

<p><b>Fire Station</b> (Fire, Illness, Injury) * <b>Call 119</b></p> <p><b>Police Station</b> (Accident or Crime) * <b>Call 110</b> for help</p> <p><b>Chiba Consultation Service</b>  <a href="https://ccia-chiba.or.jp/consul/foreignlife">https://ccia-chiba.or.jp/consul/foreignlife</a>  <b>tell (English)</b> <a href="https://telljp.com/lifeline/">https://telljp.com/lifeline/</a>  <b>Helpline for foreign people</b>  <a href="https://www.since2011.net/yoriso/n2/">https://www.since2011.net/yoriso/n2/</a></p>	<p><b>Name</b> (名前):</p> <p><b>Address</b> (住所) :</p> <p><b>Date of birth</b>(Y/M/D) (生年月日)</p> <p>(血液型) :</p> <p>Telephone Number (電話番号)</p> <p><b>Nationality</b> (国籍)</p>
<p><b>Make Emergency Plan on your family.</b></p> <p>Check Hazard Map</p> <p><b>* Evacuation route to your nearest evacuation-shelter</b></p>	<p><b>Emergency Contact Person in Japan (緊急時連絡者)</b> (Family/Company/School)</p> <p>Name (名前)</p> <p>Address (住所) :</p> <p>Telephone (電話番号)</p>
<p><b>Chronic disease/ Medical History (既往症、病歴)</b></p> <p>Past Surgical History (PSH) (手術歴)</p> <p>Medications (薬)</p> <p>Allergies (アレルギー) Food/Medicin</p>	<p><b>Embassy/Consulate in Japan</b></p> <p><b>Passport Number</b></p> <p><b>Residence Card Number</b></p>
<p><b>Disaster Message System</b> (Leave a voice message for family and friends)</p> <p>* Call 171 → 1 → Dial your phone number  → Leave a voice message→9</p> <p>* Call 171 → 2 → Someone's phone number  → 1→Listen to message →</p> <p>→ 9 Listen to the next message  → 3 Leave your message</p>	<p><b>Emergency Contact Person in your home country</b> (母国の緊急連絡者)</p> <p>Name</p> <p>Telephone 電話番号 (the starting from the country code)</p> <p>Nationality (国籍)</p>
<p><b>Memo</b></p>	

## Evacuation Items (bugout bag)

Prepared for a minimum of 3 days for a person.

- 飲み水/water  食べ物/ Emergency food
- 懐中電灯/Flashlight  電池 / Batteries
- 手袋/Work gloves  ティッシュ/Tissues
- タオル/ Towels  服・下着/ Clothing, Underwear
- パスポート/ Passport
- 預金通帳・印鑑・キャッシュカード/Bank books, seal, Bank Cards  健康保険証/ Health insurance card
- 在留カード/Residence Card  
(Special Permanent Resident Certificate)
- 携帯電話・充電器 / Mobile phone・Mobile Battery
- 携帯ラジオ/ Portable radio  ライター / Lighter
- 薬 / Necessary medications
- 救急医療品 / Emergency medical supplies
- 防犯ブザー・ホイッスル/security buzzer・whistle
- 生理用品 / Sanitary items  雨具/Rain gear
- ビニール袋/ Plastic bags +Black Bin Bag

## Useful expression

- 避難所はどこですか/Where is the evacuation Shelter?
- トイレはどこですか?/Where is a toilet?
- 水はどこでもらえますか?/Where can I get water?
- 食料はどこでもらえますか?/Where can I get food?
- けがをしています/I'm injured
- けが人がいます/There is an injured person
- 具合が悪いです/I'm not feeling well
- 病人がいます/There is someone who is not feeling well
- 医者・看護師はいますか?/Is there a doctor or a nurse?
- 病院に行きたいです/I'd like to go to Hospital.
- 英語を話せる人はいますか/  
Is there anyone who can speak English?
- どこで電話を充電できますか?  
Where can I charge my smart-phone?
- 英語の相談窓口はどこですか?/  
Where can I get information in English?

## Know how to receive evacuation alert and warning.

- \*Check the hazard map and know your hazardous area.
- \*Check the shelter and the evacuation route of your area.
- \*Check and share with your family how you'll reconnect separated.
- \* Turn the circuit breaker off when you evacuate.

## The person needs caregiver



*Babies, Toddlers (infants), Pregnancy, Elderly, the person with disabilities, Domestic violence victim, Foreigners etc. In the event of a large-scale disaster, it is desirable to have a one-week supplies.*

- Prepare emergency supplies tailored to your needs.
- In the event of a large-scale disaster, it is desirable to have a one-week supplies.

## Emergency Items for Babies, Toddlers (infants)

Essential Infant, Toddlers supplies.

- 紙おむつ、おしりふき/Diapers, Wet tissues
- 授乳ケープ、ガーゼハンカチ、バスタオル/Nursing covers, Hand towel, Bath towel.
- ほ乳瓶 ミルク、離乳食/Baby bottle (disposable baby bottle, Infant formula, Baby-food
- 母子健康手帳/mother-child handbook
- 防寒シート、ブランケット、/Blanket, Emergency space blanket.

## Prevent sexual victimization

- \*Please stick together with women or your family as much as possible. (Avoid to going alone deserted place.)
- \*When you or your child is going to toilet or somewhere, stick together or keep an eye on your child.
- \* Ask (make sure) a space to feeding safely or prepare powdered infant formula,

