

EMERGENCY HAND BOOK


interfm
Sound of TOKYO



interfm

EMERGENCY HAND BOOK

The Great Hanshin-Awaji Earthquake of 1995 highlighted the serious lack of disaster-related information available to foreign residents in Japan. InterFM is an FM radio station established in response to this lesson, with the recognition of the need to provide information in multiple languages. You can listen to interfm by selecting "interfm" on radiko (<https://radiko.jp/>), a Japanese internet radio streaming platform. With this mission in mind, this handbook brings together basic information to help people living in or visiting Japan take appropriate action in the event of a disaster. Please keep this handbook close at hand, read it in advance, and make use of it when an emergency occurs.

Hideyuki Oki
President and Representative Director
InterFM897 Co., Ltd.

*Please also make use of the communication board on the cover and pages E18-E19.
[Reference: "Multilingual Point-and-Speak Board," Council of Local Authorities for International Relations]

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The information contained in this handbook is based on general information available as of August 2026. For detailed disaster preparedness information specific to your area, please contact your local municipality.
Please note that the 2D barcode links provided in this handbook may become unavailable over time.
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Be Prepared for Disasters While Traveling in Japan

Disasters can happen at any time. If you experience a disaster while traveling in Japan, how can you get reliable information and know what to do? The following tools and services can help you stay informed and safe.

Prepare Apps and Social Media Accounts in Advance

Japan is prone to natural hazards such as earthquakes, typhoons, and floods. The appropriate response depends on the type of disaster, where it occurs, and the circumstances at the time.

A variety of tools are available to help international visitors during emergencies. Before your trip, download recommended apps, follow relevant social media accounts, bookmark useful websites, and save important contact information. You should also keep the phone number of your country's embassy or consulate in Japan.



Safety Tips App

Safety Tips is a disaster information app designed for international visitors to Japan. It provides push notifications for emergency earthquake warnings, tsunami warnings, special weather alerts, and other emergency information. The app also includes links to useful disaster-related resources. It is available in 15 languages.



Safety Tips

Japan Safe Travel (JST) Social Media

Japan Safe Travel (JST) is operated by the Japan National Tourism Organization (JNTO). During disasters, it provides important safety information for international visitors.

- X (formerly Twitter):
@JapanSafeTravel
- Weibo:
安心访日 Japan Safe Travel



JST SNS

Japan Safe Travel Information

This multilingual disaster and safety information service, provided by the Japan National Tourism Organization (JNTO), offers up-to-date emergency information for international visitors. It provides multilingual alerts for earthquakes, tsunamis, volcanic eruptions, and other emergencies, as well as transportation updates.



Japan Safe
Travel

Japan Visitor Hotline

The Japan Visitor Hotline, operated by the Japan National Tourism Organization (JNTO), provides 24-hour, year-round support for international visitors experiencing accidents, illness, disasters, or other emergencies.

- Languages: English, Chinese, and Korean
- Within Japan: 050-3816-2787
 - From outside Japan: +81-50-3816-2787

Are You Prepared for Disasters? A Roundtable Discussion with Foreign Residents

What do foreign residents in Japan think about “disasters”?
Bosai Announcer Natsumi Okumura spoke
with three foreign residents about their concerns and questions.

Experiences with Disasters and Preparedness

Okumura: What kinds of disasters have you experienced in the regions where you grew up?

Shun: Taiwan has a lot of earthquakes. Since elementary school, we regularly participated in evacuation drills and disaster preparedness training.

Kenken: In China, there were major earthquakes in Sichuan Province in 2008 and 2013, but before that, I think not many people truly understood how frightening earthquakes could be.

Sophia: I’m from the East Coast of the United States, and I had never experienced an earthquake before coming to Japan. When we talked about disasters, it usually meant storms or heavy rain.

Okumura: What kind of image did you have of disasters in Japan?

Sophia: News about the Great East Japan Earthquake in 2011 was widely reported in the U.S., so I already had the impression that Japan is a country with many earthquakes.

Kenken: Same here. Since I was a child, I had the image that “Japan is a country where earthquakes happen every day.”

Shun: I also thought of Japan as a country with many natural hazards, just like Taiwan. At the same time, I assumed Japanese people were experts when it came to disasters and would protect us lol.

Sophia: Since I had never experienced an earthquake before, when I felt one for the first time in Japan, I didn’t understand what was happening. Later, in 2016, I was living in Oita Prefecture, so I also experienced the Kumamoto Earthquake.

Okumura: That must have been a very strong quake.

Sophia: I didn’t know what to do. I had heard things like “hide under a table,” but in reality, I couldn’t follow through. In the end, everyone wandered outside their apartment buildings,



Sophia
American-born, currently in her 12th year of residence in Japan.

Kenken
Chinese-born, currently in her 4th year of residence in Japan.

Natsumi Okumura
Bosai Announcer. Having experienced the Great East Japan Earthquake while working as an announcer in Sendai, she has since spent the past 15 years visiting disaster-affected areas across Japan, dedicating herself to reporting, relief and support activities, and public awareness efforts on disaster preparedness.

Shun
Taiwan-born, currently in his 2nd year of residence in Japan.

unsure whether it was safe to go back inside, and nobody told us what to do. That was really difficult.

Kenken: When something happens and you’re in trouble during a disaster, it’s scary not knowing what to do or who to contact. Should I call the police or the fire department? I don’t even know the emergency phone numbers for firefighters or ambulances.

Shun: In Taiwan, many people know how to respond depending on the earthquake intensity because of disaster preparedness training. When

I moved here, I also received a disaster mitigation booklet from the ward office, so I checked where the evacuation shelters were.

Okumura: That’s impressive! Taiwan is really advanced when it comes to disaster education.

Sophia: The disaster prevention materials from the ward office contain so much information, it’s hard to get through all of it. And if it’s not written in English, it’s hard to understand.

Okumura: Have you prepared emergency supplies or food?

Kenken: I keep the emergency backpack I received from the ward office near my front door.

Sophia: I keep some food and water at home, but I also tend to think, “If something happens, maybe things will work out once I get to an evacuation shelter...”

Shun: I used to prepare more in Taiwan, but in Japan I’ve started thinking, “Maybe it’s okay...” Right now, I prepared only have some cup noodles lol.

How Do You Contact Family Back Home?

Okumura: During a disaster, internet access may become unavailable. Have you thought about that possibility?

Sophia: That’s true. I usually communicate through apps, so I wouldn’t be able to contact my family in the U.S.

Kenken: I haven’t really decided on a way to contact my family if that happens...

Shun: My parents in Taiwan would probably worry after watching the news. But without the internet, I wouldn’t be able to contact them from here.

Okumura: In Japan, for example, we have systems like the “Disaster Emergency Message Dial {171}.” When it comes to confirming your safety with family overseas during a disaster, it’s better to decide in advance things like, “I’ll send an email once things calm down,” or “I’ll message you on social media.”

Shun: That makes sense. Then my parents wouldn’t call repeatedly out of worry, and I could save my smartphone battery.

Kenken: So the important thing is deciding these things ahead of time.

When you need help in Japan, there’s someone you can rely on.

AskJapan is a free app where you can easily ask Japanese locals for help.

Download Here!



*This roundtable discussion took place in April 2026.

Let's Check in Advance

Earthquakes, tsunamis, typhoons, heavy rainfall, volcanic eruptions, and other natural hazards are common in Japan. First, learn about the different types of hazards and gather necessary information in advance.

Know the natural hazards and your designated evacuation shelter

Coastal areas are at greater risk of tsunamis, while mountainous regions are more susceptible to landslides. If a disaster occurs and it is no longer safe to remain where you are, you should evacuate to a designated evacuation site. The appropriate place to evacuate depends on the type of disaster, and it is also important to understand the difference between a Designated Evacuation Shelter and a Designated Emergency Evacuation Site before an emergency occurs.

Get information about your local area from your municipal office

A hazard map is a map that shows the areas likely to be affected by natural hazards. It illustrates the types of damage that may occur in a particular area if a disaster strikes. Hazard maps help you understand the level of risk around your home and in your local community, so it is important to review them in advance. If you are unsure how to obtain or read your local hazard map, contact your municipal office. They can also provide information on designated evacuation shelters in your area.



There Are Two Types of Evacuation Facilities: Designated Evacuation Shelters and Designated Emergency Evacuation Sites

Designated Evacuation Shelter



A Designated Evacuation Shelter is a facility where people can stay temporarily after a disaster until it is safe to return home. People can stay there free of charge, receive relief supplies, and obtain information.

Designated Emergency Evacuation Site



A Designated Emergency Evacuation Site is a temporary place where people can evacuate to protect their lives during disasters such as tsunamis or floods. Many designated emergency evacuation sites are outdoors and are not intended for long-term stays.

Decide How to Stay in Contact with Your Family, Including Those Who Live Away from You

When a disaster occurs, not being able to contact your family can be very stressful. However, during a disaster, telephone networks often become overloaded because so many people are trying to check on each other's safety. Talk with your family in advance—including relatives living overseas—about which communication methods you will use, such as social media, text messages (SMS), or the Disaster Emergency Message Dial service (171).

It is also a good idea to discuss how you will contact one another and what actions you will take if a disaster occurs while family members are apart during the day, such as at school or work.

In some countries, embassies may contact their citizens to confirm their safety and provide assistance, such as information about returning home. Check with your country's embassy in advance to find out what support is available during a disaster.



Emergency Supplies and an Evacuation Go-Bag

Following a disaster, essential services such as electricity, water, and gas may not be restored immediately. Be prepared by keeping emergency supplies at home and packing an emergency evacuation bag with the items you may need.



Be Prepared to Get Through Seven Days-You May Not Be Able to Stay at an Evacuation Shelter

In the event of a major disaster, especially in urban areas, you may not be able to stay at an evacuation shelter. People with food allergies, dietary restrictions, or other dietary needs may also have difficulty obtaining suitable meals. It is important to stock enough supplies to help you survive for seven days. As a general guideline, plan for two meals per person per day. Prepare enough drinking water and food for your household size $\times$ 2 meals $\times$ 7 days. You should also have a portable gas stove and fuel canisters so that you can cook even if electricity, water, and gas services are unavailable.

Be Sure to Prepare for Emergency Toilet Needs

If a disaster strikes, and you need to shelter at home, you may not be able to use your toilet if the water supply is cut off or the sewer system is damaged. Even if running water is available, flushing the toilet when sewer pipes are damaged can cause blockages or even make toilets on lower floors overflow. Do not flush the toilet until it has been confirmed that the sewer system is functioning properly. It is a good idea to keep a portable emergency toilet kit at home and learn how to use it before an emergency occurs.

Be Prepared for Disasters Even When You Are Away from Home

Disasters can happen at any time. If you are affected while away from home, you could become trapped in a building or on public transportation, or it may take a long time before you are able to return home. To prepare for such situations, it is a good idea to carry essential emergency items with you every day. These may include a portable battery charger, drinking water, emergency snacks such as candy, a face mask, any prescription or regularly used medications, eyeglasses, and a small flashlight. If you are a foreign resident in Japan, it is also advisable to carry your residence card and keep a copy of your passport with you.

Review Your Emergency Go-Bag Regularly

An emergency go-bag contains essential items that can help you during a disaster. Although ready-made kits are available for purchase, they are often left untouched for long periods. When you finally need them, you may find that food or other supplies have expired, or that batteries have leaked and no longer work. Your family's needs can also change over time. For example, you may need to add medications, baby supplies, or other essential items. Check the contents of your go-bag at least once a year and replace or update items as necessary. It is also a good idea to keep copies of your family's passports and residence cards in your emergency go-bag.

Items to Keep in Your Emergency Go-Bag

- | | |
|--|--|
| ☐ Flashlight / Headlamp | ☐ Portable emergency toilet |
| ☐ Portable radio / Earphones | ☐ Toothbrush and mouthwash |
| ☐ Portable battery charger (power bank) | ☐ Disinfecting wet wipes and hand sanitizer |
| ☐ Batteries | ☐ Baby wipes and body wipes |
| ☐ Whistle | ☐ Antibacterial deodorizing spray |
| ☐ Face masks | ☐ Toilet paper |
| ☐ Towels | ☐ Notebook, pens, and a permanent marker |
| ☐ Work gloves | ☐ Bankbook records, copies of important documents (driver's license, health insurance card, passport, residence card, etc.) |
| ☐ Duct tape | ☐ Coins (¥10 and ¥100 coins) and cash |
| ☐ Helmet | ☐ Hazard map |
| ☐ Garbage bags | ☐ Emergency information card |
| ☐ Raincoat | ☐ Drinking water (about 1 liter per adult per day) |
| ☐ First aid kit (bandages, adhesive bandages, etc.) | ☐ Ready-to-eat emergency food, such as nutrition bars (at least a one-day supply) |
| ☐ Essential medicines (pain relievers, antiseptics, etc.) and any prescription medications you take regularly | ☐ Clothing (including socks and a change of clothes) for three days |
| ☐ Eyeglasses / Contact lenses / Eye drops | ☐ Other essential items based on your family's needs, such as diapers, baby supplies, or children's items |
| ☐ Ground sheet / Sleeping mat | |
| ☐ Emergency blanket (aluminum foil thermal blanket) | |



What is "Rolling Stock"?

"Rolling Stock" is a lifestyle and disaster-preparedness method based on "eating and replenishing," allowing you to stock up on emergency food effortlessly within your daily life. The concept is simple: buy a little extra at the grocery store, consume food in order of the expiration date (oldest first), and replace what you use.



Choose items that can be stored at room temperature and cooked quickly

During a disaster, utilities like gas and electricity may be cut off. Items that require minimal cooking time will be incredibly useful.

Keep nutritional balance in mind

Don't just stick to carbohydrates like rice and pasta. Make sure to include a balance of canned meat or fish (protein), as well as canned fruits and vegetable juices (vitamins and dietary fiber).

Choose familiar foods and flavors that you love

These days, there is a wide variety of high-quality, delicious canned goods and pre-packaged, ready-to-eat foods available. Finding your favorite flavors beforehand will provide comfort during emergencies.

We learned from

TOKYO RECIPES
by Nadiatl



Showcase Japanese Culinary Culture to the World

Tokyo Recipes by Nadia is a cooking media platform from Nadia—one of Japan's leading recipe sites with over 20 million monthly users—that brings authentic Japanese home cooking to audiences all over the world.

EASY RECIPES by the Creators of TOKYO RECIPES

by Nadiatl

Canned Mackerel Tomato Sauce Pasta by Hisae Sugiyama



Cooking time
10 min

Servings 4

2 cans mackerel simmered in miso (saba no miso-ni, 380g / 13oz)
1 can diced tomatoes (400g / 14oz)
1 tbsp. miso / 1 tsp. sugar
1 tbsp. olive oil / 1 tsp. garlic paste
4 servings of pasta
4 tsp. olive oil, plus extra for tossing
coarse-ground black pepper, to taste
grated parmesan cheese, to taste

INSTRUCTIONS

- ① Heat olive oil and garlic paste in a frying pan. Once fragrant, add mackerel and diced tomatoes and heat over medium heat for about 3 minutes.
- ② Add miso and sugar and cook for about 5 minutes while stirring. Simmer until the moisture evaporates and it thickens. Taste to check: if it tastes watery, simmer a little longer. It's done when it tastes rich and saucy. Boil the pasta in a separate pot according to package directions.
- ③ Drain the boiled pasta in a colander to remove the water thoroughly, and toss with a little extra olive oil. Serve on a plate, pour on the sauce, and sprinkle with coarse-ground black pepper and grated parmesan cheese.

Teri-Tama Cheese Mayo Bowl by TeikuuHikou Kitchen



Cooking time
5 min

Serving 1

1 pack microwavable white rice (180g / 6oz)
1 can yakitori (yakitori-kan, 75g / 2.5oz)
1 egg, separated
30g shredded cabbage (1oz)
40g shredded mozzarella cheese (1.5 oz)
Japanese mayonnaise, to taste
coarse-ground black pepper, to taste

INSTRUCTIONS

- ① Warm the rice according to package instructions.
 - ② Layer the shredded cabbage, yakitori, and cheese (in that order) on top of the warmed rice. Make a well in the center, and pour in the egg white.
 - ③ Cover with plastic wrap or a lid and cook in a 600W microwave for 2 minutes. Top with the egg yolk, drizzle with mayonnaise, and sprinkle with coarse-ground black pepper.
- *Keep a close eye on it while microwaving.

What to Do to Protect Your Life When a Disaster Strikes

During a disaster, decisions made in a matter of seconds can make the difference between life and death. Knowing how to respond in different situations and locations can help you protect yourself and those around you.

At Home

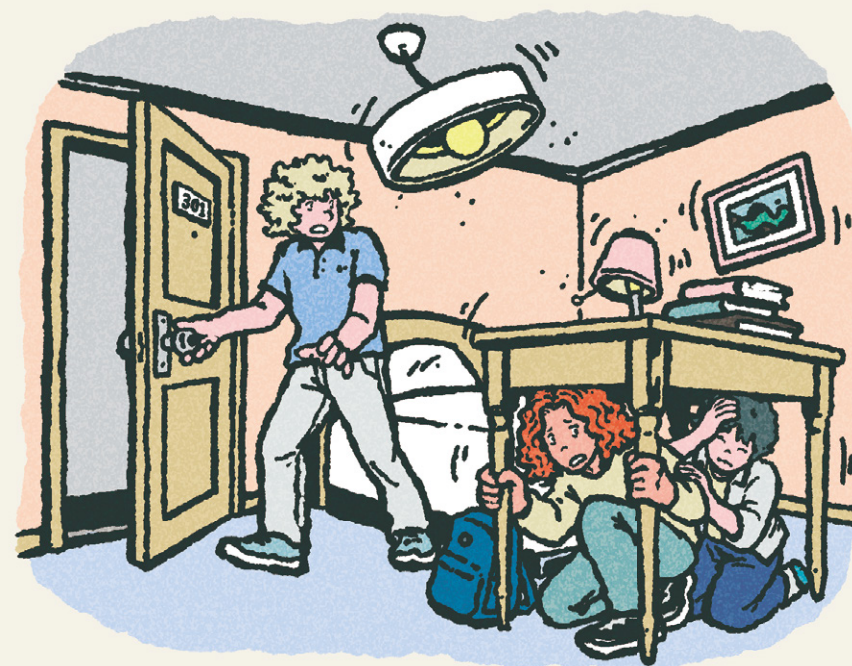
If an earthquake occurs, take cover under a sturdy table or move to another safe place and remain there until the shaking stops. It is also a good idea to identify a "safe zone" in your home where there are no overhead cabinets or shelves and where furniture and appliances are securely anchored to prevent them from falling. This can help keep you safe during an earthquake. If a fire breaks out in your home, use a fire extinguisher to put it out if it is safe to do so, and call the fire department (119) as soon as possible. If an earthquake occurs in an area at risk of a tsunami, evacuate immediately to higher ground.

At School or At Work

Check in advance how your school or workplace will confirm the safety of students, employees, or staff after a disaster. If there is an immediate danger, such as fire, a tsunami, flooding, or a landslide, evacuate without delay. Otherwise, first ensure your safety and assess the situation. If an earthquake occurs while you are at work, take cover under a desk or another sturdy piece of furniture to protect yourself from falling objects or overturned office equipment. In high-rise buildings, strong shaking may continue for an extended period, so be especially alert to moving or falling objects.

At a Train Station or on the Subway

Train station platforms often have overhead signs and other suspended structures. If an earthquake occurs, be aware of falling objects. Move as far away from the edge of the platform as possible, crouch down, and protect yourself from injury. If you are on a subway train during an earthquake, remain where you are, even if the train stops and you are temporarily unable to leave. Do not attempt to evacuate on your own. Always follow the instructions of railway staff. Some railway systems use electrified rails to power trains, and entering the tracks without authorization may result in electric shock.



While Out or Traveling

If you are outdoors, watch for falling objects. Signs, exterior wall materials, and broken glass may fall from buildings during an earthquake. Protect your head with a bag or other available items, and move away from buildings whenever possible. If you are inside a building, do not rush outside. Stay where you are and wait until the shaking stops. Then follow the instructions of the staff or other responsible personnel at the location. If an earthquake occurs while you are staying at a hotel and it is safe to do so, open the door to secure an evacuation route. If the shaking is strong, take cover under a desk or move to another safe place until it subsides. If you are sightseeing when a disaster occurs and your hotel is located in a safe area, return there when it is safe to do so. Because aftershocks are common following a major earthquake, remain alert and move carefully so that you can quickly reach a safe place if necessary.

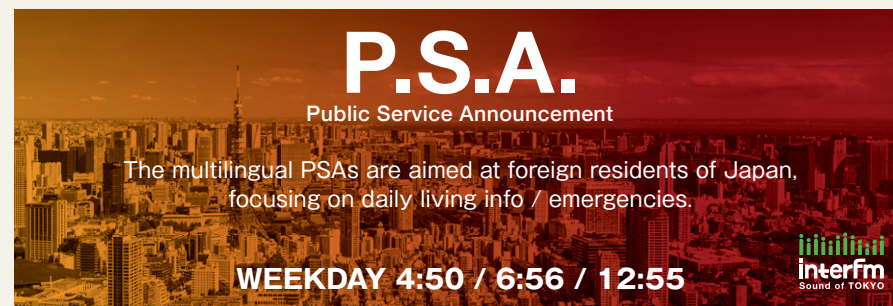


THE GUY PERRYMAN SHOW

Broadcast entirely in English.
We deliver vital information in English during disasters.

Monday-Thursday 7:00 - 8:50

Interfm



P.S.A.
Public Service Announcement

The multilingual PSAs are aimed at foreign residents of Japan,
focusing on daily living info / emergencies.

WEEKDAY 4:50 / 6:56 / 12:55

interfm
Sound of TOKYO

Understanding Evacuation

If a disaster makes your home uninhabitable or leaves you without a safe place to stay, you may need to live in an evacuation shelter. Living in an unfamiliar environment requires flexibility, consideration for others, and practical adjustments to daily life.



Take an Active Role in Shelter Operations

Shelters are run by the evacuees themselves. If you are able, help with shelter operations and other tasks whenever possible. Living in a shared space can be stressful and increase the risk of illness and infection. Wash your hands frequently, wear a face mask indoors when appropriate, and take other precautions to protect your health. Staying in the same position for long periods can increase the risk of deep vein thrombosis (DVT), also known as “economy class syndrome.” Avoid dehydration by drinking enough water, moving around regularly, and staying well hydrated.

Prepare in advance: Sheltering at home and taking care of your pets

In densely populated urban areas, evacuation shelters may not have enough capacity to accommodate everyone. In addition, shelter life can be especially challenging for people with chronic medical conditions, dietary restrictions, disabilities, or caregiving responsibilities, such as caring for children or older adults. If your home remains safe to live in after a disaster, prepare adequate emergency supplies so that sheltering at home remains a practical option and you may not need to go to an evacuation shelter. According to the Ministry of the Environment’s guidelines, pets should, in principle, be evacuated together with their owners. However, some evacuation shelters may not be able to accept pets, or pets may not be allowed to stay in the same indoor area as their owners. If you have pets, it is advisable to prepare alternative plans, such as sheltering at home or arranging accommodation at a pet boarding facility if necessary.

Supporting People Who Need Additional Assistance During a Disaster

Some people need extra support during a disaster. Older adults living alone may become isolated because they cannot get information or evacuate quickly. Relief supplies such as diapers, baby formula, and sanitary products may not be available right away. Some people with disabilities may also need to stay in a special shelter. Learn about the support available in your area and prepare in advance. For foreign residents, language and cultural differences can make shelter life more difficult. Get to know your neighbors before a disaster. If you need help evacuating, use the communication board on the cover and pages E18–E19 to communicate your needs.

Shinagawa info.

Public Service Announcement

Shinagawa City

The multilingual PSAs are aimed at foreign residents of Japan, focusing on daily living info / emergencies.

WEEKDAY 6:56

Mon: Chinese
Tue: Korean
Wed: Tagalog
Thu: English
Fri: English



P.S.A.

Public Service Announcement

Yokohama City

The multilingual PSAs are aimed at foreign residents of Japan, focusing on daily living info / emergencies.

WEEKDAY 12:55

Mon: Chinese
Tue: Korean
Wed: English
Thu: Spanish
Fri: Portuguese



Gather Information

When a disaster occurs, access to reliable information becomes critical. It is important to prepare multiple ways of obtaining information in advance rather than relying on a single source. Familiarizing yourself with how to use the Disaster Emergency Message Dial (117) service will also help you stay connected and provide added peace of mind.

Official local government social media accounts

Disaster prevention loudspeakers and public announcements may be difficult to hear during heavy rain, strong winds, or other severe weather conditions. To ensure you receive important evacuation information, it is recommended that you follow your local municipality's official social media accounts—such as X (formerly Twitter), Facebook, and LINE—in advance. These platforms provide timely updates on evacuation orders, evacuation shelter openings, and other emergency information.

Local Disaster Response Centers

During a disaster, the Local Disaster Response Center, which serves as the hub for disaster response activities in the area, becomes an important source of local information, including updates on the distribution of emergency supplies. Many local governments publish the locations of designated evacuation shelters, temporary evacuation sites, and Local Disaster Response Centers. It is advisable to identify these locations in advance so that you know where to go and where to obtain information if a disaster occurs.

Online resources

Japan's Ministry of Land, Infrastructure, Transport and Tourism (MLIT) operates Disaster Prevention Portal, which provides links to a wide range of disaster-related resources, including real-time rainfall data, river information, weather updates, and other disaster response information. NHK and NHK World offer useful online services, including disaster information. Registering for these services or bookmarking their websites in advance can help you access important information quickly during an emergency.



MLIT
Disaster Prevention
Portal



NHK WORLD

Applications

Several smartphone applications automatically send notifications when a disaster occurs. Representative examples include the NHK ONE News & Disaster Prevention and Yahoo! Disaster Alerts (Yahoo! JAPAN). If your smartphone remains operational during a disaster, these apps allow you to access disaster updates, evacuation information, and the latest news.



NHK ONE
News & Disaster
Prevention



Yahoo!
Disaster Alerts



A Radio Is Essential During a Disaster

If a disaster causes a power outage, it may become difficult or impossible to obtain information through computers, smartphones, or other electronic devices. However, a battery-powered or hand-crank radio can continue to provide access to important information.



interfm

During emergencies, radio stations including interfm switch to special programming and provide continuous disaster-related updates. It is a good idea to identify radio stations that broadcast in your native language before a disaster occurs.

There are also online services, such as radiko, and mobile applications that allow you to listen to radio broadcasts over the internet. Preparing these services in advance can help you stay informed when an emergency arises.



Turn your smartphone into a radio.

Disasters can happen at any time. Download radiko and be prepared.

radiko



Get the app for free.

避難所で使おう指さしボード

Communication board



被災した現場や避難所などで、必要なものや聞きたいこと、困りごとがある場合は、該当するイラストを指さして要望を伝えましょう。また、緊急連絡先や持病などを「緊急情報カード」にまとめて書いておき、カバンの中に入れておきましょう。家族分はコピーして使用してください。

If you need supplies, have questions, or require assistance at a disaster site or an evacuation shelter, use the communication board by pointing to the appropriate illustrations to express your needs. It is also recommended that you complete an Emergency Information Card with important details such as your emergency contacts, medical conditions, and other essential information, and keep it in your bag at all times. Make copies for each member of your family so that everyone has one available in an emergency.



食べられないものがあります
I cannot eat certain food.



授乳をしたいです
I would like to breastfeed.



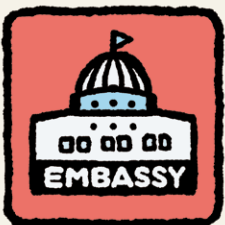
Wi-Fiを 使いたいです
I would like to use Wi-Fi.



お祈りを したいです
I would like to pray.



家族に 連絡したいです
I would like to contact my family.



大使館に 連絡したいです
I would like to contact the embassy.



〇〇が欲しいです
I want 〇〇.

なにか欲しいものがあるときに、
下のイラストと組み合わせて使いましょう。

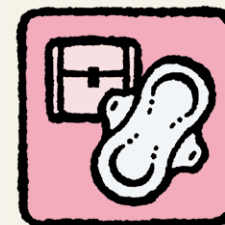
If there's something you want,
use the illustration below.



くすり
Medicine



水
Water



生理用品
Sanitary pads



ミルク
Baby formula milk



おむつ
Diapers



ハラール食品
Halal food

緊急情報カード EMERGENCY CARD

名前 / Name		生年月日 / Date of birth 年 year 月 month 日 day		
住所 / Address			電話番号 / Telephone number	
緊急連絡先 / Emergency contact 名前 / Name		電話番号 / Telephone number		続柄 / Relationship
アレルギー・持病など / Allergies, Disease, etc				