

# Disaster Prevention Handbook

## English

ぼうさいが い ど えいごばん  
防災ガイド／英語版



Nara Prefecture

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## 【Last Page】 Disaster Prevention Pocket Guidebook

ぼうさいぽけっとが이드  
**防災ポケットガイド**

Print it out and fill in the necessary information.

Fold it up, put it in your wallet etc., and keep it with you at all times.

Image Sources:

Cover Photos: From "Our Disaster Prevention Strategies", Nara Prefecture, Tenkawa Village (Top left); Ōtōchō, Gojo City (Center right) (Both taken during the 2011 Kii Peninsula Great Flooding)

出典 表紙写真 奈良県「わが家の防災対策」より左 天川村、右中 五條市大塔町(いずれも紀伊半島大水害当時)

**Seeking Disaster Language Volunteers!**

For more information, visit <https://www.pref.nara.jp/67810.htm>



# About Disasters

# さいがい 災害について

Japan is a country with a lot of natural disasters including earthquakes, heavy rains and typhoons. Here in Nara Prefecture, various types of disasters have also occurred.

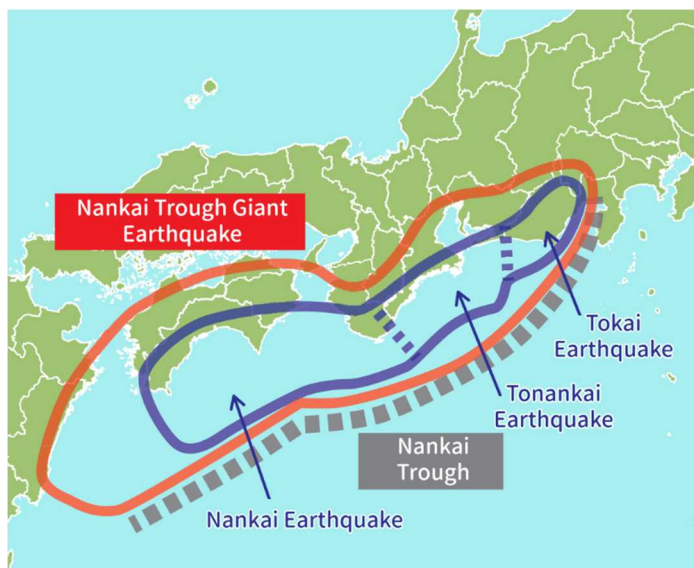
In order to minimize damage during natural disasters, it is important to be prepared on a daily basis, and act calmly in case of an emergency.

## ●Earthquakes じしん 地震

An earthquake is a shaking of the ground. Earthquakes that occur directly below Nara Prefecture can create strong local quakes. If a large earthquake does occur, buildings can collapse and many people can be killed or injured. It can also cause damage to roads, making travel by vehicles impossible. There may also be water, gas and power cuts, with people being cut off from food supplies or other life necessities.

Furthermore, earthquakes that occur at plate boundaries off the coast of the Japanese archipelago (such as the anticipated Nankai Trough Megaquake) may lead to quakes affecting large areas and could cause tsunami on the coast.

The probability of the Nankai Trough earthquake is estimated at around 60 to 90% or higher within the next 30 years.



和歌山県「津波から逃げ切るために」を編集  
Revision of "To Outrun a Tsunami", Wakayama Prefecture



気象庁「阪神・淡路大震災写真集」より  
Source: "Great Hanshin-Awaji Earthquake", Japan Meteorological Agency

## ● Rainstorms/Typhoons おおあめ たいふう 大雨・台風

Typhoons are a combination of strong winds and heavy rainfall that can lead to flooding and landslides. It is important to pay attention to weather broadcasts to ensure early action is taken when required.

## ● Landslides どしやさいがい 土砂災害

Landslides can occur along with heavy rainfall, typhoons and earthquakes. Large amounts of earth and rocks from mountains or valleys mixes with water and flows down the slope.



↑ Landslide in Nosegawa Village

Photos of the Kii Peninsula  
Great Flooding (2011)



↑ Flooding in Tenkawa Village

奈良県「紀伊半島大水害の記録」より  
Source: "Record of the Kii Peninsula Great Flooding", Nara Prefecture.

## 《Evacuation Sites/Centers》 ひなんばしょ 避難場所(にげるところ)を知る

- Evacuate to a “Designated Emergency Evacuation Site” or a “Designated Evacuation Center” if an evacuation order, etc. (→p12) is issued or your home is no longer safe to stay in due to a disaster.
- Obtain a disaster prevention map from your municipal office.  
Check in advance the location of the evacuation sites/centers in your area, and record their names in the Disaster Prevention Pocket Guidebook on the last page of this book.

### Designated Emergency Evacuation Site

A place you can go to in case of an emergency caused by a natural disaster.

An open space, park, etc.



### Designated Evacuation Center

A place you can stay for a certain period until it is safe again.

Buildings such as primary schools, middle schools, high schools, community centers, etc.



★An evacuation center is a location where many people can live together and receive water, food, and important information.

People have different lifestyles, so we should do our best to prevent the spread of infection and respect each other's customs while at the evacuation centers.

## 《Helpful Apps and Websites in the Event of Disaster》

ぼうさいあぷり    うえぶさいと    しら  
防災アプリやウェブサイトを調べましょう

### ● App    あぷり    アプリ

Download the app for disaster preparation.

**Safety Tips ...** Disaster information app for foreigners provided by the Japanese Government

**iOS**



**Android**



**Available Languages:**

English, Chinese, Korean, Spanish, Portuguese, Vietnamese, Thai, Indonesian, Tagalog, Nepali, Khmer, Burmese, and Mongolian

### ● Websites    うえぶさいと    ウェブサイト

Bookmark the following websites for disaster information.

#### Nara Prefecture Homepage Disaster Prevention Portal

... Provides information on weather, disasters, roads, etc. for Nara Prefecture. Information is available in multiple languages including English and Indonesian.

<http://www.bosai.pref.nara.jp/pc/topdis-nara.htm>



#### Japan Meteorological Agency Homepage

... Provides weather and disaster information for the entire country. Information is available in multiple languages including English and Indonesian.

<https://www.jma.go.jp/jma/indexe.html>



#### NHK WORLD JAPAN

... Provides the latest news and emergency information about earthquakes and tsunami in 21 languages including easy Japanese, English and Indonesian.

[https://www3.nhk.or.jp/nhkworld/en/multilingual\\_links/](https://www3.nhk.or.jp/nhkworld/en/multilingual_links/)



## Community FM Channels

|                        |                                                                                                                                             |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>NHK-FM</b>          | 87.4MHz (Nara City area), 83.4 MHz (Ikoma City area),<br>89.0 MHz (Gojo City area), 88.5 MHz (Uda City area), etc.                          |
| <b>Nara Dot FM</b>     | 78.4MHz (Northern part of Nara Pref. (Around Nara City, Ikoma City,<br>Yamatokoriyama City and Tenri City))                                 |
| <b>FM 81.4 (haiho)</b> | 81.4MHz (Oji Town area)                                                                                                                     |
| <b>FM Gojo</b>         | 78.0MHz (Gojo City area)                                                                                                                    |
| <b>FM YAMATO</b>       | 77.5MHz (Around Yamato-Takada City, Kashihara City, Gose City,<br>Katsuragi City, Kashiba City and Koryo Town)                              |
| <b>FM Mahoroba</b>     | 79.5MHz (Around Tenri City, Kashihara City, Sakurai City, Kawanishi Town,<br>Miyake Town, Tawaramoto Town, Takatori Town and Asuka Village) |

and more.

## Safety Confirmation

### 《Decide in Advance How to Contact Each Other》

れんらく      ほうほう      き

連絡をとる方法を決めておきましょう

Discuss with your family, friends, etc. in advance about how to contact each other in the event of a disaster.

## ●Disaster Message Board (Mobile phone, Smartphone, PC)

In the event of a major disaster, such as an earthquake with a seismic intensity of 6 or above, you can use the Disaster Message Board provided by mobile carriers, allowing you to confirm the safety of your family members, relatives and friends using your smartphone or PC.

Please check the details of the service on the website of each carrier.

(Available languages: Japanese, English, Chinese, Korean)

|                                                                 |                                                                                                                                                        |
|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>NTT Disaster Message Board</b></p> <p><b>(web171)</b></p> | <p><a href="https://www.web171.jp">https://www.web171.jp</a></p>  |
|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|

This is a message board where you can post and check safety status and other information in text format over the Internet.

## NTT Disaster Emergency Message Dial (171)

This service will be available when phone service is down during disasters. If you cannot contact your family members, call 171 to leave or listen to a voice message.



Dial **1** **7** **1**

▼ Listen to the prompt (Japanese only) ▼

To record, dial **1**

To play back (listen to the message), dial **2**

▼ Listen to the prompt (Japanese only) ▼

Dial the telephone number of the person in the disaster-stricken area that you want to contact (For landlines, start with the area code).

(0000) 00 - 0000

▼ Listen to the prompt (Japanese only) ▼

**1** (Record or play back)

▼ Listen to the prompt (Japanese only) ▼

**9** (End)

**8** (Repeat the message (only when the message is being played back))

## 《Item Checklist for Evacuation and Stockpile》

に 逃げる とき にも 持つ 物・ 家庭 に 備蓄 する 物

Prepare enough emergency food/water/supplies for all family members to survive for at least three days. Check your stockpiles at least once a year.

|                          |                                                                                                                      |                          |                                                                                              |
|--------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------|----------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <b>Drinking water</b> (about 3L per person per day)<br>の みず<br>飲み水(1人1日3リットルくらい)                                     | <input type="checkbox"/> | <b>Cash</b><br>かね<br>お金                                                                      |
| <input type="checkbox"/> | <b>Vacuum-packed food, canned food, snacks, etc.</b><br>れ と る と し ゃ く ひ ん か ん づ め か し<br>レトルト食品/缶詰/お菓子               | <input type="checkbox"/> | <b>Cash card, bankbook, stamp</b><br>き や つ し ゅ か ー ど ・ つ う ち ょ う ・ い ん か ん<br>キャッシュカード・通帳・印鑑 |
| <input type="checkbox"/> | <b>Mobile batteries, smartphone chargers</b><br>も ば い る ば っ て り ー す ま ー と ふ お ん じ ゅ う で ん き<br>モバイルバッテリー、スマートフォンの充電器 | <input type="checkbox"/> | <b>Copy of insurance card</b><br>け ん こ う ぼ け ん し ょ う こ ぴ ー<br>健康保険証のコピー                      |
| <input type="checkbox"/> | <b>Batteries</b><br>で ん ち<br>電池                                                                                      | <input type="checkbox"/> | <b>Passport</b><br>ぱ す ぽ ー と<br>パスポート                                                        |
| <input type="checkbox"/> | <b>Gloves (work gloves)</b><br>て ぶ く ろ ぐ ん て<br>手袋(軍手)                                                               | <input type="checkbox"/> | <b>ID (Residence card, etc.)</b><br>ざ い り ゅ う か ー ど<br>在留カードなどのID                            |
| <input type="checkbox"/> | <b>Household medicines</b><br>く す り じ ょ う び や く い ち ょ う や く き ず ぐ す り<br>薬(常備薬・胃腸薬・傷薬)                               | <input type="checkbox"/> | <b>Toothbrush, toothpaste</b><br>は 歯 ぶ ら し は み が こ<br>歯ブラシ・歯磨き粉                              |
| <input type="checkbox"/> | <b>Thermometer</b><br>たい お ん け い<br>体温計                                                                              | <input type="checkbox"/> | <b>Wet wipes</b><br>う え っ と て い っ し ゅ<br>ウェットティッシュ                                           |
| <input type="checkbox"/> | <b>Flashlight</b><br>かい ち ゅ う で ん と う<br>懐中電灯                                                                        | <input type="checkbox"/> | <b>Emergency toilet kits</b><br>け い たい と い れ<br>携帯トイレ                                        |
| <input type="checkbox"/> | <b>Aluminum emergency blankets</b><br>ほ お ん あ る み し ー と<br>保温アルミシート                                                  | <input type="checkbox"/> | <b>Duct tape/curing tape</b><br>が む て ー ぶ よ う じ ょ う て ー ぶ<br>ガムテープ・養生テープ                     |
| <input type="checkbox"/> | <b>Towels</b><br>た お る<br>タオル                                                                                        | <input type="checkbox"/> | <b>Candle, lighter, a box of matches</b><br>ろう そ く ラ イ タ ー マ ッ チ<br>ろうそく・ライター・マッチ            |
| <input type="checkbox"/> | <b>Clothes (winter clothes, etc.), underwear</b><br>ふ く ぼ う か ん ぎ し た ぎ<br>服(防寒着など)・下着                               | <input type="checkbox"/> | <b>Memo pad, pen</b><br>め も よ う し ぺ ん<br>メモ用紙・ペン                                             |
| <input type="checkbox"/> | <b>Sanitary items, first aid kit</b><br>せ い り ょ う ひ ん き ゅ う き ゅ う よ う ひ ん<br>生理用品・救急用品                               | <input type="checkbox"/> | <b>Knife</b><br>な い ふ<br>ナイフ                                                                 |
| <input type="checkbox"/> | <b>Plastic bags</b><br>び に ー る ぶ く ろ<br>ビニール袋                                                                        | <input type="checkbox"/> | <b>Can/bottle opener</b><br>か ん き せ ん ぬ<br>缶切り・栓抜き                                           |
| <input type="checkbox"/> | <b>Masks, hand sanitizer</b><br>ま す く し ゅ し し ょ う ど く ざ い<br>マスク・手指消毒剤                                               | <input type="checkbox"/> | <b>Newspaper</b><br>し ん ぶ ん し<br>新聞紙                                                         |
| <input type="checkbox"/> | <b>Blankets</b><br>も う ふ<br>毛布                                                                                       | <input type="checkbox"/> | <b>Radio</b><br>ら じ お<br>ラジオ                                                                 |

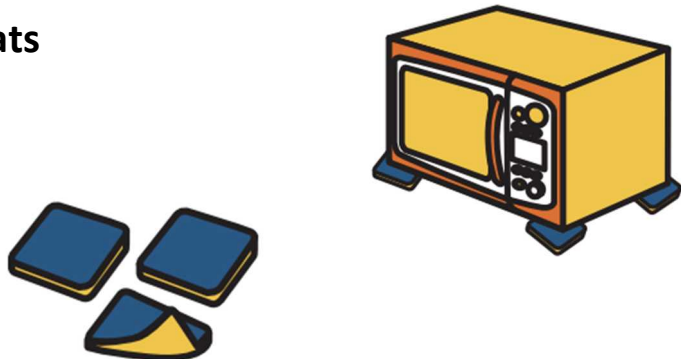
If you have a baby, your emergency kit should include: diapers, baby wipes, the Maternal and Child Health Handbook, baby food and formula.

## 《Furniture Fall Prevention Goods》かぐこていぐっずしょうかい家具固定グッズの紹介

The following items are designed to prevent furniture from falling over when the house shakes due to an earthquake.

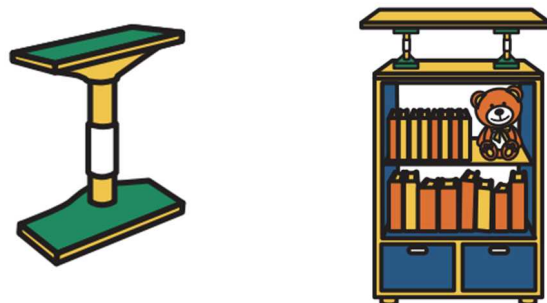
### ●Earthquake-resistant gel mats

These are adhesive mats.  
Attach them to the bottom of  
appliances etc. that may fall  
over to hold them in place.



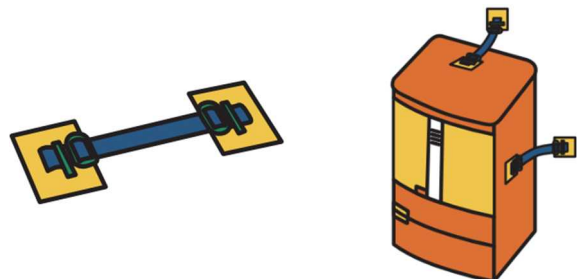
### ●Tension Poles

Install the poles between the  
ceiling and the furniture to  
keep the furniture in place.



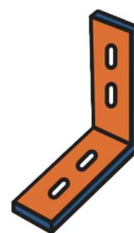
### ●Fall Prevention Belts

Use to affix the sides and top of  
furniture to the wall.



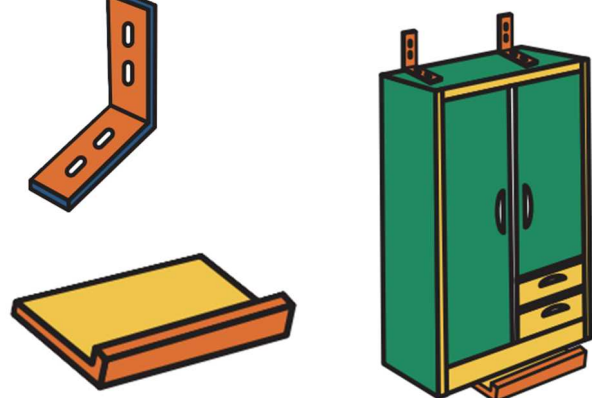
### ●L-shaped metal bracket

Use to affix furniture to the wall with  
screws.



### ●Stopper

Place under furniture to prevent falling.



○In addition to installing the above, participate in disaster drills to be sure about what to do in the event of a disaster.

# What to Do in a Disaster

さいがい お  
災害が起きたら

## 《Tips to Protect Yourself during an Earthquake》 じしん 地震

### Earthquake Early Warnings (EEW)

Earthquake Early Warnings are prompt alerts issued by JMA. The warning is provided through the disaster prevention administration radio system (large speakers set up in towns), TV, radio, smartphones, etc. Just before an earthquake, your smartphone will play a warning: “Mamonaku ookina yure ga toutatsu shimasu” (There will be a large quake shortly). When you hear this warning, please evacuate to a safe location.



au: Sample alarm sound when receiving the EEW (with guidance) for smartphones  
([https://www.youtube.com/watch?v=0DGAuxO\\_YWE](https://www.youtube.com/watch?v=0DGAuxO_YWE))

#### ●At Home

- Protect your head and seek shelter under a table while shaking is occurring.
- Wait until shaking stops, then check the gas valves and stove.
- Don't rush outside.

#### ●Outdoors

- Stay away from concrete-block walls, as they may collapse.
- Watch out for falling signs and broken glass.



#### ●In Public Buildings

- Follow the instructions of facility staff. •Don't rush for the exit.

#### ●In the Car

- Carefully stop the car on the left side of the road to leave room for any ambulances or fire trucks.
- Leave the car keys inside and, without locking the doors, get out and walk to safety.

#### ●On Buses or Trains

- Follow the instructions of the driver(s) and conductor(s).

#### ●In the Case of Fire

- Put out the fire with water or an extinguisher if it is not too dangerous to do so. If you feel you are in danger, evacuate immediately.
- Inform people around you about the fire.

気象庁「地震と津波 その監視と 防災情報」(R6.2)

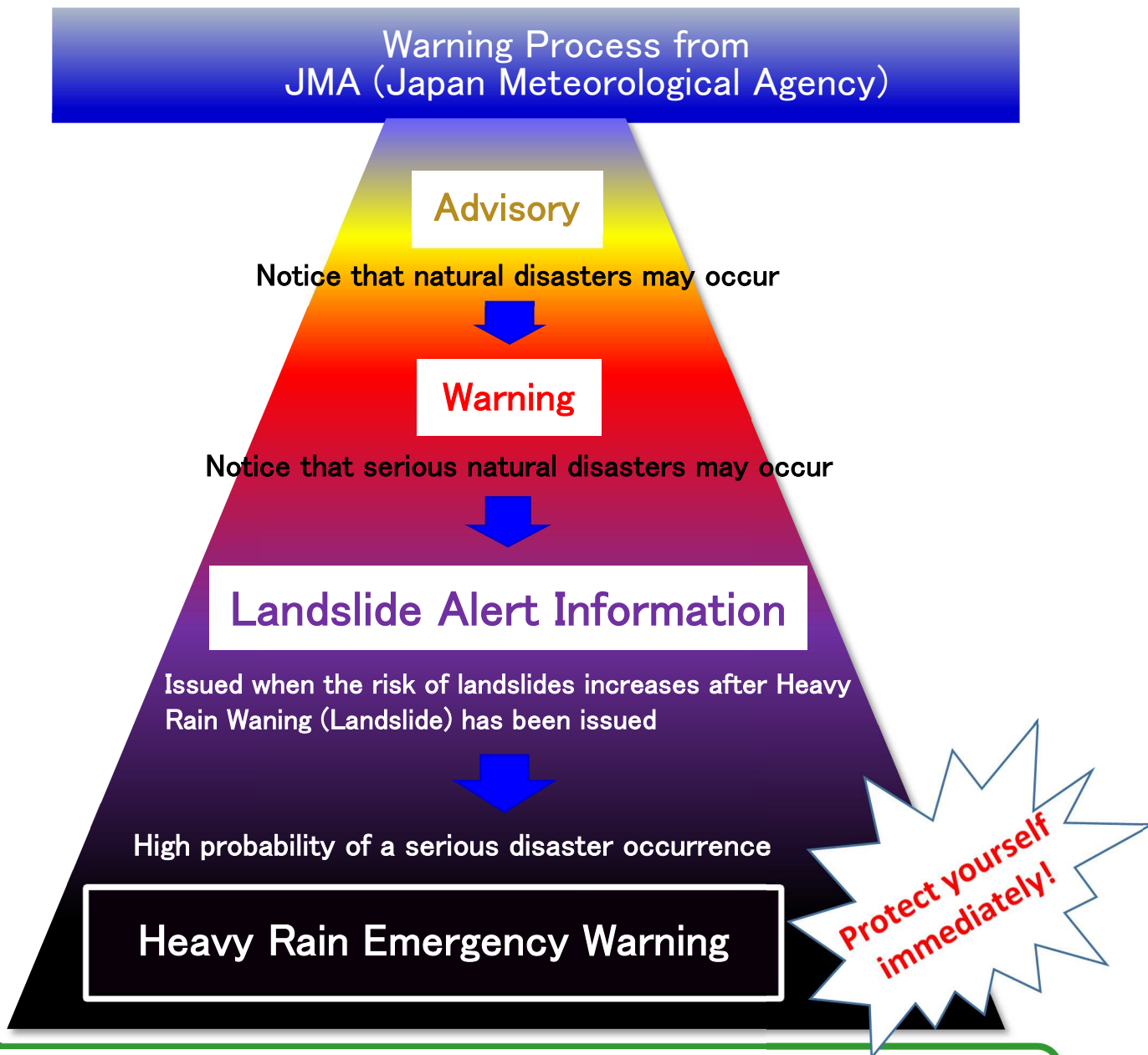
気象庁「地震と津波(防災と減災のために)」より

“Earthquakes and Tsunami - Observations and Disaster Prevention Information” (Feb 2024).

From “Earthquakes and Tsunami (For Disaster Prevention and Mitigation)”, JMA.

## 《What to Do When a Rainstorm/Typhoon is Coming》 おおあめ たいふう 大雨や台風

- Check the TV and/or internet for the most recent weather information from the Meteorological Agency if a rainstorm is forecast or a typhoon is heading your way.
- Make sure to access evacuation information from your municipal government.



- During a typhoon, strong winds can blow away loose objects.
- Clean up your gardens and balconies, and move all loose objects inside in advance.
- Stay at home during strong winds.
- Do not go near mountains, rivers or oceans.

## Evacuation Information

ひなんじょうほう  
避難情報

Information about evacuation may be issued from your municipal government, so be sure to check it on your smartphone or the TV (→ p4). Even if no information has been issued by your municipal government, rivers can overflow due to rain, houses can be flooded and landslides may occur. If it happens, evacuate to a safe place such as an evacuation site (→ p3).

| Alert Level                                             | Information                            | Action to be Taken                                                                                                          |
|---------------------------------------------------------|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Level 5</b>                                          | <b>Emergency Safety Measures</b>       | Life-threatening situation, ensure safety immediately!                                                                      |
| <Be sure to evacuate before the Alert Level reaches 4!> |                                        |                                                                                                                             |
| <b>Level 4</b>                                          | <b>Evacuation Order</b>                | All residents should evacuate from affected areas immediately.                                                              |
| <b>Level 3</b>                                          | <b>Evacuation of the Elderly, etc.</b> | Elderly people, those with disabilities, and others who may need more time to evacuate should evacuate from affected areas. |
| <b>Level 2</b>                                          | <b>Heavy Rain/Flood Warning</b>        | Check the hazard map to verify how and where you should evacuate in the case of an emergency.                               |
| <b>Level 1</b>                                          | <b>Early Warning Information</b>       | Enhance readiness for the disaster.                                                                                         |

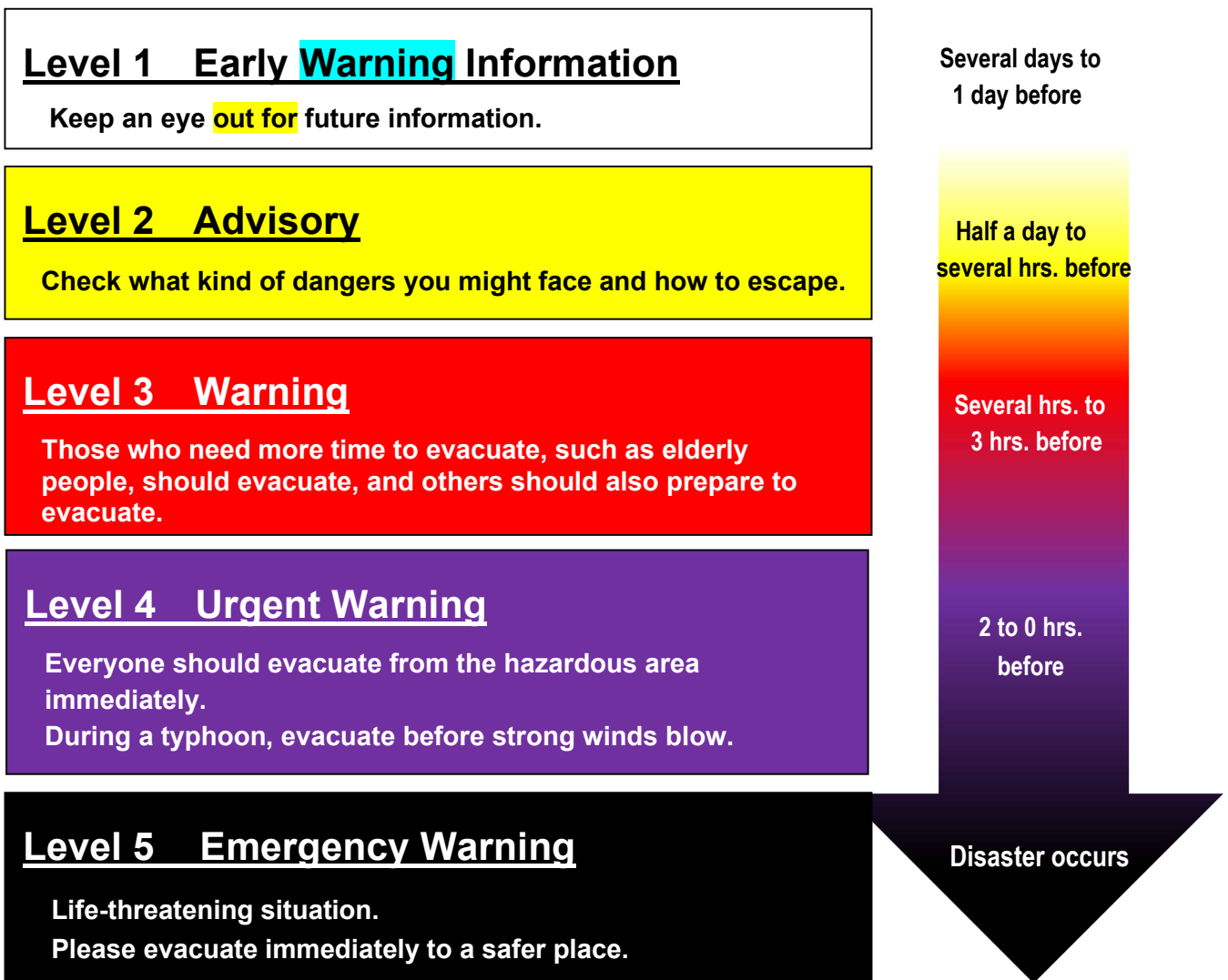
- Once an evacuation order is issued, evacuate immediately to a safe place such as an evacuation site (→ p3).
- When leaving the home is dangerous, move to the safest part of your house (2<sup>nd</sup> floor, etc.).
- Do not go near windows if inside a building!

## << Rainstorms/Typhoons >> おおあめ たいふう 大雨・台風

- If a rainstorm is forecast or a typhoon is heading your way, check the TV and/or internet for the most recent weather information from the Meteorological Agency and evacuation information from your municipal government (→p4).
- Even if no information has been issued by your municipal government, evacuate to a safe place such as an evacuation site (→p3) on your own judgment.
- When leaving the home is dangerous, move to the safest part of your house! (2nd floor, etc.) ※Do not go near windows if inside a building!

### ● Weather Warnings/Advisories きしょうけいほう ちゅういほう 気象警報・注意報

Issued when the weather could become hazardous. The level is set for four types of disaster: river flooding, heavy rain, landslides, and storm surges. (Please see Pages 10 and 11 for further details.)



### ● Weather Early Warning for Disaster Prevention きしょうぼうさいそくほう 気象防災速報

Information about sudden weather changes. Check the info on the app or the Internet.

# Disaster Terminology

さいがいようご さいがい  
災害用語(災害のことば)

| Category<br>区分                                | Japanese 日 本 語 |                      |                  |                                                  | English<br>英 語                                       |
|-----------------------------------------------|----------------|----------------------|------------------|--------------------------------------------------|------------------------------------------------------|
|                                               |                | Pronunciation<br>よみ方 |                  | Easy Japanese<br>やさしい日本語                         |                                                      |
| In cases where danger is imminent<br>危険がせまった時 | 避難             | ひなん                  | Hinan            | にげること                                            | Evacuation                                           |
|                                               | 避難指示           | ひなんしじ                | Hinan-Shiji      | にげてください                                          | Evacuation order                                     |
|                                               | 避難場所           | ひなんばしょ               | Hinanbasho       | さいがいのとき、にげるところ                                   | Evacuation site/center                               |
|                                               | 避難所            | ひなんじょ                | Hinanjo          | にげたあと せいかつできる場所                                  | Evacuation center/shelter                            |
|                                               | 安否確認           | あんぴ<br>かくにん          | Anpi-kakunin     | そのひとが だいじょうぶか どうか しらべます                          | Safety confirmation                                  |
| Weather<br>気象                                 | 早期注意情報         | そうき ちゅうい じょうほう       | Soki-chuijoho    | 「こんご の じょうきょうに ちゅうい」という おしらせ                     | Early Warning Information                            |
|                                               | 注意報            | ちゅういほう               | Chuihou          | あめ、かぜ、つなみ などが「あぶない」という おしらせ                      | Advisory                                             |
|                                               | 警報             | けいほう                 | Keihou           | あめ、かぜ、つなみ などが「とても あぶない」という おしらせ                  | Warning                                              |
|                                               | 危険警報           | きけん けいほう             | Kiken-keiho      | 「ぜんいん あぶないところ から にげて」という おしらせ                    | Urgent Warning                                       |
|                                               | 特別警報           | とくべつけいほう             | Tokubetsu-Keihou | 「けいほうより とてもあぶない とくに きをつけてください」という おしらせ           | Emergency Warning                                    |
|                                               | 暴風雨            | ぼうふうう                | Boufuu-u         | とても つよい あめと かぜ                                   | Severe rainstorm                                     |
|                                               | 暴風域            | ぼうふういき               | Boufuuiki        | とても つよい かぜが ふく ところ                               | Severe storm area                                    |
| Earthquakes<br>地震                             | 震源             | しんげん                 | Shingen          | じしんが おきた ところ                                     | Epicenter                                            |
|                                               | 震度             | しんど                  | Shindo           | じしんの ゆれの つよさ・おおきさ (0~7 まで あって 7 が いちばん つよい・おおきい) | Seismic intensity (Scale/magnitude of an earthquake) |
|                                               | 余震             | よしん                  | Yoshin           | おおきな じしんの あとに おこる じしん                            | Aftershock                                           |
|                                               | 耐震性            | たいしんせい               | Taishinsei       | じしんに たえる ちから                                     | Earthquake resistance                                |

| Category                | Japanese 日 本 語 |                      |                             |                                            | English<br>英 語                              |
|-------------------------|----------------|----------------------|-----------------------------|--------------------------------------------|---------------------------------------------|
| 区分                      |                | Pronunciation<br>よみ方 | Easy Japanese<br>やさしい日本語    |                                            |                                             |
| Rainstorms/<br>Typhoons | 崖崩れ            | がけ<br>くずれ            | Gake-<br>kuzure             | やまで、つちや いしが<br>おちます                        | Landslide,<br>Massive<br>collapses          |
| 大雨・台風                   | 土砂<br>崩れ       | どしゃ<br>くずれ           | Dosha-<br>kuzure            | じしん、あめで やまの つち<br>が きゅうに くずれおちること          | Landslide,<br>Rock/mudslide                 |
|                         | 洪水             | こうずい                 | Kouzui                      | あめが たくさんふり、 かわ<br>のみずが あふれること              | Flood                                       |
|                         | 氾濫             | はんらん                 | Hanran                      | あめが たくさんふり、 かわ<br>の みずが あふれること             | Flooding                                    |
|                         | 浸水             | しんすい                 | Shinsui                     | いえの なかに みずが<br>はいること                       | Inundation                                  |
| Life<br><br>生活          | ライフ<br>ライン     | らいふ<br>らいん           | Lifeline                    | すいどう、 でんき、<br>がす、 でんわなど                    | Essential<br>utilities,<br>necessities      |
|                         | 断水             | だんすい                 | Dansui                      | すいどうを つかうことが<br>できません                      | Water outage                                |
|                         | 給水             | きゅうすい                | Kyuusui                     | みずを もらう ことが<br>できます                        | Water supply<br>/water service              |
|                         | 非常食            | ひじょう<br>しょく          | Hijou-<br>shoku             | さいがいの ときの ために<br>じゅんびしておく たべもの             | Emergency food                              |
|                         | 救援<br>物資       | きゅうえん<br>ぶつし         | Kyuuen-<br>busshi           | さいがいなどで こまった<br>ときに、ただで もらえる<br>もの         | Relief supplies                             |
|                         | 炊き出し           | たきだし                 | Takidashi                   | ごはんや あたたかい<br>のみものを もらうことが<br>できます         | Soup kitchen/<br>food provision             |
|                         | 配給             | はいきゅう                | Haikyuu                     | たべものなどを ただで<br>くばること                       | Distribution of<br>aid                      |
|                         | 被災者            | ひさいしゃ                | Hisaisha                    | さいがいを うけたひと                                | Disaster victim                             |
|                         | 罹災<br>証明       | りさい<br>しょうめい         | Risai-<br>shoumei           | さいがいに あったことを<br>しょうめいするもの                  | Proof of being<br>affected by a<br>disaster |
|                         | 仮設<br>住宅       | かせつ<br>じゅうたく         | Kasetsu<br>jyuutaku         | さいがいで いえが なくなっ<br>たとき、いちじてきに<br>すむことが できます | Provisional<br>housing                      |
| 備蓄品                     | びちくひん          | Bichikuhin           | さいがいの ときの ために<br>じゅんびしておくもの | Emergency<br>stockpile                     |                                             |

# Personal Data Necessary for Disasters

## きんきゅうこじん かーど 緊急個人カード

Make your evacuation card and put it in your bag!

ひなん かーど さくせい かばん い  
避難したときのために、カードを作成しカバンなどに入れておきましょう！

|                                                                                            |  |                                                                        |  |
|--------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------|--|
| Name <small>なまえ</small><br>名前                                                              |  |                                                                        |  |
| Language <small>げんご</small><br>言語                                                          |  | Nationality <small>くに</small><br>国                                     |  |
| Date of Birth<br><small>せいねんがっぴ</small><br>生年月日                                            |  | Blood Type<br><small>けつえきがた</small><br>血液型                             |  |
| Address,<br>Phone Number<br><small>じゅうしょ でんわばんごう</small><br>住所と電話番号                        |  |                                                                        |  |
| Passport No.<br><small>ばすぽーと</small><br>パスポートNo.                                           |  | Name and Map of Evacuation Site<br><small>ひなんばしょ ちず</small><br>避難場所の地図 |  |
| Residence Card<br>No.<br><small>ざいりゅうかーど</small><br>在留カードNo.                               |  | Name:                                                                  |  |
| Family Members'<br>Names,<br>Contact Details<br><small>かぞく なまえ れんらくさき</small><br>家族の名称と連絡先 |  |                                                                        |  |
| Workplace<br>Contact Details<br><small>きんむさき なまえ れんらくさき</small><br>勤務先の名称と連絡先              |  |                                                                        |  |
| Overseas<br>Contact Details<br><small>がいこく れんらくさき</small><br>外国の連絡先                        |  |                                                                        |  |
| Embassy or<br>Consulate Info<br><small>りょうじかん たいしかん</small><br>領事館・大使館                     |  |                                                                        |  |
| Municipal Office<br><small>しちょうそんやくば</small><br>市町村役場                                      |  |                                                                        |  |

# Useful Japanese にほんご 日本語で伝える

<Show the following when in trouble これを見せて伝えましょう>

| <p>Situation <small>ばめん 場面</small></p>                                                                                                                 | <p>What to Say <small>つた ことば 伝えたい言葉</small></p>                                                                                                                                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>If you do not know where the evacuation shelter is.</p> <p><small>ひなんじょ ばしょ</small><br/>避難所の場所がわからないとき</p>                                          | <p><b>Watashi wo hinanjo ni tsureteitte kudasai</b></p> <p>(Please take me to an evacuation shelter.)</p> <p><small>わたし ひなんじょ</small><br/>私を避難所に連れて行ってください。</p>                                                                                                                                                         |
| <p>If you are in trouble because you are terribly sick or injured.</p> <p><small>おお びょうき</small><br/>大きな病気やけがをして<br/><small>こま</small><br/>困っているとき</p> | <p><b>Kega wo shiteimasu</b><br/>(I am injured.) けがをしています</p> <p><b>Byouin ni tsureteitte kudasai</b><br/>(Please take me to a hospital.)</p> <p><small>びょういん</small><br/>病院に連れて行ってください。</p> <p><b>Kyuukyuusha wo yonde kudasai</b><br/>(Please call an ambulance.)</p> <p><small>きゅうきゅうしゃ</small><br/>救急車を呼んでください。</p> |
| <p>If the train or bus stops.</p> <p><small>でんしゃ ばす と</small><br/>電車やバスが止まったとき</p>                                                                     | <p><b>Itsu ugokimasuka?</b><br/>(When will it (the bus/train) run again?)</p> <p><small>うご</small><br/>いつ動きますか?</p> <p><b>Watashi wa ○○made ikimasu ga, doshitara iidesuka?</b><br/>(I want to go to ○○, what should I do?)</p> <p><small>わたし</small><br/>私は○○まで行きますが、<br/>どうしたらいいですか?</p>                              |
| <p>When you want to find a person who can speak English.</p> <p><small>えいご ひと さが</small><br/>英語がわかる人を探して<br/><small>つた</small><br/>伝えたいとき</p>          | <p><b>Komatteimasu. Eigo ga hanaseru hito wa imasuka?</b><br/>(I am in trouble. Is there someone who can speak English?)</p> <p><small>こま えいご はな ひと</small><br/>困っています。英語が話せる人はいますか?</p>                                                                                                                                |

## Disaster Language Volunteers

Nara Prefecture International Citizens Support Center is recruiting “volunteer interpreters and translators” to support foreign residents and tourists in the event of major disasters in or around Nara Prefecture.

### 【Activity Details】

- ◇ Responding to inquiries from foreign disaster victims (at evacuation centers, consultation desk, and by phone)
- ◇ Interpretation and translation of disaster information
- ◇ Collection and distribution of disaster information for foreign victims, etc.



Please see our website for more information. <https://www.pref.nara.jp/67810.htm>

## Consultation Service for Foreign Residents

We offer consultations for foreign residents in Nara regarding any worries or problems you may have in your daily life. Consultation is available face to face, by telephone or on the web. All consultations are free and confidential.

### 【Telephone Number for Consultation】 0742-81-3420

- Consultation Hours: Monday to Friday, and Sundays 9 am - 5 pm  
(Closed Saturdays, national holidays and New Year period)  
(Sunday consultations will begin in April 2025.)

#### ■ Available Languages for In-person Consultation :

Japanese Monday – Friday and Sundays (Sunday consultations will begin in April 2025.)  
English Tuesday / Vietnamese Wednesday / Chinese Thursday

#### ■ Available Languages for In-person Consultation via Automatic Translation System:

Korean, Vietnamese, Nepali, Indonesian, Tagalog, Thai, Spanish, Chinese, Portuguese and English (Monday - Friday and Sundays)

Please see our website for more information.

<https://www.pref.nara.jp/31742.htm>



## Issued by Nara Prefecture International Citizens Support Center

Address: (2nd Floor, Silkia Nara) 8-1 Sanjo Honmachi, Nara City  
3-minute walk from the West Exit of JR Nara Station  
TEL: 0742-81-3320 FAX: 0742-81-3321

