

LIVING GUIDE MORIOKA

MORIOKA INTERNATIONAL RELATIONS ASSOCIATION

〒020-8531 MORIOKA-SHI WAKAZONO-CHO 2-18

TEL 019-626-7524

e-mail moriintl@nifty.com

<http://www.e-morioka.com/~moriintl/top.html>

Prepare for Earthquakes When Living in Japan

Many of you may have seen the news of the earthquake that hit Niigata in July. Earthquakes are common in Japan. They occur suddenly and big ones can destroy buildings, roads and utilities such as water and gas systems in a split second. What we can do against earthquakes is to prepare ourselves beforehand to limit the damage caused by a big earthquake as small as possible.

■ Before an earthquake occurs --

- Prepare a pack of items necessary for staying in a shelter, and keep it wherever you can find and take it out with you in an emergency.

The items in the emergency pack will be:

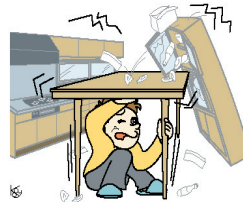
A copy of your passport or ID card, flashlight, dry batteries, radio, helmet, goggles, gloves, rainwear, winter clothes, underwear, towels, emergency food, drinking water (2~3 liters per day per person), valuables, cash and household medicine.

- Fix the furniture so that it doesn't fall down. Don't put something that can be dangerous when it falls down on such high places as top of shelves or chests.
- Write down emergency phone numbers and the contact information of someone who speaks your language.

■ When an earthquake happens--

If you are indoors:

- Get under a table or desk.
- Turn off the gas appliances and heaters.
- Open the entrance door to secure the path for getting out.
- Turn off the breaker when you leave the house/building.



If you are outdoors:

- Protect your head with your bag or other things from something falling down onto you like broken glass.
- Move to an open space.

If you are driving:

- Pull over to the left side of the street.
- Turn off the engine
- When you leave the car, leave the key inserted and don't lock the door.



You also need to keep yourself informed on the disaster, using TV or radio.

If you cannot return home after a big earthquake, you need to contact the embassy or consulate of your country as well as your office or school to let them know how your family members are and where you are staying.

■ Shelters

- Designated evacuation sites
(Shitei Hinan Basho)

People evacuate temporarily to designated evacuation sites immediately after a natural disaster occur. There are 96 of them in Morioka, mostly schools and public facilities. Find the nearest one to your home or workplace and try how you can walk there.

- Evacuation shelters (Shuyou Hinan Basho)
They are set up at school gyms and local community centers (Chiku Katsudo Centers) according to need after people evacuate to designated evacuation sites. Foods and blankets are distributed when required.

■ Evacuation shelters for non-Japanese residents

These shelters are for non-Japanese residents who are likely to have problems with language. Two of them are set up in Morioka:

the International Exchange Center (Kokusai Koryu Center) at Moriokaeki Nishidori 1-chome, and **the Ueda Public Hall (Ueda Kominkan)** at Ueda 4-chome (See the maps). In the shelters, city officials and fire fighters will help you. So please do not panic and move quickly.

■ Disaster Emergency Message Dial (Dial 171) (Saigai-yo Dengon Dial)

A natural disaster makes it difficult to call

someone in a devastated area. In that case, use the Disaster Emergency Message Dial (Saigai-yo Dengon Dial). With this emergency service by NTT, messages left by people in the devastated area can be heard from outside of the area (the other way round is also possible). You can record and play a message by dialing 171 and following the guide in Japanese. The start of this service is announced on TV and radio. "Web 171", a message board on the Internet, is also available.

<http://www.ntt-east.co.jp/saigai/web171/index.html>

To record a message, dial

171 + 1 + area code + phone number of the party in a devastated area

To play a message, dial

171 + 2 + area code + phone number of the party in a devastated area

※ More information

Council of Local Authorities for International Relations: CLAIR (<http://www.clair.or.jp/>)

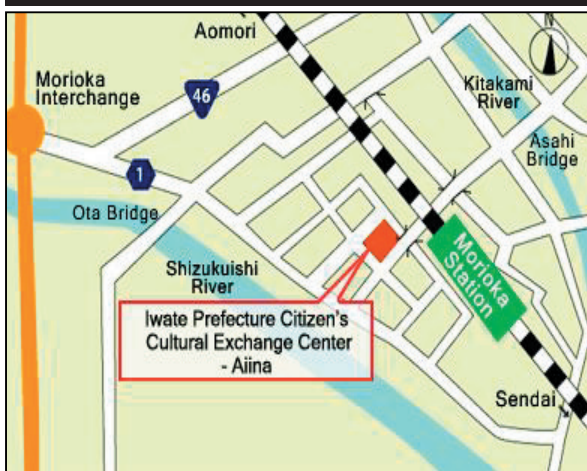
※ Disaster Information in "Web Morioka"

Morioka city provides you information on disasters, damages and evacuation advisories through its web site. You can access the information by both PC and mobile phone

PC → <http://www.city.morioka.iwate.jp/dtl/disasterdb.nsf>

Mobile phone → <http://www.city.morioka.iwate.jp/i/index.html>

International Exchange Center
(Iwate Prefecture Citizen's Cultural Exchange Center-Aiina 5 F)



Ueda Public Hall(Ueda Kominkan)

