



Emergency Personal Notes

Name

Home Country

Gender

Passport-No

Emergency Contact

Language(s) spoken

Date of birth

Blood type

Chronic diseases/allergies

Medicines

Residence in Japan

Address in home country

Remarks

Pocket Emergency Guide

In Case of Emergency

Remain calm and do not panic.

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A Tsunami is coming



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Emergency Personal Notes



Yokohama Convention & Visitors Bureau

2017.3





Earthquake

It is important to respond calmly in an earthquake.

- If you feel a strong quake, protect your head and keep your body safe by moving away from any articles that could topple or fall.
- After the shaking has stopped, evacuate to a nearby school or evacuation center. Ask a nearby Japanese person where to evacuate.
- Aftershocks may occur after a large earthquake.



Remain calm after an earthquake

1. In an earthquake, first protect yourself.

- Get away from any furniture that might fall over, and cover yourself under a table or similar object.
- Do not panic or rush outside.

2. Secure an exit after the shaking stops.

- Turn off the main gas tap and unplug electric appliances.
- If you see any flames, calmly extinguish them.
- Open a door or window to secure an exit.



3. Watch out for aftershocks.

- Do not approach any collapsing buildings immediately after an earthquake.
- Evacuate on foot.
- Gather accurate information, watching out for misinformation or rumors.

Earthquake! Indoors Outdoors

In a conference center, theater, or concert hall.

- Use a handbag or similar item to protect your head.
- In a theater or concert hall, crouch between the seats.
- Move away from any windows or shelves.
- Remain calm and follow the instructions of facility staff.



In a hotel

- If you feel a quake, get under a table. Protect your head with a cushion or similar item.
- Quickly extinguish any source of flame, for example by unplugging electric appliances.

On the street

- Watch for electric poles that are liable to fall over and dangling power lines.
- Stay away from the dangerous objects such as concrete block walls, glasses or signboards.
- Move to a vacant lot or a high location.
- While covering your head, protect yourself from falling objects and evacuate to a vacant lot or a park.

Near the coast

- Listen for tsunami warnings.
- Stay away from the coast until the alarm or warning is lifted.



Tsunami

- Locations near the sea could be struck by a tsunami after an earthquake.
- In the event of a tsunami, evacuate to a high place (the top floor of a building or the top of a hill).





First aid

- Cool the person's body by loosening or removing clothing.
- Rest him or her in a cool place.
- If the person is capable of drinking water, let him or her drink a little at a time.

※Call an ambulance immediately, if the person's condition is a dangerous one, such as when he or she is nauseous or not clearly conscious.
[Call 119 for emergency services]



Information AMDA International Medical Information Center

search



Guide for when you are feeling ill (JNTO)

search



Difficult returning home

Temporary facilities for those unable to return to their homes.

Temporary facilities in Yokohama for people unable to return to their homes (selected list)

Nishi Ward: PACIFICO Yokohama, InterContinental Yokohama Grand, Yokohama Kokusai Hotel, etc.

[See Map p10-11](#)

Naka Ward: Yokohama City Port Opening Memorial Hall, Yokohama Cultural Gymnasium, Yamate Geihinkan, Yokohama Kannai Hall, etc. [See Map p10-11](#)

Tsurumi Ward: Kirin Beer Yokohama Factory, Yokohama College of Commerce, Sojiji Head Monastery, etc.

Kanazawa Ward: IDEC Yokohama, etc.

Kohoku Ward: Yokohama Arena, Shin Yokohama Prince Hotel, Shin Yokohama Grace Hotel, etc.

Further temporary facilities for people unable to return to their homes are available in Yokohama. Please check with the people around you.



Useful links

Japan National Tourism Organization (JNTO)

search



Haneda Airport (Tokyo International Airport)

search



Narita International Airport

search



List of Embassies and Consulates-General in Japan

search



Kanagawa International Foundation

search



Disaster Management (Cabinet Office)

search



Consultation Support Center for Foreign Residents Immigration Bureau of Japan

search



Tel. 03-3202-5535

Available languages:

- Chinese and English (Monday to Friday, excepting the 2nd and 4th Wednesday of each month)
- Portuguese (Tuesday and Thursday)
- Spanish (Monday and Thursday)
- Bengali (Tuesday)
- Bahasa Indonesia (Tuesday)
- Vietnamese (Wednesday and Friday)



Useful links

Radio

In English, Mandarin Chinese, Korean, Spanish, Tagalog, Portuguese

Inter FM

TV

NHK, BS1/BS2

NHK bilingual



Safety Tips



A push-based information app for disasters. It automatically informs you of earthquakes, tsunamis, or other special weather warnings, and allows you to see more information on the weather and what actions you should take.

VoiceTra



VoiceTra is a speech translation app that translates your spoken words into different languages. With an easy-to-use interface, you can also check whether the translation is correct.

<http://voicetra.nict.go.jp/en/>

search

Provided by the National Institute of Information and Communications Technology (NICT)

Getting information

It is important to obtain accurate information in a disaster.

City of Yokohama

Disaster Prevention Information Web Page

<http://www.city.yokohama.lg.jp/somu/org/kikikanri/index-e.html>

search



Earthquake Disaster Information Center for Foreign Residents in Yokohama
In the event of a large-scale earthquake, this center will handle consultation, inquiries, and other communication from foreign nationals.

Operated by:

Yokohama Association for International Communications and Exchanges (YOKE)
Tel. 045-222-1209 (Foreign language)





Pointing Phrase book

What has happened?

何がありましたか？



事故
Accident



津波
Tsunami



台風
Typhoon



火災
Fire



地震
Earthquake

Is it safe here?

ここは安全ですか？

Is there anyone who can speak English?

英語の話せる人はいますか？

Can you explain information about the disaster in English?

英語で災害の情報を
説明していただけませんか？

Where is the evacuation center?

どこへ避難すれば良いですか？

Where is the emergency exit?

非常口はどこですか？

I am injured.

けがをしています

There is an injured person.

けが人がいます

I am not feeling well.

体の調子が悪いです

Please take me to the hospital.

病院へ連れて行ってください

Please call an ambulance.

救急車を呼んでください

Where is the restroom?

トイレはどこですか？

Please tell me the way to ____.

～への行き方を教えてください

Please write it on this paper.

この紙に書いてください

Could you come with me?

一緒に来てください

Where can I make a telephone call?

電話はどこでかけられますか？

Is the internet working?

インターネットはつながりますか？

When will the (train/bus/airport) be back in service?

(電車・バス・空港) は
いつ復旧しますか？

I am looking for place to stay tonight.

今日、宿泊できる場所を
探しています

Where can I get some food/water?

食べ物(水)はどこでもらえますか？

I have allergies.

アレルギーがあります

Does this food contain the following ingredients?

この料理には
以下の素材が入っていませんか？



大豆
Soybeans



ピーナッツ
Peanuts



蕎麦
Buckwheat



小麦
Wheat



ハチミツ
Honey



乳製品
Dairy products



卵
Eggs



甲殻類
Shellfish



魚類
Fish



鶏肉
Poultry



豚肉
Pork

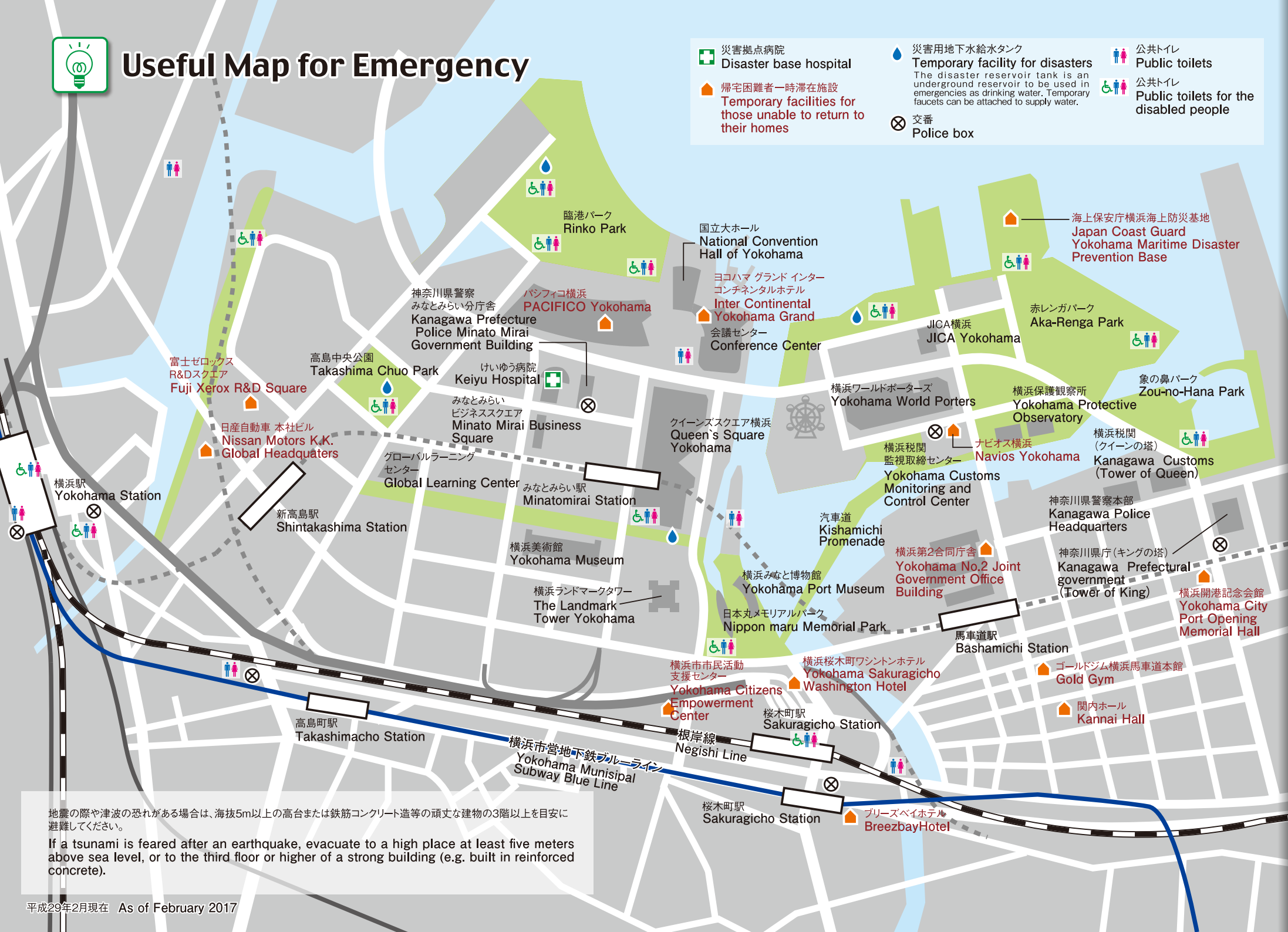


牛肉
Beef



Useful Map for Emergency

- 災害拠点病院
Disaster base hospital
- 帰宅困難者一時滞在施設
Temporary facilities for those unable to return to their homes
- 災害用地下水給水タンク
Temporary facility for disasters
The disaster reservoir tank is an underground reservoir to be used in emergencies as drinking water. Temporary faucets can be attached to supply water.
- 交番
Police box
- 公共トイレ
Public toilets
- 公共トイレ
Public toilets for the disabled people



地震の際や津波の恐れがある場合は、海拔5m以上の高台または鉄筋コンクリート造等の頑丈な建物の3階以上を目安に避難してください。

If a tsunami is feared after an earthquake, evacuate to a high place at least five meters above sea level, or to the third floor or higher of a strong building (e.g. built in reinforced concrete).