

For info on earthquakes, typhoons, etc. (multilingual info available)



### NHK WORLD-JAPAN

Provides news on Japan and the rest of Asia.  
Provides information on disaster damage as well.  
Available for free.



For Android



For iPhone



### Safety Tips – Disaster Info App

Provides warnings for earthquakes, tsunamis,  
heavy rains, etc.  
Available for free.



For Android



For iPhone

If you can't speak Japanese...



### VoiceTra – Multilingual Speech Translation App

Converts what you say into Japanese and other languages.  
Available for free.  
Provided by: National Institute of Information and Communications Technology (NICT)



For Android



For iPhone

For Accidents

For Fires, Emergencies, First Aid

Police



Fire Dept.



If you need help or support:

### Kumamoto Support Center for Foreign Residents

Provides advice on medical care, evacuation centers, living in Japan, etc.  
Monday to Friday 8:30-17:15 Closed: Saturday, Sunday, holidays, 12/29-1/3

☎ **080-4275-4489**



Support available in:

Japanese, English, Chinese, Korean, Vietnamese, Nepalese, Indonesian, Tagalog, Thai, Portuguese, Spanish

### Kumamoto City Consultation and Support Plaza for Foreign Residents

Provides advice on living in Japan

☎ **096-359-4995**



# Disaster Preparedness Pamphlet for Foreign Residents

English



## What to do if an earthquake occurs...

When an earthquake happens

**Protect yourself.**  
**Stay low and protect your head.**



After the shaking stops

- ① Check if you or your family are harmed,
- ② Check for damage inside and around your home, and
- ③ Pay attention to TV or radio for information.

5 to 20 minutes after

**Escape to an evacuation site/  
tsunami evacuation site.**

(See page 2 for more information on evacuation/tsunami evacuation sites)

**If your home is damaged...**

**Go to an evacuation center.**

**If your home is undamaged...**

If your running water or electricity isn't working, or you're near a river/coastal cliffs, then...

**Return home.**

## What to do during heavy rains/typhoons...

### There may be very strong winds and rain.

- Rivers may flood.
- Water may flood roads and buildings.
- Landslides may occur. Evacuate during the day when it is still safe.
- Evacuate immediately if near rivers, coastal areas, mountains, etc.



### If you need to evacuate:

- Notification will be made via TV or radio if evacuation is necessary. Listen carefully.
- Avoid evacuating by car; walk if possible.
- Don't forget to bring your passport, residence card, etc.



### If you are unable to evacuate:

- It is dangerous to go outside during heavy rain or wind, or if roads are unusable.
- At these times, please stay in a safe place in your home.
- Areas on the second floor and above that aren't located near steep slopes are safest.



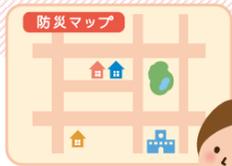
## About evacuation centers

- Anyone can go to an evacuation center; Japanese people, foreigners living in Japan, and tourists, etc.
- Please follow the evacuation center's rules.
- If you need help, you can ask someone at the front desk.
- First, use whatever supplies you brought with you.
- After that, you can receive food, drink, blankets, etc.
- No money is needed; you just have to wait in line.
- Check the bulletin board for new information.



## Find evacuation centers in your neighborhood:

You can find evacuation centers on your city/town hall website.



My neighborhood evacuation center: \_\_\_\_\_

## Disaster-Related Japanese Words

ひなん 避難 hinan	Evacuate/evacuation
よしん 余震 yoshin	Aftershock (small earthquakes that occur after an earthquake)
しんど 震度 shindo	Japanese scale for measuring earthquake strength
とうかい 倒壊 tōkai	Collapse (of a building, house, etc.)
かじ かさい 火事/火災 kaji/kasai	Fire (in a home, of belongings, etc.)
ていでん 停電 teiden	Power outage
だんすい 断水 dansui	Water outage
ふつう 不通 futsū	Electricity/water/gas not available or road is unpassable
きゅうすいじょ 給水所 kyūsuijo	Place where water is distributed
きゅうきゅうしゃ 救急車 kyūkyūsha	Ambulance
た だ 炊き出し takidashi	Meals provided at evacuation centers, parks, etc.
じゅうでん 充電 jūden	Recharging (cell phones, radios, etc.)

## Evacuation Area Symbols

### Evacuation Sites



The first place to evacuate to in the event of a disaster. Evacuation sites are large areas like parks and schools.

### Tsunami Evacuation Sites



These sites are for evacuating from a tsunami and are located on mountains and hills.

### Evacuation Centers



These centers are for people who have lost their homes or whose homes are dangerous to live in. These centers offer food and water and are usually schools or community centers.