

SAFETY GUIDE

みさとし ぼうさい てび 三郷市防災の手引き

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Japan is a country of frequent earthquakes which could occur at any time. Heavy disasters would destroy most utilities such as gas, electricity and water supply. We have to prepare well in advance, so as not to panic later. Please keep this manual for your reference.

Usually a strong earthquake will end within a minute or so. Identify the situation and respond calmly.



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HOW TO PROTECT YOURSELF

Prevention of Fire

すばやく火の始末を

Turn off the gas and unplug electrical appliances.

Casualties due to fire are the greatest danger in an earthquake.



Protect Yourself

机やテーブルに身をかくす

Take cover under a desk or table to protect yourself from falling objects.



Ensure an Exit

出口の確保

In apartments and residences that have only one door, open the door immediately. During earthquakes, doors can be bent so out of shape that they can't be opened, trapping you inside.



Don't Rush Outside

あわてて外に飛び出さな

The tremors of even the largest earthquake last only a minute. It is safer to stay inside than run around in panic. The flying glass and falling roof tiles and signs outside make it far more dangerous.



Don't Listen to Rumors

正しい情報の入手を

Follow the city-broadcast news or the following news of English language emergency broadcasts:

Radio: NHK 693KHZ,
TV: Channel 1 (NHK, bilingual)
Satellite No.1 or 2 (NHK, bilingual)



DISASTER PREVENTION

Prepare personal effects and a first aid kit for an emergency situation.

ひしょうもちだしひん じゅんび
非常持出品の準備
Put emergency bags where you can pick them up easily.

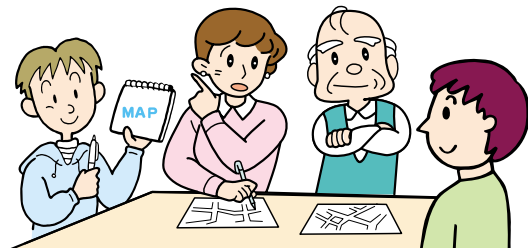
Prepare at least drink water and foods for three days!



Check the evacuation sites and routes with your family.

かぞく ひなんばしょ かくにん
家族で避難場所の確認を

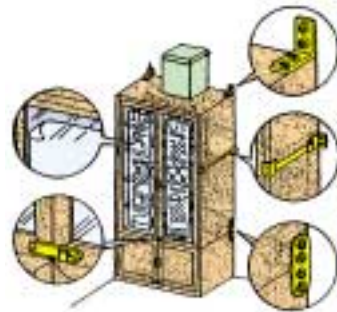
There is no need to evacuate to the Emergency Evacuation Sites even after a large earthquake. When fire breaks out nearby and there is a great danger of it spreading, you are to evacuate. The evacuation site is the school of your residential area.



Prevent furniture from falling.

かぐらゐ てんとうぼうし
家具類の転倒防止

Secure your furniture with brackets.



171 MESSAGE SERVICE AT DISASTER さいがいようでんごん 災害用伝言ダイヤル

In the area attacked by a serious disaster, lines of cellular phone and home-phone are subject to be disconnected. When public phones are recovered, it is useful to leave your verbal message to anyone you want to get in touch with, through 171 service which is a tape-recording message line which has withstood a disaster.

PROCEDURES

To Record Your Message

1. Call 171
2. Follow the information
3. Press 1
4. Follow the information
5. Press your phone number(or the phone number of the victim of the disaster).

Start from area code:

□□□-□□□-□□□□

6. Leave your vocal message for 30 minutes.

To Replay Your Message

1. Call 171
2. Follow the information
3. Press 2
4. Follow the information
5. Press your phone number(or the phone number of the victim of the disaster).

Start from area code:

□□□-□□□-□□□□

6. Then you will hear the message on tape.

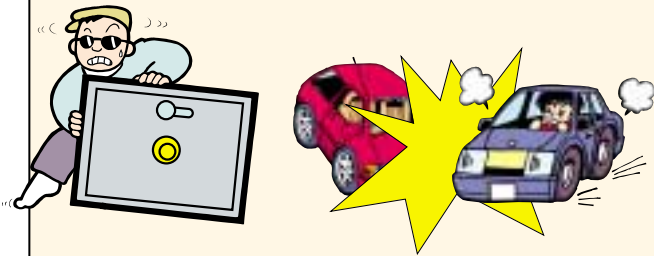


EMERGENCY CALL

緊急電話のかけ方

It is difficult speaking in Japanese in case of an emergency when you are in a panic, so fill out the blank spaces beforehand, and keep this for your reference.

110



jiken

じけん
事件

Crime

jiko

じご
事故

Accident

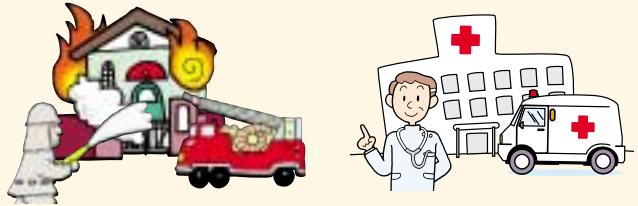
When did it happen?

ばしょ
場所はどこですか？

State your name, address,
Phone number as same
as the right list.

みぎ おな じょう し めい じゅうしょ
右と同じように氏名、住所、
でんわ ばんごう つた
電話番号を伝えてください。

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kaji

かじ
火事

Fire

kyukyu

きゅうきゅう
救急

Ambulance

Your Name (名前)

Your Address (住所)

Your Phone Number (電話番号)

When calling from a cellular phone. 携帯電話から通報するとき

The headquarter of Police and Fire Department outside the city will pick up the call. Thus, stating the place of occurrence is the most important information for them. Find the address before your making a call. On the phone, the answer may ask you to state your phone number, not to leave the location (if possible), and not to shut off the power of the phone.

