



Typhoons and heavy rain

台风·大雨

1. Typhoons often come between August and October. They may cause strong wind and heavy rain.
2. Heavy rain might cause landslides or flooding.
3. You must not go near the ocean or rivers when heavy rain falls.
4. Listen to the weather information and take precautions.



1. 从8月到10月是台风高发期。此时常会发生强风大雨。
2. 一旦下大雨，有可能出现塌方、滑坡、浸水等情况。
3. 在下大雨时，请不要去海滨、河岸附近。
4. 关注气象信息，尽早做好对策。



Fire Station 消防局



TEL 119

Get information when a disaster occurs. 如果灾害发生时，请务必掌握信息

1. TV
2. Radio
3. Public Disaster Announcement Systems
4. Publicity car
5. Meteorological Agency mobile site
6. Hyogo E-net, etc.

1. 电视机
2. 收音机
3. 高音喇叭
4. 宣传车
5. 气象厅手机网站
6. 兵库E网络 等



Evacuation shelter near your work or home 家或公司附近的避难所

School, Office 学校·公司

Embassy 大使馆等

Passport No.

Emergency contact number 紧急联络处

Domestic 国内

Abroad 国外



To protect yourself from an earthquake and tsunami

地震·海啸发生时的自我保护

Protect yourself first when an earthquake happens.

如果发生地震，首先顾好自己的人身安全。

1. Hide under a table if you are at home.
 2. If you are outside, distance yourself from brick walls or buildings.
1. 如果在家里，请躲在桌子下面。
 2. 如果在外面，请远离水泥砖墙和建筑物。



When the shaking stops 如若摇晃停止

1. Turn off the kitchen stove and any other fires.
 2. Be sure to have an escape route.
 3. Be careful of aftershocks.
1. 请关掉厨房炉具和取暖器等火源。
 2. 请务必留好逃生路线。
 3. 请当心余震。



Tsunami 海啸

1. A tsunami might come after a giant earthquake.
2. You must not go near the ocean or rivers.
3. Evacuate to a higher place above the ground level and far from the ocean as soon as possible. A tsunami might come more than once.

1. 在大地震后，可能会发生海啸。
2. 请务必远离海滨、河岸。
3. 请尽量快速跑向更高的地方。海啸有可能会再次来袭。



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ENGLISH / 中国語



Disaster Prevention Guide for Non-Japanese

外国人专用防灾指南

Natural disasters such as earthquakes, typhoons and heavy rain frequently occur in Japan.

If a disaster happens, it may cause severe damage to our district. Always be prepared for disasters so that you will be able to deal with consequences.

日本时常会发生地震，台风，大雨等自然灾害。当灾害发生时，预计会对我们的地区造成很大的破坏。时刻做好防灾准备，在灾害发生时冷静行动。



Prepare for natural disasters

请做好应灾准备

- Prepare an emergency pack which can be brought out instantly.

请在家中备好装有应急物品的紧急逃生包，地震时可直接带走。



- Stock food and drink for 3 to 7 days.

事先准备足够3~7天份的食物和饮用水。



- Secure large furniture to prevent it from falling.

请将家中的大型家具等固定。



- Know the way to your evacuation shelter.

请确认避难所的位置。



- Discuss the meeting place and how to get in touch with family members.

全家要事先约定好集合地点和联系方式。



- Participate in an emergency drill in your community.

请参加您所居住地区的防灾训练。



- Exchange greetings and communicate with your neighbors on a daily basis.

日常搞好邻里关系。

- Carry an Evacuation Information Card with you.

随身携带避难卡。



Things you should prepare at all times

平时该准备的东西

Prepare an emergency pack 准备紧急携带物品

Food 食物

- food 食物
- water 水



Supplies 生活用品

- clothing, underwear 衣服、内衣
- towels 毛巾
- tissue paper 纸巾



Important things 贵重物品

- cash (including coins) 现金（包括零钱）
- passport, resident card 护照、在留卡



Others 其他

- flashlight 手电筒
- hat (helmet, protective head covering) 帽子（头盔、防灾帽子）
- gloves 手套
- medicine (including prescribed medicines) 药（常用药）



Things you need 个人必须品

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



What is an evacuation shelter?

避难所

- It is a place where you can stay temporarily if your house is destroyed or becomes dangerous because of natural disasters.
- Elementary and junior high schools become evacuation shelters during times of disasters.
- Food, water and blankets will be provided at an evacuation shelter.
- Many people will temporarily have to live together. There are several rules that must be kept. Please cooperate with others.
- Free of charge for anyone.

- 居民因自然灾害而无家可归时，供其临时生活的安全场所。
- 灾害发生时小学和中学，常作为避难所。
- 在避难所，将分发水和食物、毛毯等。
- 很多人需暂时生活在一起，所以请大家遵守避难所的相关规则，互帮互助共同生活。
- 对所有人都免费开放。



Safety evacuation area
应急避难所



Safety evacuation shelter
固定避难所



Evacuation Information Card 避难卡

Please fill out the card in Japanese or English.

Show your Evacuation Information Card at the evacuation shelter. Fill out your card and always carry it with you. 请在避难所出示避难卡。填写卡片，并随身携带！

NAME
姓名

Address
地址

Telephone Number
电话号码

Nationality
国籍

Language you can speak
会讲的语言

English 英
 Chinese 中
 Korean 韩
 Other: 其他

Blood type
血型

A / B / O / AB
RH+ RH-