












## I -1 Emergency Telephone Numbers

<b>Police</b>		<b>110</b>
<b>Fire Department</b>		<b>119</b>
<b>Ambulance</b>		<b>119</b>
<b>Family Doctor</b>		
<b>Nearby Hospital</b>		
<b>Gas Leak</b>		
<b>Waterline Repair</b>		
<b>Local Office of Kansai Electric Power Co.</b>		
<b>Consulate/Embassy</b>		
<b>School/Work</b>		
<b>Self-Government Associations (Jichikai)</b>		

## I -2 In Case of Emergency (Fire, Sudden Sickness and Crime)

### 1. Fire (☎119 • English Speaker Available)

In the event of fire, please notify your neighbors. If you find a fire alarm (an emergency bell) inside the building, please press the button immediately. Dial 119, remain calm, and advise the starting time of the fire and where you are now. When fire or smoke spread rapidly, please evacuate to a safe place immediately.

#### Examples in Japanese

“Kajidesu. XX(address) no XX (name) desu.”:

“Fire incident. I’m XX(name) at XX(address)”

“XX(address) no XX (name) desuga, tonari ga kaji desu.”:

“I’m XX (name) at XX (address). My next door has a fire.”

“XX (address) no XX (name) desuga, basho ha XX desu.”:

“I’m XX(name) at XX(address), the site is XX.”

### 2. Sudden Sickness, Injury and etc (☎119 • English Available)

When suddenly sick or injured and unable to go to hospital without assistance, you can call an ambulance by dialing 119. In such cases the telephone and ambulance cost are free, but you are responsible for the medical fee. The ambulance crew judges the best hospital depending on the patient’s symptom, where s/he is and what time s/he calls, so they might not be able to take you to your preferred hospital.

If you mistakenly swallow medicine or poison, go to a hospital immediately with the instruction sheet of the substance you have taken, or call an ambulance. If you call “119”, they will instruct you as to the measures you need to take.

#### Examples in Japanese

“Kyuukyuusha o onegaishimasu. XX (address) no XX (name) desu.”

“Ambulance please. I’m XX (name) at XX (address).”

“XX (address) no XX (name) desuga, XX o kega shimashita.”:

“I’m XX (name) at XX (address). I’m injured on XX.”

XX (address) no XX (name) desuga, XX ga itakute ugoke masen.”:

“I’m XX (name) at XX (address). I can’t move because of pain on my XX”

“XX (address) no XX (name) desu. Chi ga dete imasu.”:

“I’m XX (name) at XX (address). I’m bleeding”



### 3. Crime Victim (☎110 • English Available)

In the event of being involved in a crime or witnessed a crime, dial 110 and contact with police. If a thief has broken in your house or office, keep the crime scene intact and dial 110.

#### Examples in Japanese

“Tasukete Kudasai.”: “Help”

“Dorobou desu.”: “Thief!”

“Suri ni ai mashita.”: “Somebody picked my pocket.”

“Nagurare mashita.”: “Somebody punched me.”

To prevent stalking (hovering around you, waiting for you without your permission, demanding to meet unnecessarily, requesting to associate with you, making obscene comments to you, and making silent calls), “The Stalker Regulation Law” was enacted. If you are a victim of such harassment, please contact the police.

【Stalker Dial 110, Osaka Prefectural Police Headquarters】

☎ 06-6937-2110

Domestic Violence from the spouse or partner is also prohibited. The Osaka Prefectural Center for Women provides temporary sheltering service for victims and consulting and counseling services

pertaining to domestic violence.

【Osaka Prefectural Consulting Center for Women】

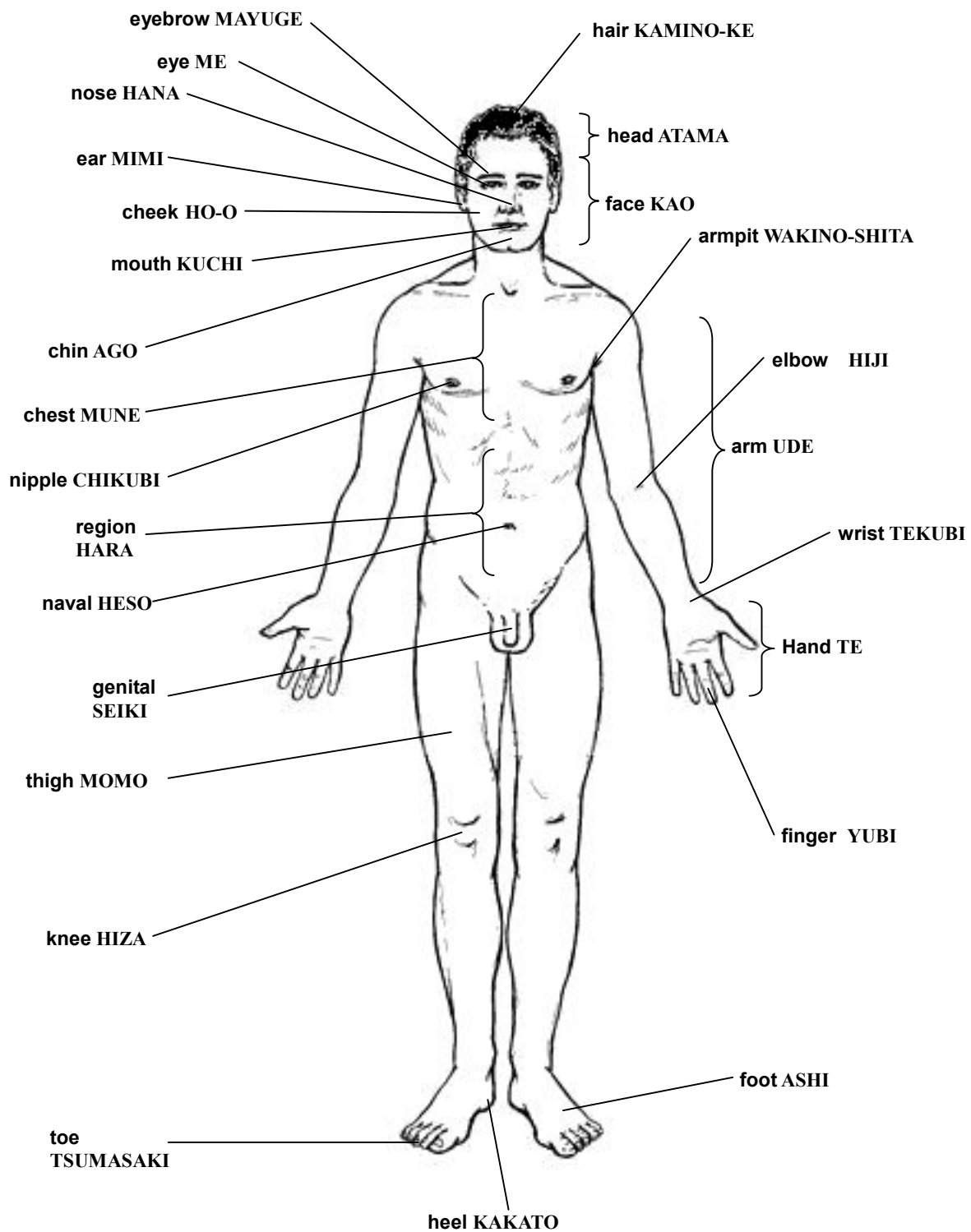
☎ 06-6949-6181

#### **4. Phoning for Assistance**

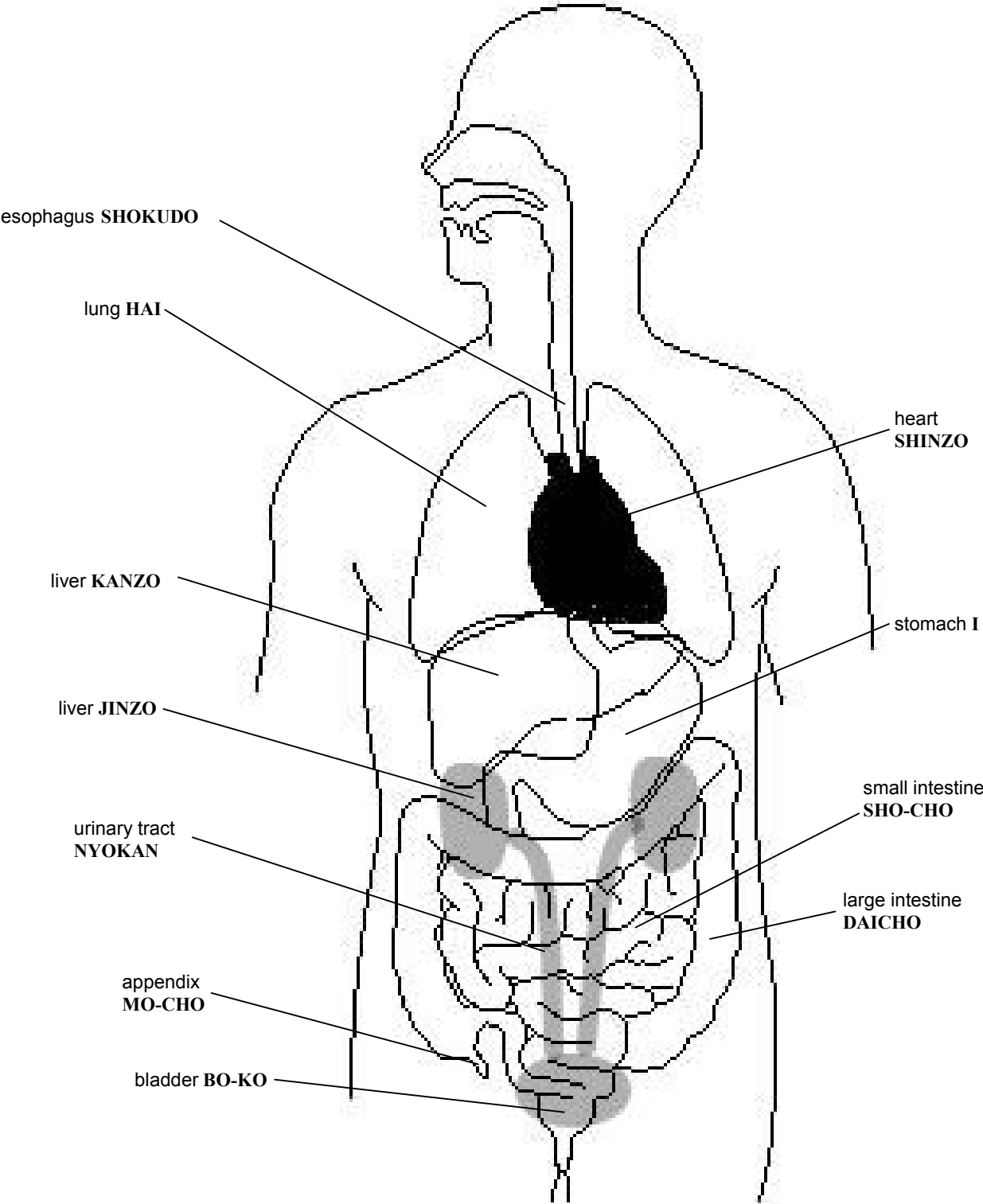
From a public phone, you can dial 110 or 119 (free of cost). Pick up the receiver, then press the red button on the front part of the phone. (Some phones are marked “no free call functions” or “different calling process required”)

You can also call from a cell phone. Please press Call Button (mark)+119 or110 Please make sure to tell them where you are now.

## 5. Body parts



**Internal Organs**



## I-3 Precaution against Natural Disasters

### 1. Typhoon

Typhoon is devastating rain and storm which occurs frequently across Japan, from July to October.

#### Possible Damages

- Things strewn by wind may hit and injure you.
- Landslide and flooding due to rain.
- Houses are submerged or inundated.
- Power loss.
- Buildings provided with water by means of water pump (electric motor) may lose water supply.

Weather forecasts help to advise coming typhoons, so please pay attention to them.

#### Prepare Against Typhoon

- Please pay attention to weather forecasts from radio or TV to know when and where typhoon passes through your area.
- When rain or wind intensifies, remain inside.
- Prepare a bag containing goods for emergency such as drinking water, dried foods, a flashlight, a portable radio and others.
- Please check (neighbors, police, etc.) for the evacuation site for your neighborhood.

### 2. Earthquakes

Compared with other countries, earthquakes happen in Japan quite often. When an earthquake occurs, the ground trembles, so sometimes it causes damage such as fallen furniture or even the collapse of buildings. In some cases, it triggers a tsunami (tidal wave).



#### When an Earthquake Happens

1. If you stay in a house or a building · ·

- Jump underneath a table to protect yourself from the things falling down.
- When trembling stops, switch off any fires such as gas ovens or stoves, then turn off the gas at the gas main.
- Open a door to the outside of the office/domicile to secure an exit to evacuate.
- Do not use elevator.

2. If you are outside · ·

Protect your head against the things falling down. Don't stay besides walls made from mortar nor under the eaves. Evacuate to a safe place such as an open ground without a building.

3. If you are driving a car · ·

Do not panic and after confirming your personal safety, slowly bring your car towards to the roadside and park. Even after the trembling stops, please remain cautious because aftershocks might occur.

#### Precautions to Take

- Please attach metal fittings or a chain to heavy furniture or bookshelves to prevent them from falling down.
- Do not put fragile things such as a vase on a shelf or above the head of your bed.
- Prepare a bag containing goods for emergency such as drinking water, dried foods, a flashlight, a portable radio and others.

### 3.To Collect Information on Natural Disasters

FM CO · CO · LO	76.5MHZ
NHK Radio 1	666KHZ
NHK General Television	2CH

#### 4. Evacuation Area

You should evacuate to a designated evacuation site when a disaster occurs. Please check beforehand the location of the evacuation site near your house.

Evacuation Area in your neighborhood: