

For Foreign Residents

What to do in an Emergency and Precautions to be taken in the

Case of a natural disaster

Disaster and Public Safety Division
(place to contact in time of a disaster)

Telephone no.55-5115

Personal Information

Name _____ Date of Birth _____

Address _____

Nationality _____ Languages I can speak _____ Blood type Rh _____

Family member to contact:

Name _____ Relationship to me _____

Telephone no.(Mobile no.) _____

Mail Address _____

My Workplace

Name _____ Phone Number _____



If you need an Ambulance for sudden illness or injury:

Phone

TEL 119



- When you suddenly fall ill or are seriously injured, call the fire station at 119 for an ambulance.
- When the fire station answers, tell them the following:
 - It is an emergency.
 - What happened. (e.g. the state of the injury)
 - Where you are.
 - Your name and phone number.
- If you cannot make the call in Japanese find someone who can.



In the Case of a Fire: Shout "FIRE!" to alert people.

Phone

TEL 119



- In the case of a fire, shout "Fire!" to alert your neighbors
- Call the Fire Station at 119 for a fire brigade.
- It is dangerous to try and fight fire alone.
- When the Fire Station answers, tell them:
 - There is a fire
 - Location of the Fire, such as the address.
 - The item that is on fire.
 - Mention nearby landmarks.
 - Your name and phone number.
- If you cannot make the call in Japanese find someone who



If your are a victim of a crime or involved in a car accident:

Phone

TEL 110



- If you have been robbed, become a victim of violence, been involved in a car accident, or seen any incident/accident call the police at 110.
- When the police answer, tell them:
 - What happened
 - (e.g. "An incident/accident as happened)
 - When (An accident happened__minutes ago)
 - Where (location or local landmarks)
 - Criminal s facial characteristics, clothing and features of his/her car.
 - Your name and phone number.
- If you cannot make the call in Japanese find someone who can.

How to use the Hazard Map

This is a map of your neighborhood. On the map you will find evacuation sites highlighted as well as danger areas for flash floods, Tsunami waves and landslides.

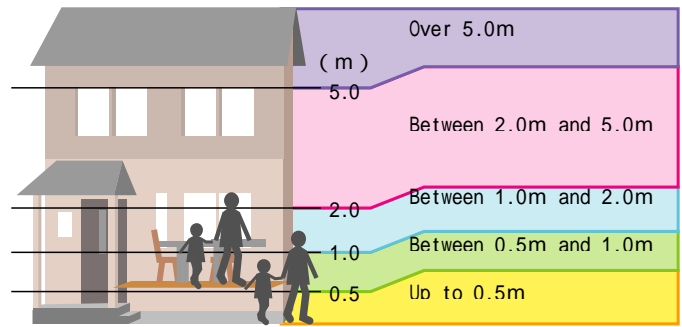
Please confirm the highlighted areas near your school or work place.

Please decide upon the safest route between your house and an evacuation site and mark it on your map

Please practice this route with your whole family.

Hazard Map, map key

It is thought that roughly once every 150 years this area suffers heavy rain that leads to the flooding of Lake Shinji, the Ohashi river and Nakaumi Lake.



Hazard Map, map key



Designated evacuation sites. (Designated by the City)



Temporary evacuation sites. (Designated by the region)



Prefecture Office, City Hall



Police station, Police box, Police



Fire Station, Fire Department.



Emergency Hospitals

Hazard Map, Map key



Areas in which there is a danger of a landslide.

Closest evacuation site to your house:

Site Name: _____

Site Number: _____

Preparing for a Flood

- If water reaches your room and the situation gets dangerous, please evacuate your house.

Once there is water in our room it may become difficult to evacuate.

Water that is deeper than 50cm is difficult to walk in.

Even if the water is shallow, there is a danger of falling into manholes.

Evacuating bare foot or in boots can be dangerous, so just wear regular sports shoes.

Preparing for an earthquake

- Earthquakes are a frequent occurrence in Japan. In the event of an earthquake, take the following steps to minimize injuries and fires.

During the earthquake

When it hits protect your body.

Do not attempt to move until it subsides.

Make an exit by opening a door or window.

Please put out any fires that occur.

There are things that will fall from above so do not rush out of your house.

Preparing for an earthquake

Please distance your self from unstable structures such as gates or walls.

Action to be taken after an earthquake

Please be aware of the possible danger of landslides and Tsunami waves.

Please offer to help the aged and disabled.

Please act based on correct information you hear from the television

Before evacuating ensure turn off your gas supply

Please walk to the evacuation site

(Do not come by car)

Things to bring with you:

- When evacuating please bring all the things you will need with you in a rucksack.

【Essentials】 medicine, radio, torch, clothes, water proof gear, matches or a lighter • Tissue paper and other every day life essentials

【Stock up on】 3 days worth of water and food.

When you are in trouble contact:

The Shimane International Center: 3 1 - 5 0 5 6

Matsue International Community Centre: 3 1 - 8 3 4 5