



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.

contents



Earthquake

Remain calm after an earthquake.



Difficult returning home

what to do in this situation



Tsunami

A Tsunami is coming



Useful links

Useful Tips

Pointing Phrase book

Useful Map for Emergency



First aid



Emergency Personal Notes



Yokohama Convention & Visitors Bureau

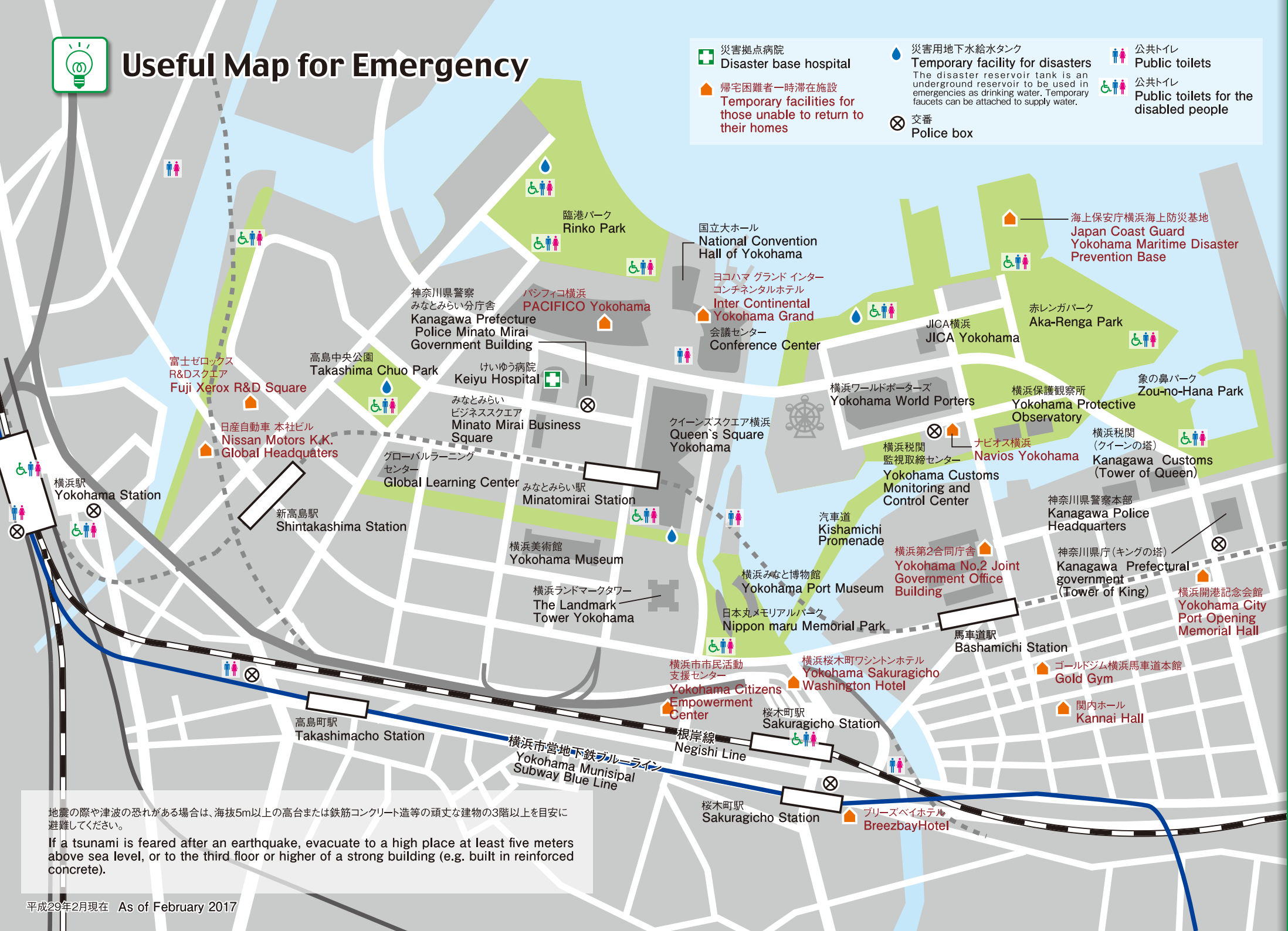
2017.3





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.
- 公共トイレ
Public toilets
- 公共トイレ
Public toilets for the disabled people
- 交番
Police box



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).