

Earthquake Preparations

Know your neighbors.



Participate in disaster/emergency drills.

Store contact information of your family, friends and local embassy in a safe place

Save emergency contacts such as families, friends or embassy's phone number in your mobile phone, or place them in your passport or alien registration card.

Prepare an emergency kit of the following items in a backpack.

Food, water, medicine (its prescription), portable radio, flashlight, lighter, gloves, can opener, towel, raincoat, underwear, shoes, valuables, copy of passport, alien registration card and health insurance card, etc.



Find out the nearest evacuation shelter.



Familiarize yourself with the free emergency message recording service.

- The Free message recording service is available on the first day of each month for trial.
- Understand how the service works beforehand.

PREPARE FOR EARTHQUAKES

Following an earthquake....

Ocean

- Tsunamis may be triggered and they may engulf people.

Outside

- Houses may collapse. Fire may break out. Brick fences, doors or statues may collapse. Walls, glasses or signboards may fall.

Mountains

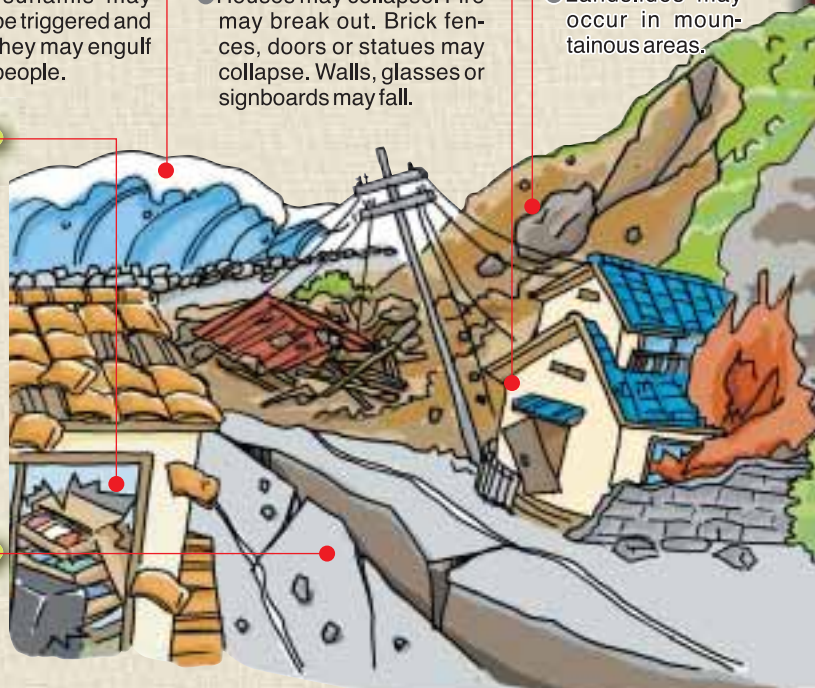
- Landslides may occur in mountainous areas.

At Home

- Furniture and lamps may fall. Water, electricity or gas may not work. Phone or internet may not connect.

Roads

- Ground rupture. Roads cave in.



General Knowledge About Earthquakes



- Earthquakes occur suddenly.
- Japan is a country of frequent earthquakes.
- Large earthquakes may bring down houses and cause casualties.
- It has been said that a large earthquake may strike the Miyagi offing, Fukushima's neighboring prefecture with a 80% probability before 2020.
- After a large earthquake, there may be a few aftershocks.
- A strong quake may stop in one minute.
- Please read this pamphlet thoroughly, place it on your refrigerator or somewhere noticeable and develop a sense of awareness in the event of an earthquake.

Other disasters



Typhoons

- Strong wind and heavy rain.

Floods

- Rivers may overflow neighboring areas and flood houses.

Avalanches

- A large slide of snow released down a slope.

Nuclear Accident

- There are nuclear power plants built in Okuma and Naraha town.
- A release of radioactive contamination occurs.

Free English Information Service

Consultation is available both in person at our office and over the telephone. For those requesting face-to-face consultation, we suggest that you call the FIA before arriving at our office to ensure that the consultation staff are available.

● Tuesday to Saturday 8:30~17:00

Tel.024-524-1316 Fax.024-521-8308 E-mail : ask@worldvillage.org



- Shelter under a desk or table.
- Stay away from furniture or falling objects.
- If you are driving, pull over to the left-hand side of the road and stop the engine. Leave the key in the car so the ambulance can remove it if necessary.
- Evacuate to higher ground if you are near a coastline.

Protect yourself



- Turn off all stoves, burners, heaters or gas.
- If a fire occurs, put it out.
- Open doors and windows to secure an exit.

When the ground stops shaking



- Keep your possessions to a minimum including only your passport, alien registration card and religious items, etc.
- Do not use elevators.
- Proceed toward the emergency exit.

During evacuation

- Cover your head with a bag or cushion.
- Wear socks or shoes.
- Do not use a car to evacuate.
- Stay clear of walls and buildings.
- Go to a park or empty ground.

When an earthquake strikes...

Keep the following points in mind in order to maintain composure.



Go to an emergency shelter

- Emergency shelters are your neighboring schools or community centers.
- It provides food, water, medical supplies and blankets.
- It has correct information from municipal offices.
- Everyone regardless of nationality is welcome to use its service.

Acquire correct disaster information



- Acquire correct information from radio or TV.
- Listen to the announcements made by municipal broadcast vehicles.
- Don't be misled by wrong information and rumors.

Contact family and friends



Message Board Service

[NTT Disaster Emergency Message Dial 171]

- It can only be used during a disaster period when phone connection breaks down.
 - Voice messages can be recorded.
- [Mobile Phone Disaster Message Board Service]**
- It can only be used during a disaster period when phone connection breaks down.
 - Emails messages can be recorded.

5 points to keep in mind in the event of a disaster

1 Acquire correct information from radio or municipal offices.

2 Stay calm.

3 Always carry your passport or alien registration card.

4 Lend a hand to others.

5 Evacuate to an emergency shelter.