Emergency Manual

What to Do When You Are in **Emergencies or Troubles**

English

英語版

Tel:

F-mail·

Compiled and published by:

Kanagawa Local Authorities Study Group of International Policies, October 2006



When You Need an **Ambulance for** Sudden Illness or **Injury:**

Call







Name: _____Blood type:__Rh__ Address: Date of birth: Nationality:_____ Language(s) I can speak:_____ Point of contact of my family Name:______Relationship: Tel:_____Cell-phone:____ _Relationship:____ F-mail· My workplace Name:____

• When you get suddenly ill or seriously injured, call the fire station at 119 for an ambulance.

· When the fire station answers, tell them the following:

- 1. It is an emergency.
- 2. What happened.

(e.g. state of the illness or injury)

- 3. Where you are.
- 4. Your name and phone number

· If you can't speak Japanese, ask people around you to make a call.



In Case of a Fire:

Shout "Fire!" to alert people.

Call





- In case of a fire, shout "Fire!" to alert your neighbors.
- Call the fire station at 119 for a fire engine.
- It is dangerous to try to fight a fire by yourself alone.
- · When the fire station answers, tell them the following:
 - 1. There is a fire.
 - 2. Location of the fire, such as address or name of the building
 - 3. What is on fire.
 - 4. Nearby landmarks, such as a building
 - 5. Your name and phone number
- · If you can't speak Japanese, ask people around vou to make a call.



If You Have Become a Victim of a Crime or Involved in a Car **Accident:**

Call





• 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 answers, tell them the following:

- 1. What happened.
 - (e.g. "An incident/accident has happened.")
- 2. When it happened.
 - (e.g. "An accident happened ___ minutes ago.")
- 3. Where it happened. (e.g. location or nearby landmarks, such as a building)
- 4. Criminal's facial characteristics, clothing and fea-
- tures of his/her car 5. Your name and phone number
- If you can't speak Japanese, ask people around you to make a call.

Ten Hints on Measures against Earthquakes

Earthquakes often occur in Japan. In case of an earthquake, please act according to the following steps to prevent injury or fires.

During an earthquake

- 1. When a tremor comes, protect yourself first. Turn off the gas and all the other sources of fire.
- 2. Wait until the tremor subsides.
- 3. Remain calm and act carefully so that you won't hurt yourself with broken items.
- 4. Open the window or door to secure your way out.

jects may fall on you.

6. Stav away from gates and fences, as they may fall down

5. Do not rush out of your house or a building, as ob-

After the earthquake

- 7 Collect accurate information on radio or TV and act cautiously.
- 8. Make sure of safety of your family and neighbors.
- 9. Cooperate with other people in rescue work and first-aid treatment.
- 10. Before evacuating, be sure to turn off the main cocks of electricity and gas.

Evacuation Site of My Family (meeting place)

Name of the facility:

Address:

Tel.:

To prepare for emergency, discuss and make a plan with your family on communication methods, the meeting place, and the safe routes to the evacuation site

List of Emergency Supplies

[Items to be carried out]

Prepare the following items, and put them in a backpack, etc. in case of evacuation.

Bottled water, radio, clothes, shoes, food, matches or lighter, valuables, flashlight, first-aid kit, writing instrument, rain gear, outfit for cold weather, tissue, and other items indispensable for daily life

[Emergency Stock]

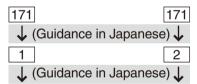
Prepare the following to survive for about 3 days after an earthquake.

Candles, portable gas cooker, solid fuel, drinking water (in plastic containers, etc., approx. 3 litters a day per person), and food

To Contact Your Family Members

NTT Disaster Emergency Message Dial is available.

To record a message To hear the message



Phone number (fixed-line) of the person in the disaster-stricken area: (xxx)-xxx-xxxx ↓ (Guidance in Japanese) ↓

↓ (Guidance in Japanese) ↓ Leave your message Hear the message (within 30 seconds) ↓ (Guidance in Japanese) ↓ ↓ (Guidance in Japanese) ↓

End

 Cell-phone companies also provide their disaster. message board services in case of emergency.

Counseling Services

Languages available for the services are different in each venue and by the day of the week. Please make a call for the detailed information.

Prefectural services

Open Mon. to Fri. from 9:00 to 12:00, and from 13:00 to 16:00. Kanagawa Kenmin Center ______ 045 (324) 2299 Ken-o Region Prefectural _____046 (221) 5774 Administration Center ___ Kawasaki Kenmin Center ______ 044 (549) 0047

Medical interpretation services

Request for the service accepted Mon. to Fri. from 9:00 to 12:00. and from 13:00 to 16:00.

MIC Kanagawa _ ____ 045 (317) 8803

Counseling Services of Municipalities		
	Yokohama Association for International	
	Communication and Exchange	045 (222) 1209
	Kawasaki International Association	044 (435) 7000
	Yokosuka International Association	046 (827) 2166
	Hiratsuka City Office	0463 (21) 8764
	Fujisawa City Office	0466 (25) 1111
	Chigasaki City Hall	
	(appointment necessary)	0467 (82) 1111
	Atsugi City Office	046 (225) 2100
	Yamato International Association	046 (260) 5126
	Sagamihara City Hall	042 (769) 8319

Hadano City Office ______ 0463 (82) 2001

Yuqawara Town Office ______ 0465 (63) 2111

Aikawa Town Office ______ 046 (285) 2111