

I Emergencies

I -1 Emergency Telephone Numbers

Police		110
Fire Department		119
Ambulance		119
Family Doctor		
Nearby Hospital		
Gas Leak		
Water pipe Repair		
Nearby Kansai Electric Power Co. Office		
Consulate/Embassy		
School/Work		
Neighborhood Association (Jichikai)		

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

1. Fire (☎119 • English Available)

In the event of fire, please notify your neighbors immediately. If you find a fire alarm (or emergency bell) inside the building, please press the button immediately. Dial 119, remain calm, and tell them you have discovered the fire and your current location. When fire or smoke spreads rapidly, please evacuate to a safe place immediately.

Examples in Japanese

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

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

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

“I’m △△(name) at XX(address). There is a fire next door.”

2. Sudden Illness & Injury etc. (☎119 • English Available)

When you are ill 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 costs are free, but you are responsible for the medical fee. The ambulance crew judges the best hospital depending on your symptoms, where you are and what time you have called, 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 for the substance you have taken, or call an ambulance. If you call “119”, they will advise what to do. (Ambulance Services Guide for inbound visitors to Japan)

<https://www.fdma.go.jp/publication/portal/post1.html>

Examples in Japanese

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

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

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

“I’m △△ (name) at XX (address). I hurt my □□.”

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

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

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

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

3. Crime Victim ☎110 • English Available)

If you are a victim of or a witness to a crime, dial 110 to contact police. If you have had your house or office broken into, keep the crime scene untouched and dial 110.

Examples in Japanese

”Tasukete Kudasai.”: “Help”

“Dorobou desu.”: “Thief!”

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

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

The “Anti-stalking Act” is in place to prevent stalking activities, such as someone hovering around you, waiting to ambush you, demanding to meet or date you, making obscene comments, or making anonymous calls. 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 your spouse or partner is prohibited by law. The Osaka Prefectural Center for Women provides temporary sheltering service for victims and domestic violence consulting.

【Osaka Prefectural Women's Center】

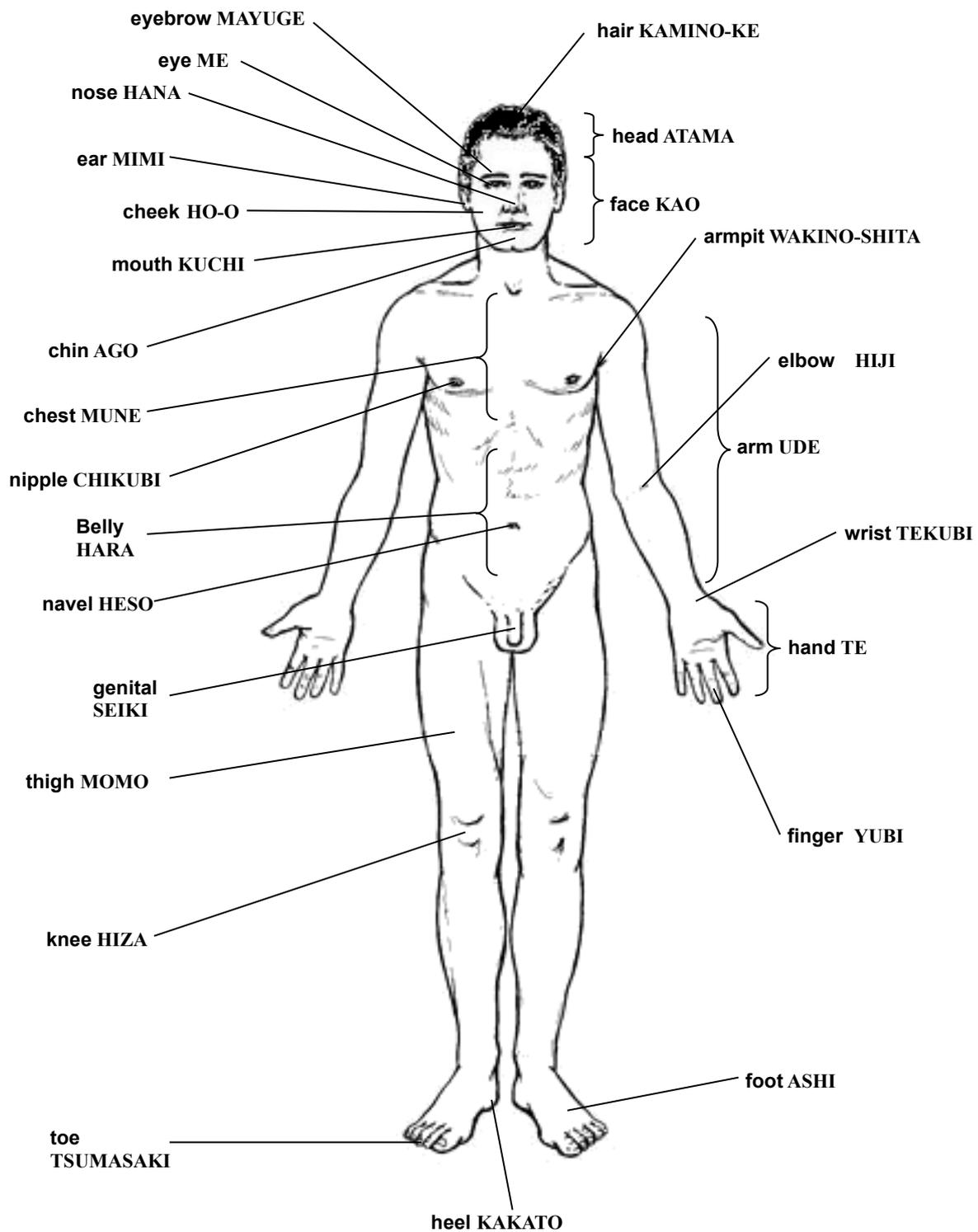
☎ 06-6949-6181

4. Phoning for Assistance

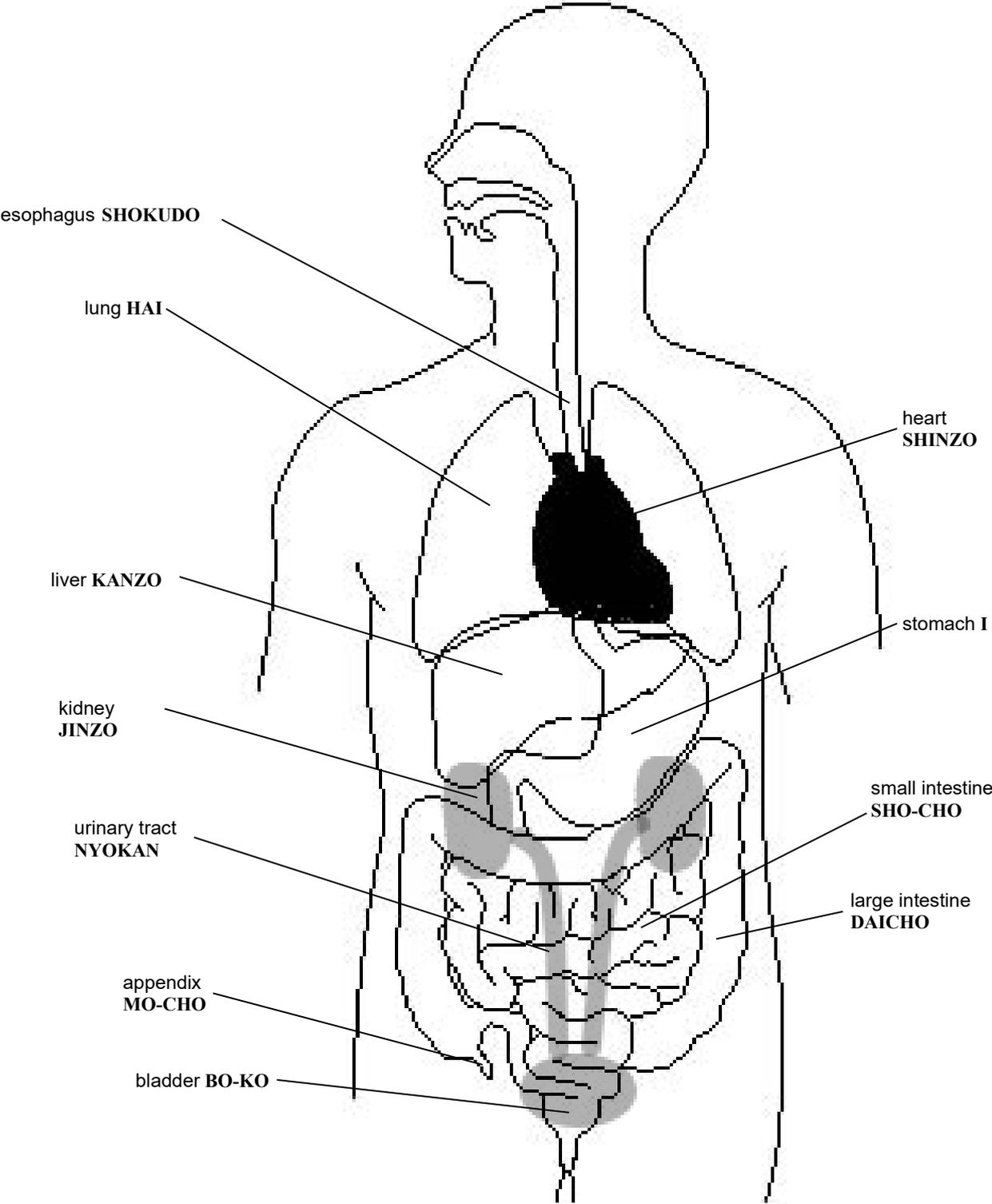
From a public phone, you can dial 110 or 119 free of charge. Pick up the receiver, and then press the red button on the front part of the phone. (Some phones have different calling procedures)

You can also call from a cell phone. Please press 119 or 110. Please make sure to tell the operator where you are and your cell phone number.

5. Body parts



Internal Organs



I-3 Precaution against Natural Disasters

1. Typhoons

Typhoons accompanied by devastating rains and storms occur frequently from July to October throughout Japan.

Possible Damage

- Injuries caused by objects displaced by wind.
- Landslides or floods due to heavy rain.
- Houses submerged or inundated.
- Power failures.
- The water supply may be cut to buildings where tap water is provided by means of electric water pumps (electric motor).

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

Prepare for Typhoons

- Please pay attention to weather forecasts from the radio, TV and Internet to learn when and where typhoons will pass through.
- When rain or wind intensify, stay indoors.
- Prepare an emergency bag containing drinking water, dried foods, a flashlight, a portable radio and other emergency goods.
- Please check for the designated evacuation site in your neighborhood in advance.

2. Earthquakes

Compared to other countries, earthquakes happen quite often in Japan. When an earthquake occurs, the ground trembles, causing damage such as furniture toppling over and buildings collapsing. In some cases, it can trigger a tsunami (tidal wave) as well.

When an Earthquake Occurs

1. If you are indoors · ·

- Take cover underneath a table to protect yourself from the falling objects.
- When the shaking stops, turn off your gas stove and heater, and then turn off the gas at the gas main.
- Open a door to the outside to secure an exit to evacuate.
- Do not use elevators.

2. If you are outside · ·

Protect your head against falling objects. Don't stay near concrete-block walls or under projecting roofs. Evacuate to a safe place such as an open space with no buildings standing nearby.

3. If you are driving a car · ·

Do not panic and after confirming your personal safety, slowly pull over to the side of the road. Even after the shaking 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 over.
- Do not put fragile things such as a vase on a shelf or at the head of your bed.
- Prepare a bag containing emergency goods such as drinking water, dried foods, a flashlight and a portable radio.

3. Collecting Information on Natural Disasters

FM COCOLO	76.5MHZ
NHK Radio 2	828KHZ
NHK Radio 1	666KHZ
NHK General Television	1 CH
NHK World News	BS1, BS Premium

Internet
 NHK World
<https://www3.nhk.or.jp/nhkworld/index.html>
 Osaka Disaster Prevention Net
<http://www.osaka-bousai.net/pref/index.html>

4. Evacuation Area

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

Evacuation Area in Your Neighborhood:

5. Emergency Kit Lists

Category	Check	Item	Category	Check	Item
Food and water		Drinking water	Others		Flashlight
		Emergency food including canned food & biscuits			Portable radio
Daily items		Cotton work gloves			Batteries
		Towels			Candle / Lighter
		Plastic bags			Swiss army knife
Valuables		Toilet paper / Wet wipe			Helmet (Disaster hood)
		Cash (coins)			Emergency toilets
		Mobile phone			Dry Shampoo
		Banking passbook & Seal			Shoes
		Health insurance card / Driver's license			First-aid kit / Medicine
	Passport		Writing utensils		
	Residence Card		Outer wear / underwear		