

# Safety Guidebook for Foreigners

To Protect Yourself and Your Family



Mizuho Town Official Character  
Mizuhomaru

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①

## Earthquakes



Earthquakes are common in Japan. Earthquakes cause many dangers such as toppled furniture and broken windows.

### When you feel a tremor

- ⚠ Protect yourself (Cover your head with a sturdy object)
- ⚠ Do not panic and go outside (objects may fall on your head)



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## When the shaking stops

- ⚠ Turn off any flames
- ⚠ Secure an exit (open doors)



- ⚠ If there is smoke, cover your mouth and nose with a handkerchief or the like



- ⚠ Call 119 if there is a fire that you cannot extinguish



- ⚠ Beware of aftershocks (smaller earthquakes after large earthquakes) If it is dangerous inside, evacuate



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## Contact methods during disasters



When a disaster strikes and phonelines are crowded, use the Disaster Message Dial, which allows you to record and listen to messages.

- To record a message
- ① Dial 171
  - ② Press 1
  - ③ Enter your own phone number
  - ④ Record your message



- To listen a message
- ① Dial 171
  - ② Press 2
  - ③ Enter your family/friend's phone number
  - ④ Listen to the message

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## Heavy rain and typhoons

Heavy rain and typhoons are common from June through October.



Heavy rain can cause rivers to overflow and water to enter homes.



Strong winds may cause objects to fly or trees to fall. If it is not safe to go outside, escape to a place higher than the second floor.



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## When should I evacuate for heavy rain or typhoons?

Evacuate to a safe place once evacuation warnings are issued through televisions and the like.



For more details, check this website→



5 「緊急安全確保」

→ Life threatening situation; ensure safety immediately

~~~~ <Must evacuate by 4!> ~~~~

4 「避難指示」

→ Everyone in dangerous areas must evacuate

3 「高齢者等避難」

→ Those that require time to evacuate must do so.



⑥

## Where to evacuate to

### Evacuation shelters

...School gymnasiums, Community center, etc.

Temporary living arrangement in case of evacuation alerts or when your houses are damaged.



(Notes)

Anyone can use a shelter, but prepare necessary items by yourselves.

When evacuating, close the gas valve in your house and turn off the electric breaker.



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## Where are shelters located?

Disasters such as earthquakes, heavy rain, and typhoons can happen at any time.

Make sure you know where evacuation shelters are located.

Discuss with your family and others around you about the actions to take in the event of a disaster.



Mizuho Town  
Disaster  
Prevention Map



⑧

## What should I prepare?

When a disaster occurs, your electricity, gas, and water may be shut off.

You will not be able to purchase food or beverages at supermarkets or convenience stores.

→ **You must make preparations at home.**



Make sure to prepare enough supplies (3 days-worth) for the family that you can easily take with you when evacuating.

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## Example of emergency supplies

- ❑ Food and water
- ❑ Flashlight
- ❑ Disposable toilets
- ❑ Passports, residence cards
- ❑ Chargers, portable power supplies
- ❑ Masks, wet wipes
- ❑ Clothing, underwear
- ❑ Medicine, first-aid kit
- ❑ Cash (coins), valuables Other

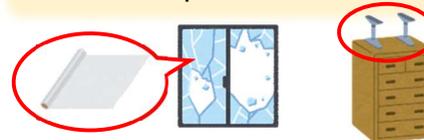


If you have a baby or small child, also prepare diapers and baby formula. It is also useful to prepare pre-packaged foods (those you can heat up) and canned foods.

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## To avoid injuries

To avoid injuries, use topple prevention products for furniture and shatterproof film for windows.



## Participate in disaster prevention drills

Various drills that consist of evacuating to a shelter, extinguishing a fire and the like are conducted to prepare residents for a disaster.



⑪

## Communicate on a daily basis



Greet and talk with your neighbors on a daily basis.

When a disaster occurs, ambulances and fire engines cannot arrive immediately.



It is important to cooperate with your neighbors and help each other.

こんにちは

Start by saying "Konnichiwa (Hello)!"



⑫

## Points to note at a shelter

Everyone helps each other while staying in a shelter.



Do not enter or peek into other people's spaces, or talk loudly. Everyone must follow the rules.

If you see an elderly person, a person with a disability, or a person with a baby in need, help them.



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## Useful apps

### Information about Disasters

#### Disaster Preparedness Tokyo



...You can obtain useful information about disasters (Japanese, English, Chinese [traditional and simplified], and Korean)



Android



iOS

#### NHK News Web Easy

...A website for news in simple Japanese



⑭

## Find information that will protect the lives of you and your family

### Mizuho Town Office



☎ 042-551-1511

Fire Department



☎ 119



Police



☎ 110

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## Write your own information!

Evacuation site near my home



Gathering place for my family

Family contact information

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