



Name _____

Nationality _____

Native language _____



Always carry this Pocket Guide with you. This Pocket Guide will help you in the event of a disaster or injury.

Aichi Multicultural Disaster Prevention Pocket Guide

English

What to do when an earthquake occurs?

Protect yourself. Protecting your life is the top priority!



When the shaking stops...

Check the situation on your TV, radio or mobile phone.



- Several aftershocks may follow the initial earthquake.
- A tsunami may come. Evacuate to higher ground.

When to evacuate during heavy rain or a typhoon?

Check weather information on your TV or radio.

Rough guideline on when to evacuate

Alert Level	Evacuation Information
5	Emergency Safety Measures Life-threatening situation! You can no longer safely evacuate. Go to the safest place possible.
4	Evacuation Order All residents should evacuate from affected areas.
3	Evacuation of the Elderly, etc. Elderly people and people with special needs should evacuate from affected areas. Other people should prepare to evacuate.
2	Flood Advisory, Heavy Rain Advisory, etc. Check your own evacuation actions.
1	Early Warning Information Be alert to new information.

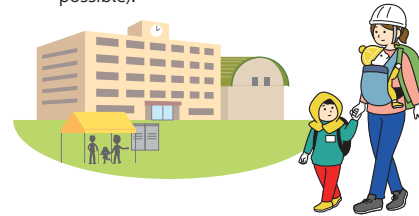
- You must evacuate before Alert Level 5 is issued! -

Check the following before you evacuate your home!

- Did you turn off the electric breaker?
- Did you shut off the main gas valve?
- Did you lock all doors and windows?

How to evacuate?

- Wear comfortable shoes, such as sneakers.
- Put necessary items in a backpack so you can use both hands.
- Evacuate on foot (not by car as much as possible).



When trains and buses stop operating...



- ▶ **Support Stations for those walking home during a disaster**
You can get information, water, etc. You can also use restrooms. (Convenience stores, etc.)

When you want to know what's happening

Below are websites and apps that provide information in multiple languages.

Aichi Multicultural Coexistence Net

It provides necessary information in the event of a major disaster.



Website

NHK WORLD JAPAN

Disaster Prevention Portal (Ministry of Land, Infrastructure, Transport and Tourism) provides a list of websites offering disaster information. You can view NHK news.



This app provides disaster information for iOS and Android



Safety tips (Japan Tourism Agency)

When you want to confirm your family's safety status

You can confirm the safety status of your family in the event of a disaster after registering the required information on the website.



Disaster Emergency Message Board (web171)



How to use

Access the site → Enter your phone number (or the phone number of the person whose status you want to confirm)

Google Person Finder

How to use

Access the site → Follow the guidance and enter the required information



When you cannot connect to the Internet

This is a free Wi-Fi service which can be used by anyone in the event of a disaster.

When you have an inquiry or seek consultation

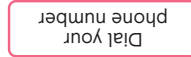
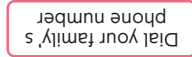
Aichi Multicultural Center (free multilingual consultation desk)
Open: Monday - Saturday 10:00 ~ 18:00
TEL : 052-961-7902

How to use Disaster Emergency Message Dial (171)

You can use this service to get in contact with your family and friends in the event of a major disaster.



To communicate your safety status to confirm your family's safety status



Record your message (within 30 seconds)

Playback a message

Voice guidance is in Japanese.



Memo



Aichi Prefecture Multicultural symbol mark

Created by Multicultural Society Section, Social Activities Promotion
Division, Community Affairs Department, Bureau of Community and
Cultural Affairs, Aichi Prefecture
Tel : 052-954-6138

Municipal Information Memo

Point-and-Speak Phrase List

You can communicate what you want to
say by pointing at the sentence.

Please help me.
(助けてください。)

Where can I evacuate?
(どこに逃げたいですか。)

My house has been damaged
and cannot be lived in.
(家が壊れて住むことができません。)

Please take me to a shelter.
(避難所に連れて行ってください。)

Is there anyone who can speak
a foreign language?
(外国語を話せる人はいますか。)

Please speak slowly.
(ゆっくり話してください。)

Where can I get food and
water?
(食べ物や水はどこでもらえますか。)

Emergency Contacts

■ In case of fire or illness
▶ Fire truck or ambulance

1 1 9



- Call 119 and tell the operator ① to ④.
- ① In case of fire, say "KAJI DESU (There's a fire)." To call an ambulance, say "KYUU-KYUU DESU (Ambulance)."
 - ② Location (address and nearby buildings)
 - ③ What kind of fire, or Where does it hurt
 - ④ Your name



■ In case of an incident/accident
▶ Police

1 1 0



*You may be able to speak in your native language.

I am not feeling well.
(体調が悪いです。)

I feel some pain.
(痛いところがあります。)

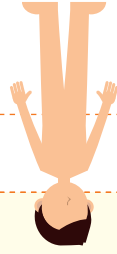
I want to go to the hospital.
(病院へ行きたいです。)

Please call an ambulance.
(救急車を呼んでください。)

I have allergies.
(アレルギーがあります。)

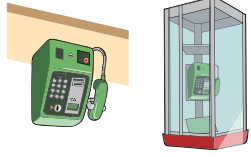
I have a chronic
illness.
(持病があります。)

I am pregnant.
(妊娠しています。)



When you cannot use your mobile phone

Use a public telephone.
Public telephones can be found at
stations, city halls, town halls, etc. You
can make free calls during an emergency
or major disaster.



■ How to use a public telephone in case of an emergency

1. Lift the receiver and press the red emergency call button.
2. Dial 110 (police) or 119 (fire/ambulance).
- *For public telephones without a red button, lift the receiver and simply dial the number.

■ How to use a public telephone in case of a major disaster

1. Lift the receiver.
2. Insert a 10-yen coin or 100-yen coin.
3. Dial the phone number.
- *Deposit a coin, but it will be returned at the end of the call.



Important Contacts

• Contact 1

Name

TEL

Relationship
to you

• Contact 2

Name

TEL

Relationship
to you

• Contact 3

Name

TEL

Relationship
to you

Your information

• Address

• Phone number

• Date of birth year / month / day

• Residence card number
(or passport number)

• Japanese

Can speak / Can speak a little / Cannot speak

• Allergies, chronic illness