

## Emergencies and Disasters (*bousai*)

### Emergency Situations

Fire/Ambulance	119	(Fire or Medical Emergency)
Police	110	(Traffic Accident, Crime, etc.)

Please remain calm, give necessary information (the emergency situation, location, your name) and follow instructions accordingly.

When you call 119, you will be asked whether you are calling for a fire (*kaji*) or a medical emergency (*kyuukyuu*).

These numbers are for emergencies only. There is no cost to use an ambulance in an emergency. However, you cannot use the ambulance in the case of less serious sicknesses or injuries where it is possible to travel in a private car or a taxi.

### **Public Telephone Emergency Calls**

Emergency calls from public telephones are free. Coins or a telephone card are not needed.

To make an emergency call: ① pick up the receiver ② press the red “emergency call” button and ③ dial 119 or 110.

### **Other Emergency Information**

Kasama City Fire Fighting Headquarters	(0296) 73-0119
Kasama Fire Station	(0296) 73-0119
Tomobe Fire Station	(0296) 78-0119
Iwama Fire Station	(0299) 45-0119
Kasama Police Station	(0296) 73-0110
Ibaraki Prefectural Central Hospital	(0296) 77-1121
Ibaraki Prefectural Medical Center of Psychiatry	(0296) 77-1151
Regional Medical Center Kasama	(0296) 77-0034

# Natural Disasters

Japan is frequently affected by earthquakes. It is not unusual for an earthquake to occur at any time or place. Additionally, from summer to fall, a large number of typhoons hit Japan. In order to minimize the damage caused by such natural disasters, it is important to practice anti-disaster countermeasures on a routine basis, and when a disaster occurs, take action calmly.

## How to find more information during natural disasters

### Earthquakes

Seismic Intensity (*shindo*) is a seismic scale used by the Japan Meteorological Agency that measures the degree of shaking in a certain area. This is different from an earthquake's magnitude, which reflects the size or energy of an earthquake at its source.

#### In the event of an earthquake:

1. Protect your body and take cover (under a table, etc.)
2. Stay away from objects that may fall

Situation	What to do
Indoors	Drop to the ground, take cover under a table etc. and hold on until the shaking stops. Watch for falling objects and furniture. Open a door and/or window to secure an exit if possible. (buildings may shift and doors may get stuck)
Inside an elevator	Press the button for all floors and get off at the nearest one. If the doors do not open, use the emergency phone.
Outdoors	Be careful of objects that may fall or topple, like brick walls and signs.
Driving a vehicle	Gradually bring vehicle to a stop. Pull over and keep the center lane open for emergency vehicles. Evacuate on foot, leaving the doors unlocked and the key in

	the ignition.
Inside a train, etc.	The train will automatically stop when it detects a tremor. Stay low, and hold on to a strap or handhold.

### **After the earthquake**

1. Prevent fires by turning off natural gas, stoves, and other fire hazards.
2. Move by foot to the nearest evacuation site. (If you are near the coast, beware of possible tsunami and evacuate to higher ground. Kasama City is inland, and there is no risk for tsunami.)
3. Cooperate with people nearby, and listen to information from the radio, etc.

## **Typhoon**

In Japan, there are many typhoons between summer and autumn that bring strong winds, torrential rain, floods and landslides.

### **Prepare for a typhoon**

- Put away loose objects from the garden and balcony inside the house.
- Close window shutters if installed.
- Prepare emergency supplies such as a flashlight, first-aid kit, emergency food, and radio.
- Move furniture and appliances to a higher place if your area is at risk for flooding.
- Know where your closest evacuation center is and how to get there by foot.

### **During a typhoon**

- Do not go outside during strong wind (if you must go outside, use head protection).
- Do not go near fallen utility poles or sagging cables.
- Pay close attention to the weather reports.
- If a warning to evacuate an area is given, evacuate together with others by foot as quickly as possible, helping the children and elderly.
- Avoid areas at risk for flooding or landslides.

## J-Alert Emergency Messages

During typhoons, earthquakes, and other natural disasters, you may receive J-Alert messages on your phone with emergency instructions. If you cannot read Japanese, look out for the following 4 instructions:

避難準備・高齢者等避難開始      *hinan junbi / koureisha nado hinan kaishi*      Prepare to Evacuate / Early Evacuation for the Elderly etc.

Make preparations to evacuate. Begin evacuating if you are vulnerable or need more time to travel (e.g. elderly, infants, or if you live in a flood/landslide prone area). Make sure to continue checking for the latest information.

避難勧告      *hinan kankoku*      Recommended Evacuation

Evacuate as soon as possible. For example, during a typhoon, if you are near water or in a building that you do not think is safe, you should start evacuating.

避難指示      *hinan shiji*      Mandatory Evacuation

Evacuate immediately and go to your nearest evacuation center if it is safe to do so.

避難所閉鎖 or 避難所解除      *hinanjo heisa or hinanjo kaijo*      Evacuation orders lifted

This means that the immediate danger from a natural disaster has passed, and that evacuation centers will close. You may return home.

## Emergency Item Checklist

### **Necessities**

Flashlight

Lighter/Matches

Candles

Portable radio

Batteries

First aid kit

Special medications/supplies

Blankets and waterproof sheets

Work gloves

### **Food**

Drinking water

Food

Knife, can opener, etc.

### **Clothing**

Socks and underwear

Towel

Raingear

Helmet or head protection  
Rope, etc.

### Valuables

Cash, and coins for public telephones  
Copy of health insurance card  
Passport  
Residence (*zairyuu*) Card  
Bankbook

### Disaster Vocabulary

震源	<i>shingen</i>	seismic source
余震	<i>yoshin</i>	aftershocks
注意報	<i>chuuhou</i>	advisories
警報	<i>keihou</i>	warnings
避難所	<i>hinanjo</i>	evacuation center
罹災証明	<i>risaishoumei</i>	disaster victims certificate
安否	<i>anpi</i>	safety / well-being
被害	<i>higai</i>	damage

### Weather Vocabulary

大雨	<i>ooame</i>	heavy rain
洪水	<i>kouzui</i>	flooding
暴風	<i>boufuu</i>	wind storm
強風	<i>kyoufuu</i>	strong winds
雷	<i>kaminari</i>	lightning
濃霧	<i>noumu</i>	dense fog