



## 緊急カード

# Emergency Card

- Please keep this card on your person at all times in case of an emergency.
- Speak slowly and clearly when making a phone call.

- 
- ① . . . ● Useful Information
  - ② . . . ● “Pointing” Guide in Cases of Emergency
  - ③ . . . ● Initial Stages of Fire Fighting
  - ④ . . . ● Fire
  - ⑤ . . . ● Sudden illness or injury
  - ⑥ . . . ● Words to express having an illness or injury.
  - ⑦ . . . ● Earthquake
  - ⑧ . . . ● What to take when evacuating.
  - ⑨ . . . ● Storm Surge · Tsunami
  - ⑩ . . . ● Heavy Rain / Typhoons
  - ⑪ . . . ● When Weather Warnings / Evacuation Notices come from towns and cities
  - ⑫ . . . ● How to Make the Emergency Card

● 公益財団法人 愛媛県国際交流協会 ● URL <http://www.epic.or.jp>

● Ehime Prefecture International Center

● 住所：松山市道後一万1-1 ● Address 1-1 Dogoichiman, Matsuyama

● 電話：089-917-5678 ● Phone 089-917-5678

# ① Useful Information



## Safety Tips (5 言語対応) **Safety Tips (5 Languages)**

Weather information, information on public transport, medical facility information, evacuation center information and other related links are available. This is a smartphone application.

※ Download for Android

<https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android>

※ Download for ios

<https://itunes.apple.com/jp/app/safety-tips/id858357174?mt=8>



在日大使館や領事館のリスト (2 言語対応)

## **List of Embassies and Consulates in Japan (2 Languages)**

<https://www.mofa.go.jp/mofaj/link/embassy.html>



JNTO(日本政府観光局) (16 言語対応)

## **JNTO(Japan National Tourism Organization)** (16 languages)

Information on the weather and public transport. A list of related links is also available.

<https://www.jnto.go.jp/>



NHK ワールド テレビ&ラジオ (18 言語対応)

## **NHK World TV & Radio** (18 languages)

<https://www3.nhk.or.jp/nhkworld/>



NHK NEWS WEB EASY(やさしい日本語対応)

## **NHK NEWS WEB EASY** (Includes Yasashii (Easy) Japanese)

<https://www3.nhk.or.jp/news/easy/>



ひめシェルター  
(5言語対応)

## Hime Shelter (5 languages)

There is information available on Ehime's disaster prevention measures and evacuation areas. This is a smartphone application.

※ Download for Android

<https://play.google.com/store/apps/details?id=jp.ehime.pref.bousai&hl=ja>

※ Download for ios

<https://itunes.apple.com/jp/app/id1361507813?ls=1&mt=8>



愛媛県(5言語対応)

## Ehime Prefecture (5 languages)

<https://www.pref.ehime.jp/>



## Google パーソンファインダー Google Person Finder

You can confirm the safety of your friends and family.

<https://www.google.org/personfinder/global/home.html>



災害時の公衆無線 LAN

## The Public Radio LAN

You can use the SSID "00000 JAPAN" for free during disasters.

えひめ医療情報ネット(2言語対応)

## Ehime Medical Information Net (2 Languages)

<https://www.qq.pref.ehime.jp/qq38/qqport/kenmintop/>



気象庁(2言語対応)

## Japan Meteorological Agency (2 Languages)

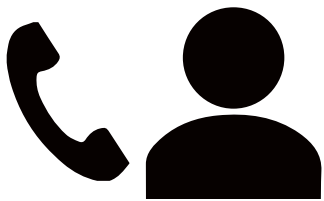
<https://www.jma.go.jp/jma/index.html>



## ② “Pointing” Guide for Emergencies

● 「このカードを受け取ったら、必要に応じて、(警察署)(消防署)(避難所)(市役所)(家族・友人・知人)へ (連絡してください)(連れて行ってください)」と書いてあります。

● It says “After receiving this card, please (contact) (take the individual to) the (police station) (fire department) (evacuation area) (city hall) (their family) (their friend).”



連絡してください  
Please contact ...



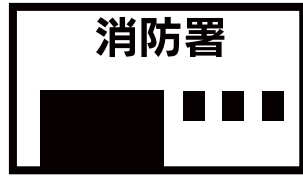
連れて行ってください  
Please take the individual to ...



警察署

警察署

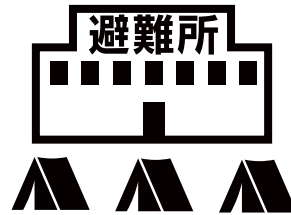
Police  
Station



消防署

消防署

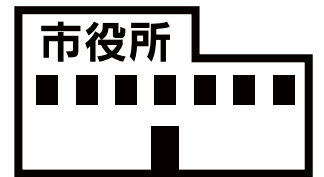
Fire  
Department



避難所

避難所

Evacuation  
Area



市役所

市役所

City Hall



家族

Family



友人

Friend



知人

Acquain  
tance

電話番号 Phone Number

—

—

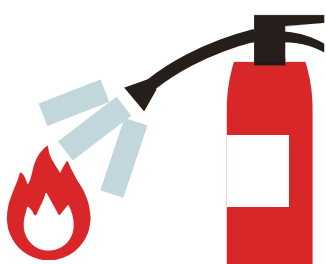
—

—

### ③ Initial Stages of Fire Fighting



Loudly call for help from those nearby.



Put out the fire while it is still small. Use a fire extinguisher.



If the fire reaches the ceiling, quickly evacuate the area.



Do not use the elevator when evacuating the area.



Lower your body while evacuating if there is a lot of smoke.

# ④ Fire

119



The green Romanized text section represents Japanese.  
If you pronounce these as written, you will sound as though you are speaking Japanese.



Fire Department



You

- 火事ですか、救急ですか？
- **Kaji desuka, kyūkyū desuka?**  
(Are you reporting a fire or emergency?)

- 火事です。
- **Kaji desu.**  
(Fire.)

- 場所はどこですか？
- **Basho wa doko desuka?**  
(Could you give me the location?)

- ○○○です。近くに○○○があります。
- ○○○**desu.**  
**Chikaku ni ○○○ ga arimasu.**  
(It is ○○○. There is a ○○○ nearby.)

- 何が燃えていますか？
- **Nani ga moete imasuka?**  
(What is on fire)
- 怪我や逃げ遅れた人はいませんか？
- **Kega ya nigeokureta hito wa imasenka?**  
(Is anyone injured or has not evacuated yet?)

- ○○○が燃えています。
- ○○○**ga moete imasu.**  
(The○○○ is burning.)

- あなたの名前を教えてください。
- **Anata no namae wo oshiete kudasai.**  
(Please give me your name.)

- います。 / いません。
- **imasu. / imasen.**  
(Yes. / No.)

- 電話番号を教えてください。
- **Denwabangō wo oshiete kudasai.**  
(May I have your phone number?)

- 私の名前は○○○です。
- ○○○**desu.**  
(My name is ○○○.)

- 私の電話番号は○○○です。
- **desu.**  
(My number is ○○○○-○○○-○○○)

5

# Sudden illness or injury

119



The green Romanized text represents Japanese.

When pronounced, it should sound as though you are speaking Japanese.



Fire Station



You

- 火事ですか、救急ですか？
- **Kaji desuka, kyūkyū desuka?**  
(Are you reporting a fire or an emergency?)

- 救急です。
- **Kyūkyū desu.**  
(Emergency.)

- 場所はどこですか？
- **Basho wa doko desuka?**  
(Could you give me the location?)

- ○○○です。近くに○○○があります。
- ○○○**desu.**  
**Chikaku ni ○○○ ga arimasu.**  
(It is ○○. There is a ○○ nearby.)

- どうしましたか？
- **Dō shimashitaka?**  
(What happened?)

Please refer to ⑥

**Word describing a sickness or injury** → ⑥

- あなたの名前を教えてください。
- **Anata no namae wo oshiete kudasai.** (Please give me your name.)

- 私の名前は○○○です。
- ○○○ **desu.**  
(My name is ○○○.)

- あなたの電話番号を教えてください。
- **Anata no denwabangō wo oshiete kudasai.**  
(May I have your phone number?)

- 私の電話番号は○○○です。



- **desu.**  
(My number is ○○○○-○○○-○○○○)

6

# Words to express having an illness or injury.



The green Romanized text represents Japanese.

When pronounced, it should sound as though you are speaking Japanese.

- けがをしています。( I/they am/are injured. ) ● Kega wo shite imasu.
- 体調が悪いです。( I/they do not feel well. ) ● Taichō ga warui desu.
- 意識がありません。( They are unconscious. ) ● Ishiki ga arimasen.
- 呼吸をしていません。( They are not breathing. ) ● Kokyū wo shite imasen.
- 薬を飲んでます。  
( I/they am/are taking medicine. ) ● Kusuri wo nonde imasu.
- アレルギーがあります。( I/they have an allergy. ) ● Arerugi ga arimasu.
- 妊娠しています。( I/they am/are pregnant. ) ● Ninshin shite imasu.

音声翻訳アプリ『VoiceTra』

## Voice Translation App 『VoiceTra』

This application will translate what you say into another language.  
(31 applicable languages)

※Download for Android

<https://play.google.com/store/apps/details?id=jp.go.nict.voicetra>

※Download for ios

<https://itunes.apple.com/jp/app/id581137577?mt=8>





# 7 Earthquake



**An earthquake occurs**

**Shaking has stopped**

**Ensure your safety**

**Confirm exits**

- Hide under a sturdy desk or table.
- If there is no desk to hide under, protect your head with an item such as a backpack or cushion.
- Avoid glass windows or large shelves.
- Do not panic and run outside.

- Open doors or windows.
- If in a hotel or other commercial facility, follow the instructions of the staff.

ひめシェルター  
(5言語対応)

**Hime Shelter (5 Languages)**

Contains natural disaster prevention and evacuation site information based in Ehime. This is a smart phone application.

※ Download for Android

<https://play.google.com/store/apps/details?id=jp.ehime.pref.bousai&hl=ja>

※ Download for ios

<https://itunes.apple.com/jp/app/id1361507813?ls=1&mt=8>



When there is an evacuation notice or a risk of house collapse.

Please refer to ⑪  
When Weather Warnings /  
Evacuation Notices come  
from towns and cities → ⑪



Please be careful of aftershocks.



Confirm if  
there are fires

- Close any gas valves.



Check for recent  
accurate news.

- Gather accurate, up to date information using your TV, radio, internet and/or smartphone.

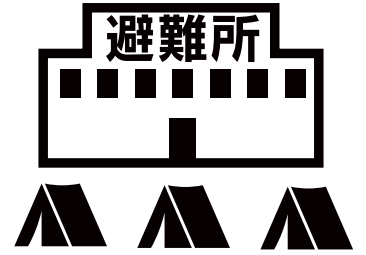
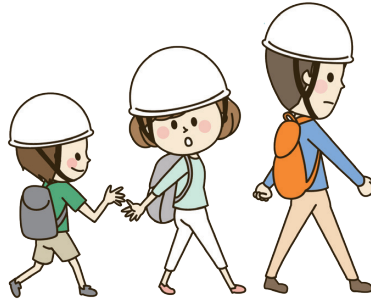
Please refer to ③  
Initial Stages of  
Fire Fighting → ③



Please refer to ①  
Useful  
Information → ①



- ※ Do not overexert yourself. However, help others when possible.
- ※ If you need help you should not hesitate to call for help from others.



## Evacuate

- Lock your doors and windows.
- Turn off all electricity, gas and water.
- Take your “evacuation supply bag” and leave the premises.
- Use athletic or sturdy shoes.
- Do not use the elevator.
- If driving a vehicle, park on the left side of the street. Leave your key inside. Do not lock the door.

Please refer to ⑧

**What to take when evacuating.**



## Where to Run

### ● Evacuation Shelter

● You can use these facilities when a natural disaster is likely to hit or has hit. Anyone can use these facilities. You may stay at the facility until it is safe. If your house has been heavily damaged, can no longer be lived in or is dangerous to live in, please go to the shelter. It is recommended to confirm where nearby evacuation shelters are beforehand.

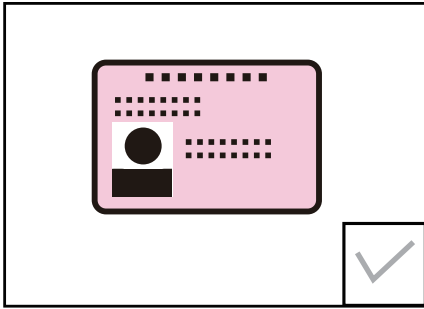
(Example) Schools, school gymnasiums, community centers, public facilities, etc.

8

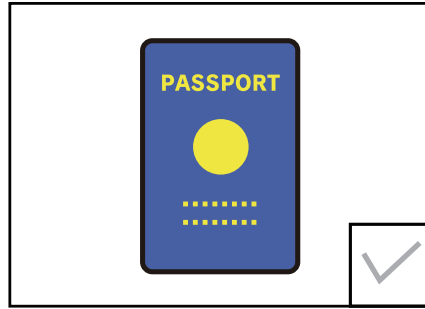
# What to take when evacuating.



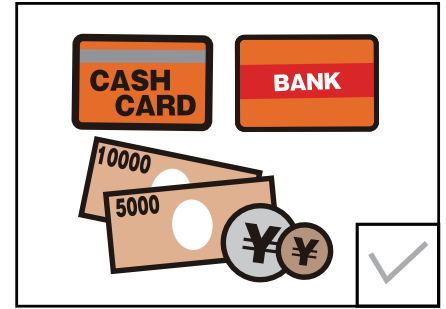
- Make sure both hands are free.
- Place your belongings in a backpack. Please be prepared.



● Residence Card

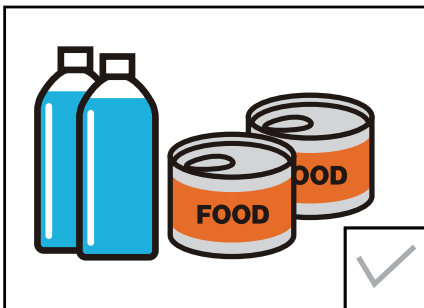


● Passport

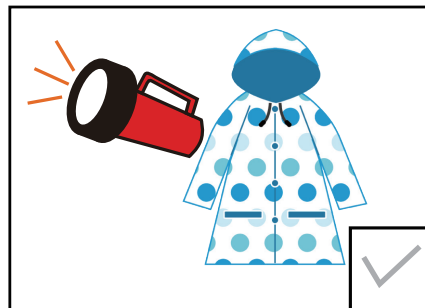


- Cash Card
- Bank Book
- Cash

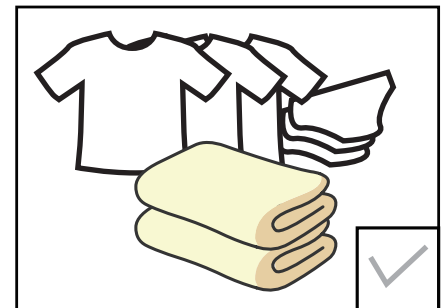
- Try to also carry 10 and 100 yen coins.



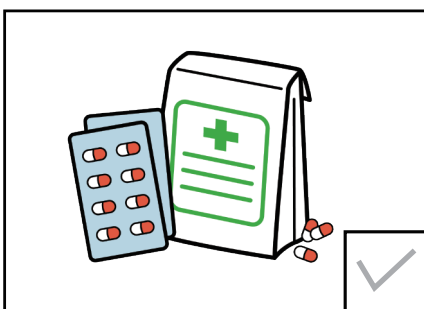
● Water / ● Food



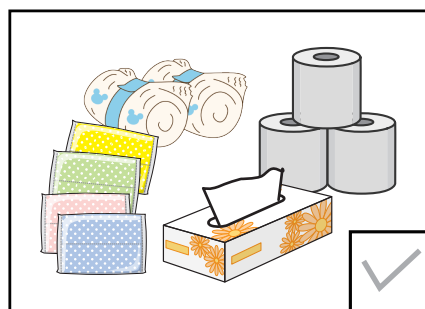
- Flashlight
- Rain Gear



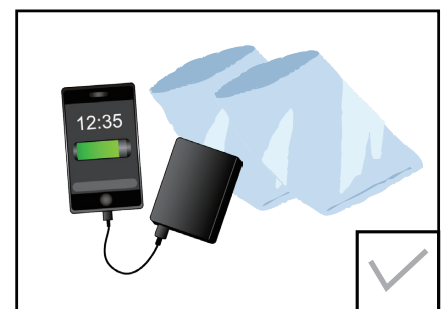
- Change of Clothes
- Towel



● Medicine You are Taking

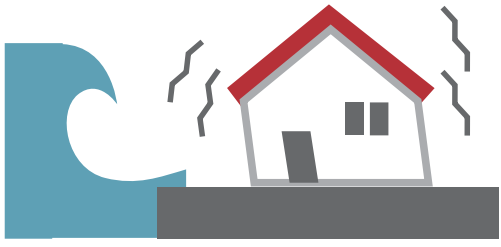


- Disposable Diapers / ● Tissues
- Sanitary Supplies



- Plastic Bags
- Cell-phone Charger
- …etc.

## ⑨ Storm Surge • Tsunami



- Japan has many earthquakes throughout the year. A tsunami may occur during an earthquake in areas near the ocean.

- If a typhoon comes, dangerously large waves may come in from the ocean. After an earthquake, dangerously large waves may come in from the ocean. Please stay away from the ocean or any rivers that are near the ocean.

### Tsunamis During an Earthquake

---



- Evacuate to a highly elevated area if near the ocean.



- A tsunami may occur even if the ground is not shaking.



- Multiple tsunamis may occur.

---

# ⑩ Heavy Rain / Typhoons



## Heavy Rain

---



- Water might leak into your house. Do not go near rivers, the ocean or mountains when there is a heavy downpour of rain. The amount of water will drastically rise and potentially reach dangerous levels. Large rocks or sand/gravel may come falling down from mountains.

## Typhoon

---



- Typhoons often occur between summer and autumn. Large amounts of rain will fall during a typhoon. Strong winds will blow. Objects may come flying towards you. Please be careful of flying objects.

Please refer to ①



**Useful Information** → ①

# When Weather Warnings / Evacuation Notices come from towns and cities



● “Weather Warnings” will be sent out when there is a chance of a large scale natural disaster.

<b>特別警報</b> Special Warning	There is risk of a large natural disaster. Please abide to the information provided from the city/town.
<b>警報</b> Warning	The situation is dangerous. There is risk of a natural disaster occurring.
<b>注意報</b> Storm Watch	There is a chance of a natural disaster occurring.

Danger

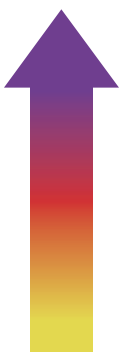
High



Low

<b>大津波警報</b> Large Tsunami Warning	Individuals near the ocean or river should evacuate to an area with high elevation as fast as possible.
<b>津波警報</b> Tsunami Warning	Please evacuate to a highly elevated location as fast as possible.
<b>津波注意報</b> Tsunami Storm Watch	Distance yourself from the ocean.

High



Low

● There will be a notice for “City and Town Responses” when there is a chance of a large natural disaster occurring.

<b>避難指示</b> Evacuation Instructions	The situation is very dangerous. Please evacuate to an evacuation shelter as fast as possible.
<b>避難勧告</b> Evacuation Notice	The situation is dangerous. Please evacuate to an evacuation shelter before nighttime. If water has entered your house, please evacuate to an area higher than the second floor.
<b>避難準備</b> Evacuation Preparation	You may use the evacuation shelter. Foreigners who are not fluent in Japanese should begin preparing for evacuation. Confirm where the nearest evacuation shelter is.

High



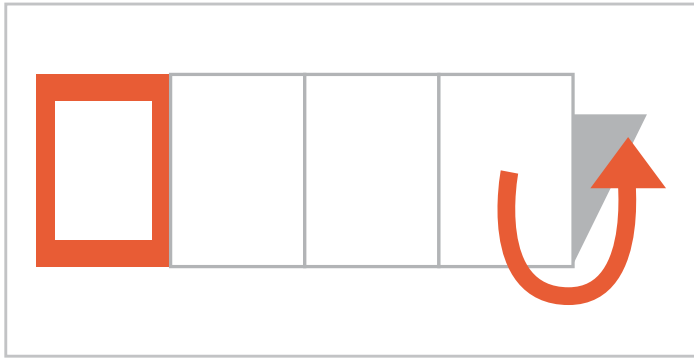
Low

12

# How to Make the Emergency Card

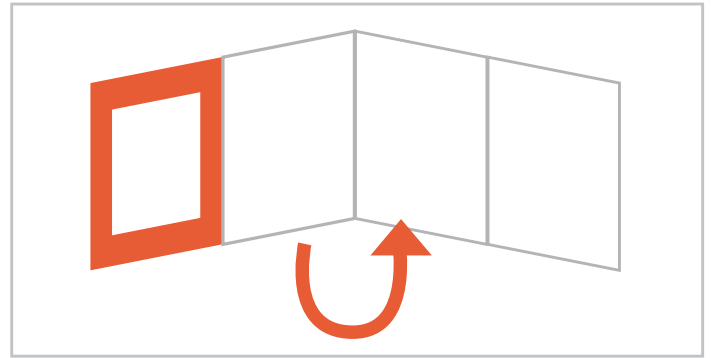


1



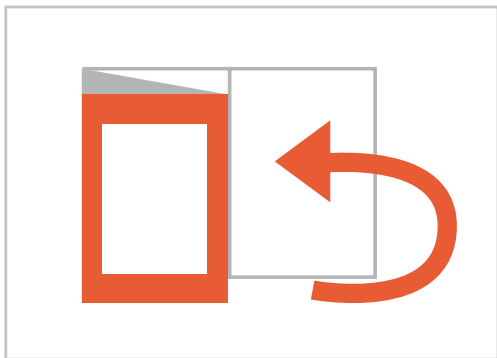
- Fold along the dotted line (- - -) in the center.

2



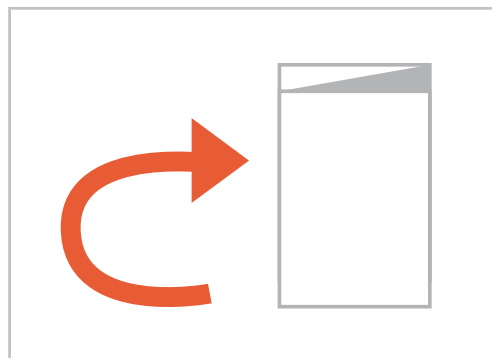
- Fold along the dotted line (- - -) in the center.

3



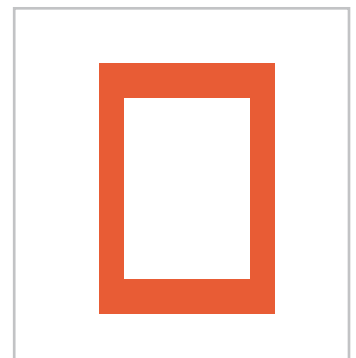
- Fold half of the card to the outside.

4



- Fold the opposite side in half.

5



- Complete.

- 
- Please keep this card on your person at all times in case of an emergency.
  - Speak slowly and clearly when making a phone call.
  - These efforts are sponsored by the Council of Local Authorities of International Relations (CLAIR).