Run Away!
- 怪我をしています (Kega wo shiteimasu) - I'm injured.
- 倒れている人がいます (Taorete iru hito ga imasu) - Somebody is down injured.
- 何がおこったのですか (Naniga okotta nodesuka) - What happened?
- このへんは安全ですか (Kono hen wa anzen desuka) - Is this area safe?
- 私をつれていってください (Watashi wo tsureteitte kudasai) - Please come with me.
- そこまで遠いのですか (Soko made toi desuka) - Is it far?
- 家に戻っても安全ですか (Ie ni modottemo anzen desuka) - Is it safe for me to return home?



↓ Please cut out and keep in a safe place.

Survival Card 防災カード

★★★★★Information Providers★★★★★

- Text Messaging Service - Pokeccchu!
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 #, then Record or Playback Message.

FINISH

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Survival Card 防災カード

★★★★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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Japanese to Remember : Disaster-Related Expressions

覚えておこう 災害発生時の日本語表示

- 余震 (Yoshin) - aftershock
- 津波 (Tsunami) - tidal wave
- 出火 (Shukka) - outbreak of fire
- 災害用伝言ダイヤル (Saigai you dengon daiyaru) - Disaster Emergency Message Dial
- 避難所 (Hinan-jo) - evacuation center
- 避難勧告 (Hinan-kankoku) - Evacuation Advisory
- 避難命令 (Hinan-meirei) - Evacuation Order
- 緊急地震速報 (Kinkyu jishin sokuhou) -
The Earthquake Early Warning System
- 警戒宣言 (Keikai sengen) - Official Earthquake Warning
- 震度 (Shindo) -
Japan Meteorological Agency seismic intensity scale
- 安否確認 (Anpi kakunin) - confirmation of safety
- 被災者 (Hisaisha) - disaster victim
- 倒壊 (Tokai) - collapse (of a building)
- 支援物資 (Shien busshi) - material aid



宝くじは
豊かさ築く
チカラ持ち。

宝くじは、広く社会に
役立てられています。

Survival Card 防災カード

★★★★★Your Information①★★★★★

Name 名前 Blood Type 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

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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)
- For Emergency Clinics open during holidays or Emergency Centers open at night:
(Nagoya City) ☎052-937-7821
- Medical Emergency Information Center (Aichi Prefecture) ☎052-263-1133
- Nagoya International Center★★★
3F Information Counter ☎052-581-0100
✉info@nic-nagoya.or.jp

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