

英語版  
English

**Super**

**Ishioka city**

# Disaster



## Handbook

Please read !

Please think !

Be prepared now !



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## [Preface]

Many disasters such as earthquakes, river floods and nuclear accidents occur in Japan. Even in Ishioka City, we must always prepare for disasters.

Through this handbook, foreigners who live in Ishioka City should think about the basic of disaster prevention, and reflect further of their own "disaster prevention".

Mayor of Ishioka, Fumihiko Imaizumi.

### **"5 items to keep in mind about disaster prevention."**

#### **1 "Be ready" is the basic mindset of disaster prevention**

The positive attitude towards disaster prevention will further reduce problems. "Be ready" This mindset is the basis for living.

#### **2 Mind preparation to minimise disasters.**

What is common in disasters is a sudden occurrence without notice. It is important that you be prepared against disasters and think about your own disaster prevention measures.

#### **3 Helping yourself first can help protect your friends and family in the event of a disaster**

Helping yourself first can help protect your friends and family in the event of a disaster, your own preparation is the key.

#### **4 Learn from past events and prepare for the future**

Records of past disasters include lessons previously learned and important advice. If you learn from past events, it will lead to preparing for the future.

#### **5 First hour saves lives**

During the first hour after a disaster is the most valuable time to protect lives. The basis of disaster prevention is to not lose your life first.

※This handbook is a translation of the original [Ishioka City "Super" Disaster Handbook](#) focusing on the practical part. For further details please see the original or contact the Ishioka City Disaster Management Division.

# Emergency telephone number.

Fire, injury, sudden illness.

1 1 9

Connects to the fire and ambulance departments.

119番



- ※Provide the address and landmark of where you are.
- ※Call only in case of an emergency.
- ※They will answer in Japanese.

Accident / incident.

1 1 0

Connects to the police station.



- ※Provide the address and the landmark of where you are.
- ※They will answer in Japanese.

How to call the fire and ambulance department / police station.

- ② 「(kaji • kega • jiko) desu」 "Fire, Injury, Accident"
- ② 「ishiokashi..... choume.....ban.....gou desu。  
.....kouminkannochikakudesu」  
" I am at....., it is near the public hall." (Please give a landmark)
- ③ 「.....ga (moeteimasu • kegashiteimasu • jikodesu)」  
".....is burning • Someone is injured •  
There has been an accident"
- ④ 「watashino namaewa..... desu。 denwa wa. ....- ..... desu。」  
"My name is ..... and my telephone number is ....."

I want to know about the evacuation destination.

I want to know about the water supply place etc.

I want to know everything about disasters.

0299 23 1111

Connects to the city hall.



- ※Evacuation centers and water supply places can also be checked from the multilingual correspondence [city website](#).
- ※They will answer in Japanese.

# [Disaster Prevention Manual]



10th Sept 2015 Heavy rain in Ishioka City.



Buildings damaged by the Great East Japan Earthquake.

# [What to do in the event of a big earthquake?]



1 minute after the earthquake

3 minutes after the earthquake

Major earthquake happens

Protect yourself

Secure your exit

## Earthquake Early Warning

Listen for the disaster prevention public announcement and check the television, radio, mobile phone etc. when the shake of seismic intensity is expected to be 5 or more.

Imagine the occurrence of an earthquake and think about what actions and caution points you need to consider.

## If a major earthquake occurs in the workplace

Major earthquake occurrence

1 minute after the earthquake

Protect yourself

5 minutes after

Check for fire

10 minutes after

Evacuate from building

~1 hour after

Go to the evacuation center/home

- ✓ Check the evacuation center near the workplace in advance
- ✓ Keep in touch with your family using the "Disaster Message System" etc.



5 minutes after the earthquake

**Prevent a fire**  
Check where a fire could start /  
turn breaker off



7 minutes after the earthquake

**Confirm correct information on radio etc.**



10 minutes to 1 hour after the earthquake

**Confirm the situation of your home and neighborhood**

**Establish an evacuation center**

All evacuation centers will be set up with an earthquake measuring a seismic intensity of 5 or more. You should check evacuation centers.

**Go to the evacuation center**

**Home evacuation**

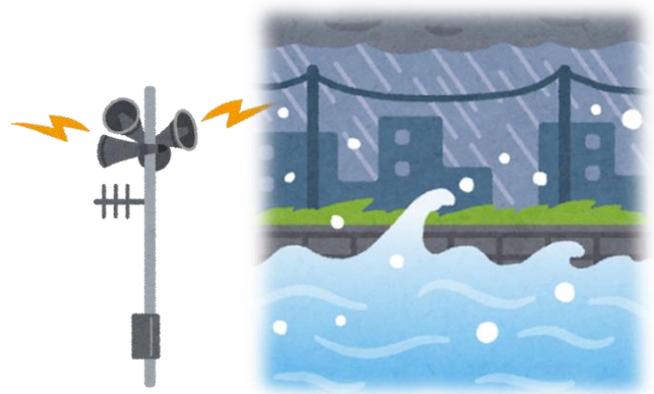
**If a major earthquake occurs in a different situation.**

- ✓ When you are at the supermarket or department store.  
Follow the instructions of the store clerk.
- ✓ When driving a car  
Put the car on the left-hand side of the road and evacuate with the key in the ignition.
- ✓ While walking on the street.  
Pay attention to collapsing buildings and falling objects and evacuate to a safe place.

# [What to do in the event of a typhoon?]



24 hours before



12 hours before

Weather information	<b>Warning</b> (Heavy rain • Strong wind • Flood • Lightning)	<b>Announcement</b> (Heavy rain • Windstorm • Flood)
Evacuation information	<b>Evacuation preparation • Evacuation starting for the elderly etc.</b>	
What to do in an evacuation	<b>Confirm weather information</b> Confirmation of evacuation area Check around your house Do not go to hazardous places	<b>Evacuation preparation</b> ・・・Preparation for emergency carry-out items • Contact family members <b>Evacuation for the elderly started</b> ・・・(Elderly, people with disabilities, infants etc.) Start early evacuation

**Early evacuation!**

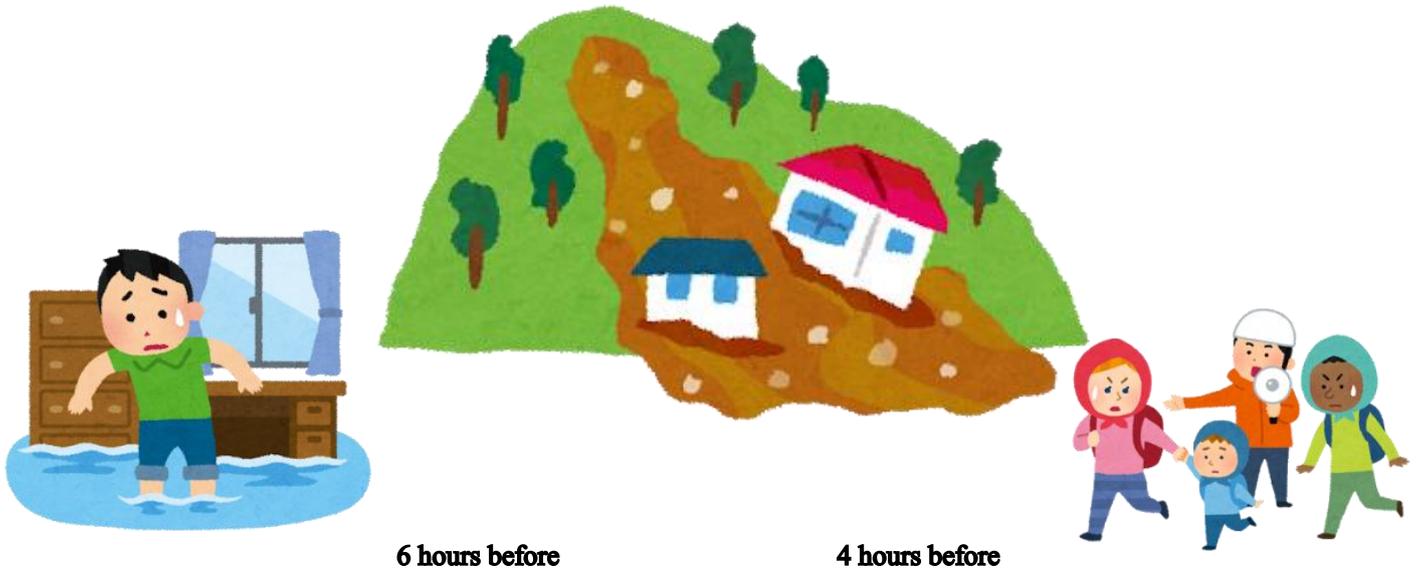
•Evacuate in the daytime in case of a forecast of heavy rain in the middle of the night.

Imagine the occurrence of a typhoon and think about what actions and caution points you need to consider.

"Bousai Ishioka" Telephone Service

If you want to check the contents of the broadcast from the Disaster prevention announcement, you can check the broadcast information within 24 hours on a toll-free number.

**0120-99-6907**



What to do in an evacuation	Evacuation starts . . . Please take evacuation action when evacuation recommendation is issued. Please start evacuation in the <b>landslide-related disaster warning area</b> .	Evacuation finished . . . Please take action to <b>protect yourself</b> when you hear the emergency warning. <b>If you cannot evacuate</b> , please evacuate indoors to a room on the ground floor and away from cliffs.
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**Landslide-related disaster warning area**

There are 98 prefectural designations at various locations in the city.  
[Landslide \(see disaster hazard map\).](#)

**Note!**

Weather information and evacuation information are not necessarily issued in this order. Evacuate by checking the information, then decide and act by yourself.

Other information to be noted (You will be informed by the disaster prevention announcement)

**Heavy downpour information**

It is announced when heavy rain exceeding 100mm is expected per hour.

**Tornado caution information**

Announced at the stage when tornado and other weather conditions are likely to occur.

# [What to do in the event of a fire?]

119番



Fire occurrence •  
Fire detection

Notify everyone  
around you  
Call 119

Extinguish  
the fire

Evacuate when  
the fire reaches  
the ceiling



How to call the fire department

② 「kajidesu」 "Fire"

② 「ishiokashi .....choume .....ban .....gou desu。  
.....kouminkann no chikakudesu」

" I am at ....., it is near the public hall." (Please give a landmark).

③ 「..... ga moeteimasu」 ".....is burning."

④ 「watashi no wa .....desu。denwa wa .....desu。」

"My name is ..... and my telephone number is ....."

Preventing a fire ..

Do not leave things around the house.

When you leave the kitchen, turn off the fire.

Be careful not to forget to extinguish cigarettes.

Do not connect a lot of electrical appliances to one outlet.

Do not leave anything near the stove.

Do not place matches or lighters where children can reach them.

# [Secure essential utilities]

## (water, electricity, and contact with family)

### [What to do if there's no running water?]

At the time of the Great East Japan Earthquake,  
it took 3-7 days for the water supply to recover.

#### How to secure water in an emergency?

① Reserve water in each household from now on!

Reserve 3 liters of drinking water per person per day.

Reserve other water in the bath for cleaning etc.!



② People who provide well water in the event of a disaster!

Well water will be provided by those who are registered in the city's disaster cooperation well.

Check [Ishioka city's website](#) for details.



③ Get water at the water supply place!

Water is supplied from water supply vehicles and earthquake resistant water storage tanks at [18](#) locations including city designated evacuation centers.

**[How to manage without electricity or a telephone]**

**How do you contact an important person when you are in a disaster?**

Use the 'Disaster Message Board'!

	Fixed-line phone	<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-right: 10px;">1</div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-right: 10px;">7</div> <div style="border: 1px solid black; padding: 5px; display: inline-block;">1</div>	Recording a message→→→	<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-right: 10px;">1</div> <div style="border: 1px solid black; padding: 5px; display: inline-block;">Enter phone number</div>
			Play a message→→→	<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-right: 10px;">2</div> <div style="border: 1px solid black; padding: 5px; display: inline-block;">Enter the phone number you want to check</div>
	Mobile phone	<div style="border: 1px solid black; padding: 5px; display: inline-block;">From the top menu, open " さいがいはうでんごんぼん 災害用伝言板"</div>	Recording a message→→→	<div style="border: 1px solid black; padding: 5px; display: inline-block;">Select "登録"<sup>とろく</sup>, enter a message, select "Confirm"</div>
			Play a message→→→	<div style="border: 1px solid black; padding: 5px; display: inline-block;">Select "確認"<sup>かくにん</sup>, To check a message on your mobile of whom you want to check you can do this by entering their phone number.</div>

Trial "Disaster Message Board"!  
 Evacuation safety training dates . . . The 1st and 15th of every month, and 1st, 2nd and 3rd of January.  
 Disaster prevention week 30th August ~ 15th September.

**What do you do when the electricity becomes unusable after the earthquake?**

Think about electric countermeasures and cautions!

- ✓ Use LED lights or candles.  
 If you use a large candle you can use it all night.  
 Pay attention to places to put the candles as they may cause a fire.
  
- ✓ Do not touch broken wires  
 Please never touch broken wires.  
 It is also very dangerous if wires are in contact with signs, antennas, etc.



# [What to do in the event of a nuclear accident?]

Ibaraki prefecture has facilities related to nuclear power.

In the unlikely event of a nuclear accident, it's important to get correct information and check if the information is correct and act calmly.



**Nuclear accident**

**Correct  
information  
confirmation**

**Close doors and  
windows and  
move indoors**

**Evacuate  
according to  
instructions**

**Also check the weather forecast**  
Wind direction and rain after a  
nuclear accident  
Check the information.

Imagine the occurrence of a nuclear  
accident and think about what actions  
and precaution points you need to  
consider.

Examples of nuclear accident evacuation situations.

Keep your belongings to a minimum, and do not forget valuables, medicines, etc.

Reduce the exposure to the skin with a mask, hat, raincoat etc. to prevent internal exposure.

Location distance from Ishioka City and Tokai No. 2 power plant

In March 2015, Ibaraki Prefecture made "a wide area evacuation plan prepared for nuclear disasters". Depending on the situation of an accident, the people of Hitachinaka City would be evacuated to Ishioka City because they are within 30km from Tokai No. 2 Power Station.

If your work or school are within 30km, please follow the instructions from each local government.



Distance from Tokai No. 2 power plant to Ishioka City, approx. 34km

How to evacuate.

You may have to evacuate to another prefecture.

They will evacuate with a bus or a private car.

If using private cars, close the windows and let the air conditioner be set to interior mode.

Check gasoline on a regular basis.





# [What is an earthquake?]

**An earthquake** is when the ground is shaking.

Japan is a country with many earthquakes. We do not know when and where they will happen.

If the earthquake is strong, the following happens:

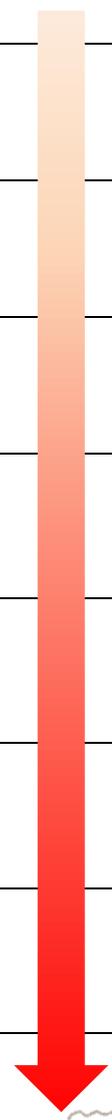
- The ground will shake and houses/buildings could be damaged. Outside fences/walls may collapse.
- Mobile phones are hard to connect.
- Essential utilities stop. (water and electric etc.)
- After a big earthquake there are aftershocks.



In Japan, the scale of the shake is measured with numbers.



Seismic intensity 1	Some people who are quiet in the room feel the tremors slightly.
Seismic intensity 2	More than half of the people quiet in a room feel the tremors.
Seismic intensity 3	Most of the people feel the room shaking.
Seismic intensity 4	Light fittings shake significantly.
Seismic intensity 5 Lower	Cookware and books on shelves may fall.
Seismic intensity 5 Upper	It is difficult to walk if you don't have any support. Unfixed furniture may collapse.
Seismic intensity 6 Lower	It will be difficult to stand. Wall tiles and window glass may break or fall.
Seismic intensity 6 Upper	Movement can only be done by crawling. Most of the unfixed furniture will move and more objects will collapse.
Seismic intensity 7	Many buildings will tilt and collapse.



Reference: Japan Meteorological Agency website  
("Seismic intensity and fluctuation situation")



# [Preparing for disaster now!]

## Preparing for disaster now!

Check your house!

- ✓ Review the placement of furniture!
- ✓ Secure furniture and ensure your safety!



## Make a habit to carry around when going out

As we do not know when and where a big disaster will occur, you should make a habit to carry these items:

- ✓ Hand-crank radio
- ✓ LED light



## Participating in emergency training drills

- ✓ In the city, "emergency training drills" are carried out.

【Local emergency drills】 ⇒ Carried out twice a year in your local community.

【Comprehensive disaster emergency drill】

⇒ Carried out once every three years for the whole city.

## Preparing your pets for disaster

Evacuate together in the event of a disaster! Discipline your pets daily and allow them to become used to a cage.

- ✓ Health care, discipline and training are important.

Prepare pet disaster-related goods i.e., 3 days' worth of pet food and prepare pet cages etc.

Pets should be disciplined at evacuation centers – educate your pets to be well mannered.



# [What is a Typhoon? (Explanation)]

There are many typhoons from July to September.

In the event of a big typhoon, it will rain heavily and strong winds will occur.

Rivers can overflow and the ocean can become rough.

Tiles can be blown off rooftops and signboards can be blown into the air.

Trains, buses and other public transport services stop running.

Strength of wind (Forecast Terminology)	Average wind speed (m / s)	Impact on people	situation of Outdoor and Tree
Slightly strong wind	10 or more & less than 15	Difficulty walking against the wind and umbrellas are unusable.	Trees starts to sway. The electric cable begins to sway
Strong wind	15 or more & less than 20	You cannot walk against the wind and people can fall down.	Signboards and tin sheets start to come loose.
Very strong wind	20 or more & less than 25	Difficulty to stand unless you are holding onto something.	Small trees break or can start to fall. Signboards will fall or be blown away.
	25 or more & less than 30		
Storm Gust	30 or more & less than 35	Outside is extremely dangerous.	Many trees collapse. Also, many things fall including utility poles and streetlights.
	35 or more & less than 40		
	40 or more		
	40 or more		

## Risk of landslide-related disasters

Heavy rain and typhoons can make soil soft/loose. Disasters occur near mountains and cliffs.

1. Mudslide (土石流) . . . Rocks and earth flow down the mountain rivers
2. Rock topple / Rock fall (がけくずれ) . . . Soil/rocks fall down from cliff
3. Landslide (地滑り) . . . A mass of earth that collapses

△Landslide disaster warning information (土砂災害警戒情報)

It will be announced when a landslide disaster could occur.

△Landslide disaster warning area (土砂災害警戒区域)

There are [98](#) designated high-risk landslide locations in the city.

# [Stockpile • Emergency carry-out items]

Prepare food and water (3 liters per person per day) for at least 3 days.

Prepare what you need according for your family by referring to the example below.

## What to bring when evacuating

Accessible items to take when evacuating. Pack easily accessible items in a backpack.

Food etc.	Drinking water Food (Dry bread, canned food, instant food etc.)		Clothes	Clothes, Underwear Clothes to wear when it is cold	
	Milk powder, baby bottle			Rain gear – Umbrella, raincoat	
	knife, can opener			Towel	
Medicine	Medicine in case of an emergency, prescription medicine		Indispensable items	Money, cash card Bankbook	
	Diapers, sanitary goods			Inkan seal	
	Tissues			Health insurance card ID card, passport Residence card	

Daily necessities	Work Gloves, gloves		Batteries
	Portable radio		Writing utensils (pen, pencil, memo)
	Flashlight		Lighter, matches
	Plastic bags		Protective hood, helmet
	Disposable heat packs		

**Things to always prepare at home**

Things to prepare for 3 days or more.

<p>Food etc.</p>	<p>Drinking water per person (3 liters per day). Instant food, canned food, dried bread, crackers, chocolate, candy, powdered milk etc.</p> 	<p>Portable stove, fuel, pans, chopsticks, paper plates, paper cups etc.</p> 
<p>Daily necessities</p>	<p>Flashlight, candles, lantern, radio, wet wipes/tissue, toilet paper, blankets, sleeping bag, water canister, newspaper, DIY tools.</p> 	
<p>Preparation for winter</p>	<p>Cardboard, blankets disposable heat packs, BBQ grill, newspaper. Heat insulation sheet.</p> 	

## [Discuss with family and community]

We do not know when and where a disaster will occur, so you should discuss with family and your community from day to day so that you can cooperate with each other under the idea of "protecting the community ourselves" in the event of a disaster.

Discuss with family.

How to contact with family and where to evacuate,  
Talk about the gathering place in case you are strayed.



Help your neighbors.

Everyone's strength is necessary in the event of a disaster.  
Get in touch with neighbors from now on.

# [Evacuation living. What is required?]

Evacuation centers are used to protect yourself from disasters,  
A place where people evacuate because of a damaged house  
due to a disaster.

Many people live together.

Spending time with other evacuees.



evacuation center sign

## Rules of life at evacuation centers

### Actively cooperate

The operation of evacuation centers is basically  
based on voluntary management by evacuees.

Actively cooperate according to the rules of communal life.



### Children and senior citizens

Children and senior citizens helping is also a great support.

### Management of hygiene and physical condition

When living in shared areas, colds are easy to spread,  
be careful and manage with your hygiene and physical condition



### For those who need support

Elderly people, disabled people,

Actively help people who need support for evacuation.



- ✓ Register with Ishioka City mail magazine

For weather, disaster prevention information etc. from Ishioka City  
you can get directly to your registered e-mail address,  
mobile phone or personal computer, quickly.



# [ First aid method]

## Cardiopulmonary resuscitation (CPR) by AED

- ① Check the response of the fallen person
- ② If there is no response, call for help (call 119)
- ③ Secure the airway, confirm if the person is breathing
- ④ Using the AED



Press the AED power button and operate according to the voice message.

The AED checks the condition of the heart and determines (says)

whether an electric shock is necessary or not.

## Do you know the method of first aid?

- ✓ Stop bleeding

Apply a gauze and clean cloth directly to the part that is bleeding and put pressure.

Always wear rubber gloves and plastic bags to prevent infection.

- ✓ First aid for burns

Cool with clean water for more than 15 minutes until the pain stops.

If wearing clothes, when removing, the skin will hurt

so you should run cool water with the clothes on.

## Substitute first aid supplies

- ✓ splint

Newspaper, umbrella, bat etc.

- ✓ bandage

Stockings, neckties, curtains etc.

- ✓ Keep warm

Newspaper etc.



# [ Evacuation center list (Ishioka) ]



Number	Evacuation center	Street address
1	<a href="#">石岡小学校 (Ishioka Elementary School)</a>	総社 1-2-10
2	<a href="#">府中小学校 (Fuchu Elementary School)</a>	若松 1-11-18
3	<a href="#">関川小学校 (Sekikawa Elementary School)</a>	石川 1153
4	<a href="#">北小学校 (Kita Elementary School)</a>	根当 10949
5	<a href="#">南小学校 (Minami Elementary School)</a>	南台 4-1-1
6	<a href="#">東小学校 (Higashi Elementary School)</a>	旭台 1-11-3
7	<a href="#">杉並小学校 (Suginami Elementary School)</a>	杉並 2-3-1
8	<a href="#">石岡中学校 (Ishioka Junior High School)</a>	東石岡 4-2-1
9	<a href="#">府中中学校 (Fuchu Junior High School)</a>	若松 2-6-5
10	<a href="#">旧城南中学校 (Former Jyounan Junior High School)</a>	高浜 112
11	<a href="#">国府中学校 (Kokufu Junior High School)</a>	総社 2-12-1
12	<a href="#">石岡第一高等学校 (Ishioka Daiichi High School)</a>	石岡 1-9
13	<a href="#">石岡第二高等学校 (Ishioka Daini High School)</a>	府中 5-14-14
14	<a href="#">東地区公民館 (Higashi District Community Centre)</a>	東石岡 4-6-24
15	<a href="#">城南地区公民館 (Jyounan District Community Centre)</a>	三村 7109
16	<a href="#">国府地区公民館 (Kokufu District Community Centre)</a>	国府 5-7-1
17	<a href="#">石岡海洋センター (Ishioka Sports Centre)</a>	染谷 1415
18	<a href="#">ふれあいの里石岡ひまわりの館 (Wellness Centre "Fureaino-sato Ishioka Himarai-kan")</a>	大砂 10527-6
19	<a href="#">石岡運動公園 (Ishioka Sports Park)</a>	南台 3-34-1

※Click on the name of the shelter to display the map.

You can check the location of evacuation centers and disaster cooperation wells from the [city's website](#).



# [Evacuation center list (Yasato)]



Number	Evacuation center	Street address
20	<a href="#">園部小学校 (Sonobe Elementary School)</a>	宮ヶ崎 6
21	<a href="#">東成井小学校 (Higashinarui Elementary School)</a>	東成井 996
22	<a href="#">瓦会小学校 (Kawarae Elementary School)</a>	瓦谷 1135-2
23	<a href="#">恋瀬小学校 (Koise Elementary School)</a>	小見 832-1
24	<a href="#">葦穂小学校 (Ashiho Elementary School)</a>	小屋 1054
25	<a href="#">吉生小学校 (Yoshyu Elementary School)</a>	吉生 513-2
26	<a href="#">柿岡小学校 (Kakioka Elementary School)</a>	柿岡 2159-2
27	<a href="#">小幡小学校 (Obata Elementary School)</a>	小幡 4080
28	<a href="#">林小学校 (Hayashi Elementary School)</a>	下林 857-1
29	<a href="#">小桜小学校 (Kozakura Elementary School)</a>	川又 746
30	<a href="#">朝日スポーツ交流施設 (Asahi Sports Exchange Facilities) (former Asahi Elementary School)</a>	柴内 630
31	<a href="#">園部中学校 (Sonobe junior High School)</a>	山崎 1862
32	<a href="#">旧有明中学校 (Former Ariake Junior High School)</a>	小埜 189-2
33	<a href="#">石岡特別支援学校 (Ishioka Special School)</a>	下青柳 716-1
34	<a href="#">八郷中学校 (Yasato Junior High School)</a>	柿岡 3513-2
35	<a href="#">中央公民館 (Central Public Hall)</a>	柿岡 5680-1
36	<a href="#">片野集会所 (Katano Meeting Place)</a>	片野 157
37	<a href="#">大増多目的センター (Omasu multipurpose centre)</a>	大増 3606
38	<a href="#">みなみ保育所 (Minami Nursery School)</a>	月岡 1375
39	<a href="#">八郷総合運動公園 (Yasato Comprehensive Sports Park)</a>	野田 600

※Click on the name of the shelter to display the map.

You can check the location of evacuation centers and disaster cooperation wells from the [city's website](#).



## [Japanese words to listen for in a disaster]

震源 (しんげん)	Epicenter
余震 (よしん)	Aftershock
暴風雨 (ぼうふうう)	Severe rain storm
危険 (きけん)	Dangerous, risky
立ち入り禁止 (たちいりきんし)	Do not enter/keep out
通行禁止 (つうこうきんし)	The road is closed to traffic
がけ崩れ (がけくずれ)	Landslide, cliff collapse
警報 (けいほう)	High risk danger warning information/announcement
注意報 (ちゅういほう)	Warning advisory
避難 (ひなん)	Evacuation
洪水 (こうずい)	Flood
浸水 (しんすい)	Flooding above floor level
断水 (だんすい)	Water outage
停電 (ていでん)	Blackout
給水 (きゅうすい)	Water supply
安否確認 (あんびかくにん)	Safety confirmation
身の安全を確保 (みのおんぜんをかくほ)	Ensure your safety
ライフライン	Essential utilities
非常食 (ひじょうしょく)	Emergency food
炊き出し (たきだし)	Soup kitchen/food provisions
被災者 (ひさいしゃ)	Disaster victim
り災証明 (りさいしょうめい)	Proof of misfortune caused by a disaster
仮設住宅 (かせつじゅうたく)	Provisional housing
誘導 (ゆうどう)	To guide a person
控える (ひかえる)	Refrain from, hold back, please don't
すみやかに, ただちに	Quickly, immediately
不通 (ふつう)	I cannot pass through
運転を見合わせ (うんてんみあわせ)	The railroad service has been suspended

## [Japanese example at the time of disaster]

(When you want to call the police, fire brigade/service, ambulance etc.)

“Please call .....”

.....wo yonde kudasai

(When you want to where a place is) “Where is .....”?

.....wa doko desu ka?

(When you want someone to draw a map for you)

“Please draw me a map on a piece of paper.”

Chizu wo kaite kudasai

(When looking for people) “I am looking for .....”

Watashi wa ..... wo sagashite imasu

(When you want help) “Please help.”

Tasukete kudasai.

(When asked what to do) “What should I do?”

Watashi wa doushi-tara yoi desu ka?

## [How to collect information on disasters]

Ishioka City Disaster Management Portal Site <a href="#">Link here</a>	
Ibaraki International Association TEL: 029-241-1611 029-244-3811 (Foreign consultation center) <a href="#">Link here</a>	
Ibaraki Prefecture Emergency Medical Information System <a href="#">Link here</a> TEL: 029-241-4199	
NHK World <a href="#">Link here</a>	
CLAIR Multilingual Life Information Application Search on the App Store, Google Play Japan Life Guide 	

※In addition, if you have a smartphone, it is convenient to use the translation application.

# コミュニケーションボード

さいがい  
**災害**  
Disaster

く たい てき  
「具体的に」「ゆっくり」「やさしく」  
はな  
話しかけてください



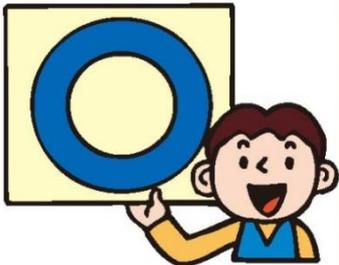
たべる  
Eat



のむ  
Drink



ねる  
Sleep



はい  
Yes



いいえ  
No



トイレ  
Restroom



い どう  
移動する  
Move



ま  
待つ  
Wait



て あ  
手当て  
Care

# どうしましたか？

## What's happened?

Posso te ajudar? / 您怎么了?



ねつ  
熱がある  
I have fever  
Tenho febre / 发烧



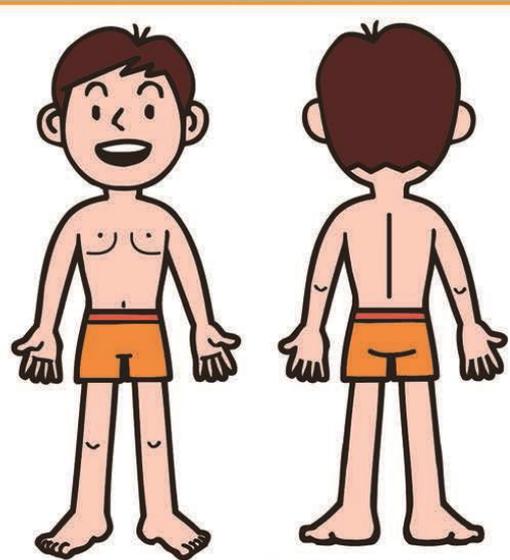
いたい  
I feel pain  
Tenho dor / 疼痛



くるしい  
I feel pangs  
Sinto uma pressão no peito / 难受



はいた  
I vomited  
Vomitei / 呕吐了



からだのどこですか?  
Which part of your body?  
Em que parte do corpo? / 身体的哪个部位?



めまいがする  
I feel dizzy  
Sinto vertigens / 头晕



ち  
血がでた  
I bled  
Tive hemorragia / 出血了



しびれる  
I feel numb  
Sinto dormência / 发麻



かゆい  
I feel itchy  
Tenho coceiras / 痒

はい / YES

いいえ / NO

? わかりません

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石岡市スーパー防災ハンドブック  
Ishioka City Super Disaster Handbook

平成 31 年 3 月発行

石岡市 市長公室政策企画課

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