

It's an earthquake!

Simple Earthquake Preparedness Guide

Japan, and Miyazaki, have a lot of earthquakes.
If there is a big earthquake, do as below.

○ Inside a Building



Protect your head



Open the door



Put out any fires



Don't rush outside



Don't use elevators

○ Outside



Protect your head



Go to a high place
away from the sea



Don't go near
broken electricity lines

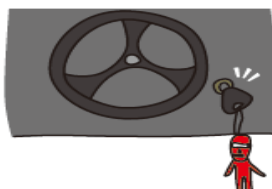
○ Whilst Driving



Don't stop suddenly



Pull over to the left



Don't remove the key



Get out of the car once
the earthquake stops

★★ Don't panic if there are aftershocks or blackouts.

When the shaking stops, go to a temporary evacuation shelter.



Temporary
evacuation
shelter



Designated
evacuation
shelter



○ Emergency Dial 119

- ①Fire ②Emergency ③Rescue
- Say where you are and what you can see.
- Say your name and telephone number.

☞ It's a fire/ It's an emergency/ Please rescue

kajidesu/ kyukyudesu/ kyujyodesu

☞ I am now at ○○.

ima, ○○ ni imasu

☞ There is ○○ nearby.

chikakuni ○○ ga arimasu



○ Useful Words

Japanese	Meaning	Japanese pronunciation	Japanese	Meaning	Japanese pronunciation
地震	Earthquake	<i>jishin</i>	痛い	It hurts	<i>itai</i>
震度	Seismic scale	<i>shindo</i>	助けて	Please help	<i>tasukete</i>
余震	Aftershock	<i>yoshin</i>	危ない	It's dangerous	<i>abunai</i>
避難(所)	Evacuation (shelter)	<i>hinan(jo)</i>	火事	Fire	<i>kaji</i>
救急車	Ambulance	<i>kyukyu-sha</i>	停電	Blackout	<i>teiden</i>

Miyazaki City/Nichinan City offers

“Interpreting Concierge 119”

01 Emergency Contacts



During an earthquake, you might lose water, electricity and gas.

It is advisable to make a list of emergency contacts in advance.

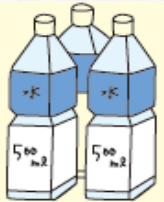
	Phone Number		Phone Number
Electricity company		Property management company	
Water company		Miyazaki International Foundation	0985-23-8457
Gas Company		Embassy/Consulate	

★ Look on the Japanese Foreign Ministry's website for foreign missions' contact details.

URL: www.mofa.go.jp/mofaj/link/embassy/index.html



02 Items to Prepare Now



Water



Food



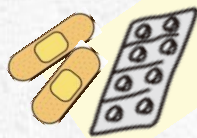
Residence card/Passport



Money/Cash card



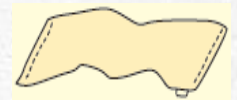
Health insurance card



Medicine



Clothes/Underwear/Socks



Towel

★ Detailed information is on the Miyazaki International Foundation's website.

URL: www.mif.or.jp/japanese/modules/content019/index.php?id=3



03 Alternative Communication Method during an Earthquake

○ Disaster Message Board WEB171
(www.web171.jp)



NTTdocomo



SoftBank



au

○ Disaster Message Dial 171 (in Japan Only)

To record a message:

171 - 1 - your number - record a voice message

To play back messages:

171 - 2 - other person's number

- play their voice message

★ Let your friends and family abroad know about WEB171!

★★ Help yourself first before helping others!