

Languages Spoken

Nationality

Name



Disaster Prevention Pocket Guidebook

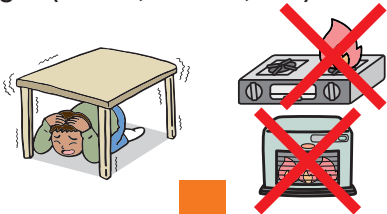
Fill in the necessary information and keep this book with you at all times.

English

During an earthquake



- Get under something sturdy (a table, etc.) and protect your head/body.
- When shaking stops, turn off the gas (stoves, heaters, etc.).



Check your surroundings and, if it is no longer safe to stay in your home, evacuate.

Disaster Emergency Message Dial (171)

In times of disaster, you can use this to communicate with your family.

How to Use

Confirm Your Safety

Confirm the Safety of Others

Dial 1 7 1

Press 1

Enter your phone No.

Record a message

Press 2

Enter your family's phone No.

Play back the message

Follow the instructions of the prompt

During typhoons/heavy rain/landslides

- Check local weather information.
- Put away anything that could be blown away by strong winds.
- Do not go outside.
- Do not go near mountains/streams.
- Check your location on a hazard map.



Evacuate if an evacuation order is issued.



Evacuation Sites/Shelters



Evacuation Site

A place you can evacuate to protect yourself during disasters

Evacuation Shelter

A place you can evacuate to temporarily when your home becomes unsafe due to a disaster



Check a hazard map and record the name of your nearest evacuation site/shelter.

During an earthquake

During typhoons/heavy rain/landslides



Android



iOS/iPhone

Safety tips (Japan Tourism Agency)

Apps

Radio

NHK-FM 87.4MHz (Nara City area)
83.4MHz (Ikoma City area)
89.0MHz (Gojo City area)
88.5MHz (Uda City area) etc.

Nara Dot FM 78.4MHz

FM814 (haiho) 81.4MHz (Oji Town area)

FM YAMATO 77.5MHz (Chunawa area)

FM Mahoroba 79.5MHz (Tawaramoto Town area)

For Info Gathering

What to Bring to an Evacuation Site (Stockpile/Evacuation Kit)

- ☐ Drinking water
- ☐ Food
- ☐ Cash
- ☐ Passport
- ☐ Residence Card
- ☐ Flashlight
- ☐ Radio
- ☐ Charger, mobile battery ,etc.



* Keep these items in a place you can easily access during a disaster.





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Please use this space for other note-taking as needed.

Notes



Emergency Contact Info



- In case of fire/medical emergency



Fire Dept./ Ambulance

1 1 9



- In case of an incident/accident

Police

1 1 0



- Phone No. of Local Municipal Office

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● Emergency Contact (1)

Name

Telephone No.

Relationship

● Emergency Contact (2)

Name

Telephone No.

Relationship

My Info



Address

〒 -

Telephone No.

() -

Passport Number or Residence Card Number



Point-And-Speak Phrases ②

- Is there someone who can speak English?
英語を話せる人はいいますか？
- Please speak more slowly.
ゆっくり話してください
- Where is the restroom?
トイレはどこですか
- I have an allergy.
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



Point-And-Speak Phrases ①

- Please take me to an evacuation shelter.
避難所に連れて行ってください
- Please help me.
助けてください
- I am hurt/injured.
けがをしています
- I feel sick.
体調が悪いです
- Please take me to a hospital.
病院に連れて行ってください
- Please call an ambulance.
救急車を呼んでください