

NIFA INFORMATION

(英語)

What to do in an Emergency

(いざという時何をしたらいいのか)



Emergency Information

Emergency Telephone Calls:

POLICE: For Thefts, Traffic Accidents

☎ 110

What to say



Please give the reason.

Dorobo desu – (どろぼう です): There's been a theft

Kotsujiko desu (こうつうじこ です): There's been a traffic accident

Please give your address or present location.

Koko-wa Nagareyama Heiwadai 3-no 1-no 10desu (ここは ながれやまし へいわだい
3-の1-の10 です)

Here is 3-1-10 Heiwadai, Nagareyama City.

Please give your name.

Watashi-no namae-wa desu. (わたしの なまえは です)

My name is

Useful Expressions:

Jiko desu (じこ です): There's been an accident.

Tasukete kudasai (たすけて ください): Help me!

Henna Hito-ga koen-no tikaku-ni imasu (へんな ひとが こうえんの ちかくに
います)

I saw a strange person near the park.

FIRE DEPARTMENT: For Fire-fighting and Emergency Transport

☎ 119



What to say

Please give the reason.

- ☆Kaji desu (かじ です):A fire broke out.
- ☆Kyukyusha ogenaishimasu (きゅうきゅうしゃ おねがいします):Ambulance

Please give your address or present location.

- ☆Koko-wa Nagareyama-shi Heiwadai san-no ichi-no jyu-desu.(ここはながれやましへいわだい さん一の いち一の じゅう一です)
Here is 3-1-10 Heiwadai, Nagareyama City
- ☆Heiwad Koen-no minami-gawa desu. (へいわだいこうえんの みなみがわ です)
South side of Heiwadai Park

Please give your name and telephone number.

- ☆Watashi-no namae-wadesu.(わたしの なまえは です)
My name is
- ☆Denwa bango-wa nana-ichi-go-kyu-〇〇〇〇desu. (でんわばんごうは なな一いち一ご一きゅう一〇〇〇〇 です)
My phone number is 7159-〇〇〇〇

Useful Expressions:

- ☆Kaji desu (かじ です): **There's a fire!**
- ☆Koutsujiko desu (こうつうじこ です):**There's been a traffic accident.**
- ☆Kega desu (けがです):**Someone's injured.**
- ☆〇〇Ginkou-no chikaku-ni imasu. (〇〇ぎんこう一の ちかく一に います)
I'm near 〇〇Bank.

Disaster Prevention Guide

For foreign residents of Nagareyama City.

We must look after our safety by ourselves.

WHAT TO DO IN THE EMERGENCY OF AN EARTHQUAKE

When an earthquake hits:

- (1) Save yourself first. Get under a desk or a table.
- (2) Turn off the gas and put out the oil stove in order to avoid causing a fire.
- (3) If a fire breaks out, cry out for neighbors' cooperation and fight the fire with them, if it is not too dangerous.
- (4) A quake, in most cases, continues no longer than one minute. Don't run out of your residence suddenly and watch the situation calmly.
- (5) Run away from dangerous sites such as: a narrow alley, beside a concrete wall, under a cliff or near a river bank.
- (6) If you are on a steep slope, try to leave it quickly.
- (7) Don't drive a car when you escape. Don't carry bulky baggage.
- (8) Behave in accordance with the directions issued by the municipal agencies, TV or radio broadcasts.
- (9) Ask your Japanese neighbors for information you want to know.
- (10) Stay calm, don't panic.

THE FOLLOWING PREPARATION IS RECOMMENDED IN AN EMERGENCY

Emergency food

Drinking water, hardtack, canned food with a can opener, biscuit and convenience food (instant noodles and such)

First aid kit

Disinfectant (anti-septic solution or the like), ointment, absorbent cotton, gauze, bandages, adhesive tape, scissors and household medicines.

Clothing

Sweater, jacket, underwear (one or two changes), towel, soap, work gloves, socks, blanket and sleeping bag.

※For babies

Milk powder, disposable diapers and bottles.

※For elderly people

Stretcher, medicine for daily use, nursing equipment and diaper.

※Others

Cash, cash card, bank passbook, seal (hanko), important papers including bonds, certificates, batteries, lighters, radio, 10 meter of cotton fabric, vinyl sheet, rope, knife, etc.

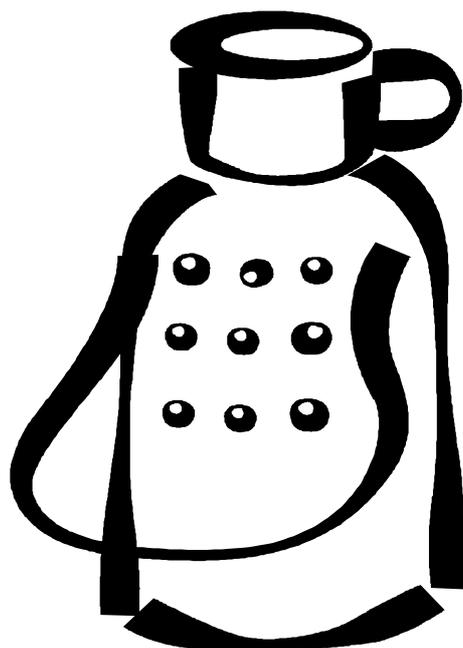
YOU NEED WATER AND FOOD FOR THREE DAYS

A major earthquake throws you into such a very critical situation as no drinking water or food is available.

The three-day supply of water and food may save you, since rescue will reach you in three days after a quake.

Therefore, you need about 3 liters of drinking water a day (9 liters for 3 days.)

Drinking water and food in reserve must be renewed periodically
Make sure and be aware of the expiration dates.



TO PREVENT FIRES AFTER AN EARTHQUAKE

Fires after an earthquake usually cause more damages than the earthquake itself. Cooperation with your neighbors is necessary to prevent fires.

You have three phases to prevent or minimize fire damages :

- ◆ The first phase is usually just before the main shock. You will often feel a small tremor before the main comes. You have to turn off gas equipment or such immediately.
- ◆ The second phase is right after the main shock. If small fires occur, you must extinguish them on spot.
- ◆ The third one is the case of a big fire which you can't extinguish by yourself. You have to let your neighbors know about the fire. Yell "KAJIDA!" in a loud voice.

Prepare equipment to extinguish fires :

- ▲ Water helps extinguish almost any fires except oil fires. It is advisable to keep water in your bathtub or washing machine always.
- ▲ A fire extinguisher is strongly recommendable. You definitely need this against the fires for which water cannot be used such as those caused by cooking oil, kerosene heaters or the like.
- ▲ There are three types of fire extinguishers, namely the powder type, the liquid type and the foam type. You must buy one which has been approved by a Japanese governmental agency (with approval seal on it.).



Daily Check at Home:

- (1) Don't put heavy items like TV sets on shelves, chest of drawers or any other higher places.
- (2) Provide the home with slippers to protect you from fragments of broken window panes or such.
- (3) Put low furniture in children's or elderly person's room. Set no furniture right beside a glass door.
- (4) Use non-flammable curtains to avoid catching fire.
- (5) Anchor furniture to the floor or wall with devices made for that purpose.
- (6) Keep flammable items away from the stove in the kitchen.
- (7) Install a fire extinguisher in a fixed place
- (8) Periodical checks are necessary to see if the auto extinguishing devices of heaters function properly.
- (9) To be prepared against the disaster, talk with your family once in a while about the followings:
 - a) The safest place in your house
 - b) The nearest evacuation site or shelter and the route to there from your home.
 - c) The contact methods among family members when get separated due to an earthquake.



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