



Published by the Saitama City Association for Global Awareness (SAGA)
Supervised by the Disaster Prevention Division of the Risk Management
Department, Saitama City General Affairs Bureau

Revised Edition
of No.14

The "Big One" Could Strike Any Minute: Are you Ready?

What will you do if a major earthquake strikes? Where will you go?
Are you prepared? Read the following to find out how to protect yourself and your family!

This issue of Purara No. 30 provides information on how to prepare yourself for an **earthquake** that has been updated since the Great East Japan Earthquake.

The following explains **where to go** and **what to bring** in the case of a major earthquake as well as **how to prepare yourself** and your family mentally for such an event.

Saitama City has public facilities such as parks, designated as evacuation areas where community members can temporarily take a refuge when a disaster happens. These sites are indicated by signs that say "ここは一時避難場所[koko wa ichiji hinan basyo] Temporary Evacuation Area". Saitama City has also 252 public facilities, where community members can temporarily stay during disaster when they cannot return to their home. These sites are indicated by signs that say "ここはひなん場所[koko wa hinan basyo] Evacuation Area" such as the following:



※Check your nearest evacuation area here:
(Saitama City Risk Management & Weather Information Division
<http://bousai.city.saitama.jp>)



Emergency Preparations



1. Create an Evacuation Backpack

Prepare an "Evacuation Backpack," with the items listed below, and keep it in a place that is easily accessible to all of your family members.

- **Compact portable radio** which allows you to listen to FM and AM broadcasts
- **Flashlights** (with spare batteries) and candles
- **Cash & identification** (including 10 yen coins for payphones), identification cards, passports, and health insurance cards etc.
- **Emergency contact information**, such as phone numbers and contact information of someone who can speak your own language, and be available for your family members.
- **First Aid supplies** including disinfectants, antipyretics, digestive medicines, cold medicines, and any necessary regular prescription medications
- **Emergency rations** (foods you can eat without cooking, such as canned foods and *kanpan* (hard biscuits) as well as milk, diapers, bottles, slings, plastic bags etc. for babies)
- **Utensils & stationary** including paper plates, paper cups, knives, plastic sheets, plastic wraps, marker pens, memo pads, packing tapes etc.
- **Drinking water** (people normally consume 2~3 liters per person a day)



※Weight of evacuation bags: Up to 15 Kg for men and 10 Kg for women is easy to carry.

※Also, make sure you have an easily accessible fire extinguisher in your home.

2. Secure Your Home

- **Create a safe space** in the house where there is no danger of anything falling from above.
- **Secure tall furniture**, lighting, etc to the walls or ceiling with metal fittings and make sure that nothing is put on top of them that could fall off and cause injuries

※Metal fittings for furniture can be purchased at supermarkets.

3. Make a Plan with Your Family

- **Know each other's contact information** and daily schedules.
- **Decide where to meet** if family members get separated during a disaster.
- **Walk to your local evacuation center** together with your family so that everyone knows the route and location.
- **Do earthquake drills** with your family, practicing what you would do in the case of a real earthquake.

4. Know How to Use Disaster Message Boards

- NTT and mobile carriers have disaster message boards via broadband which can be used in the event of a disaster **when regular communications are down** (NTT's is called "web171"). Learn how to use NTT's board as well as your mobile carrier's in order for you to register an "I'm OK" message to family members from which you have been separated.

※web171 can be accessed from abroad but is displayed only in Japanese. Other message boards may or may not be accessible from abroad, so you should contact your mobile provider for more information.



5. Know Your Neighbors

- **Keep good communication with your neighbors** so that you can better assist each other in the event of an emergency. Participating in disaster prevention activities and other local events is a good way to do this.



During an Earthquake: The Do's & Don'ts



1. DON'T: run outside!

- Stay inside until the quake stops.
- Even if a fire starts during the quake, wait until the quake is over before trying to put it out. When attempting to put out the fire, yell to your neighbors for help if it is getting big.
- Open windows and doors to keep escape routes open

2. DO: Protect your head and feet!

- Protect your head with cushions and hide under a strong desk or table until it stops.
- When you go outside, wear a helmet to protect your head and thick-soled shoes to protect your feet. Walk only in open areas where there is no danger of falling objects. And don't forget your evacuation bag!

※ When you leave, make sure to call out to neighbors, stay calm and evacuate together.

3. DO: Obtain accurate information!

- Do not act based on rumors and inaccurate information. Always check the news on TV or radio to confirm what you have heard.
- Local information is available on Saitama City and International Exchange Center web pages.

Saitama City: <http://www.city.saitama.jp/index.html>

Saitama City International Exchange Center: <http://www.stib.jp>



Let's review! Take this quiz to find out if you are ready for a disaster!

避難場所の
確認



Do you and your family members...

- ① know where evacuation areas are?
- ② have evacuation bags ready?
- ③ know what to do when an earthquake hits?
- ④ know what to do after a quake stops?
- ⑤ know how to use a disaster message board?
- ⑥ know how to contact each other if separated?

At the STIB (formerly SAGA) Puratto Salon, we offer various services for foreign residents in Saitama City, including fun cultural exchange events, consultations providing advice and assistance to newcomers to Saitama, as well as Japanese Language classes (all FREE of charge).
Stop by and check us out!

Nihongo no Heya (Japanese Classes) (Every Friday)	
Urawa Course with day care	10:00~12:00
Omiya Course With day care	10:00~12:00
Children's Course	18:00~20:00
Night Time Adult Course	18:00~20:00

Multilingual Counseling	
★English	Every Wednesday 13:00~18:00
★Chinese	Every Tuesday 13:00~18:00
★Korean	Every Thursday 13:00~18:00

Looking for information to help you get situated and make the most of life in Saitama?

Volunteer Counseling (Japanese)	
Consultations with volunteer staff	Monday through Thursday 10:00~18:00

Visit us at the Puratto Salon! We can help!

Announcement

The Saitama City Association for Global Awareness (SAGA) will be reborn as a new organization as of March 1st, 2012. Our new name will be the Saitama Tourism and International Relations Bureau (STIB).

We will continue to strive to offer a variety of events and activities to help foreign residents here in Saitama and so we appreciate your continued support and participation.

As of March 1st, 2012...

Saitama Tourism and International Relations Bureau (STIB)

Saitama City International Exchange Center

Place : 9th Floor of the COMUNALE Complex

Higashi Takasago-cho 11-1, Urawa-ku, Saitama City

Tel : 048-813-8500 FAX:048-887-1505

E-mail : iec@stib.jp

URL : <http://www.stib.jp>



The Saitama City Association for Global Awareness (SAGA)
Saitama City International Exchange Center
9th Floor of the COMUNALE Complex
Higashi Takasago-cho 11-1, Urawa-ku, Saitama City
Tel:048-813-8500 Fax:048-887-1505
Email: mail@saga-saitama.or.jp
URL : <http://www.saga-saitama.or.jp>

※Until February 29, 2012