### Emergency Personal Notes

<table>
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<tr>
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<td>Medicines</td>
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<td>Address in home country</td>
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<td>Remarks</td>
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</tbody>
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### Pocket Emergency Guide

**In Case of Emergency**

Remain calm and do not panic.

**Contents**

- Earthquake and other natural disaster
- First aid for dehydration
- Useful links
- Useful Tips
- Pointing Phrase book
- Useful Map for Emergency
- Emergency Personal Notes

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Yokohama Convention & Visitors Bureau
Earthquake and other natural disaster

Earthquake

It is important to respond calmly in an earthquake.

- If you feel a strong quake, protect your head and keep your body safe by moving away from any articles that could topple or fall.
- After the shaking has stopped, evacuate to a nearby school or evacuation center. Ask a nearby Japanese person where to evacuate.
- Aftershocks may occur after a large earthquake.

Earthquake! Indoors Outdoors

In a conference center, theater, or concert hall.
- Use a handbag or similar item to protect your head.
- In a theater or concert hall, crouch between the seats.
- Move away from any windows or shelves.
- Remain calm and follow the instructions of facility staff.

In a hotel
- If you feel a quake, get under a table. Protect your head with a cushion or similar item.
- Quickly extinguish any source of flame, for example by unplugging electric appliances.
- Follow the instructions of hotel staff.

In an elevator
- Wait until the quake stops.
- Press the buttons for all floors and get off on the first floor where the elevator stops.
- If the elevator does not open, remain calm and wait for help. (Call for help using the emergency button.)

On the street
- Watch for electric poles that are liable to fall over and dangling power lines.
- Stay away from the dangerous objects such as concrete block walls, glasses or signboards.
- Move to a vacant lot or a high location.
- While covering your head, protect yourself from falling objects and evacuate to a vacant lot or a park.

Tsunami

- Locations near the sea could be struck by a tsunami after an earthquake.
- In the event of a tsunami, evacuate to a high place (the top floor of a building or the top of a hill).

Typhoon

1. Pay attention to storm/flood information
   Stay inside and listen to the latest weather warnings, alarms and evacuation information from the television, radio and the hotel/facility staff.

2. Evacuate at an early stage
   Do not delay in evacuating when an evacuation advisory is issued or you feel in danger. Please check the evacuation method and the location of an evacuation site in advance.

3. Do not approach dangerous places
   Do not approach places where the riverbed is high, or where a flood or landslide may occur. Stay away from the dangerous objects such as concrete block walls, glasses or signboards.

Information

Weather & Earthquake Information (Japan Meteorological Agency)
https://www.jma.go.jp/jma/indexe.html
First aid for dehydration

Be careful not to get dehydrated by the heat!
As you sweat, your body releases water and salt, worsening the flow of blood and placing a burden on your heart.
Dehydration causes symptoms including headache, nausea, dizziness, rising body temperature, and drowsiness.
It can even lead to dangerous conditions.

Prevention
- Wear a hat.
- Be sure to drink water often.
- Do not stay out in scorching heat for a long time.
- Do not overburden yourself when you are tired or lacking sleep.

When get dehydrated
- Cool the person’s body by loosening or removing clothing.
- Rest him or her in a cool place.
- If the person is capable of drinking water, let him or her drink a little at a time.

*If Call an ambulance immediately, if the person’s condition is a dangerous one, such as when he or she is nauseous or not clearly conscious.
[Call 119 for emergency services]

Information
Guide for when you are feeling ill (JNTO)
http://www.jnto.go.jp/emergency/eng/mi_guide.html

Useful links

Safety Tips for travelers (JNTO) - Weather warnings and advisories etc

Japan National Tourism Organization (JNTO)
http://www.jnto.go.jp/eng/

Haneda Airport (Tokyo International Airport)
http://www.haneda-airport.jp/inter/en

Narita International Airport
http://www.narita-airport.jp/en

List of Embassies and Consulates-General in Japan
http://www.mofa.go.jp/about/emb_cons/protocol/

Disaster Management (Cabinet Office)
Useful links

Useful Tips

Mobile Applications

Safety Tips
A push-based information app for disasters. It automatically informs you of earthquakes, tsunamis, or other special weather warnings, and allows you to see more information on the weather and what actions you should take.


VoiceTra
VoiceTra is a speech translation app that translates your spoken words into different languages. With an easy-to-use interface, you can also check whether the translation is correct.

http://voicetra.nict.go.jp/en/

Provided by the National Institute of Information and Communications Technology (NICT)

Getting information

Japan National Tourism Organization (JNTO) - Latest news and important notices after the disasters

NHK World Japan - 24-hour channel in 18 languages
https://www3.nhk.or.jp/nhkworld/

JR East Japan Railway Company - updated status of JR East trains
http://traininfo.jreast.co.jp/train_info/e/service.aspx

JNTO Tourist Information Center:
24-hour call center for English, Chinese and Korean in case of massive natural disasters
TEL 03-3201-3331
What has happened?
What is the evacuation center?
Where is the emergency exit?
I am injured.
Is it safe here?
Is there anyone who can speak English?
Can you explain information about the disaster in English?

Where is the restroom?
Please tell me the way to...
Please write it on this paper.
Could you come with me?
Where can I make a telephone call?
Is the internet working?
When will the (train/bus/airport) be back in service?

I am looking for place to stay tonight.
I have allergies.
Does this food contain the following ingredients?

Japanese phrases:
何が起きましたか？
どこへ避難すれば良いですか？
非常口はどこですか？
けがをしています
ころは安全ですか？
英語の話せる人はいますか？
英語で災害の情報を説明していただけませんか？
トイレはどこですか？
～への行き方を教えてください
この紙に書いてください
一緒に来てください
電話はどこでかけられますか？
インターネットはつながりますか？
（電車・バス・空港）はいつ復旧しますか？
If a tsunami is feared after an earthquake, evacuate to a high place at least five meters above sea level, or to the third floor or higher of a strong building (e.g. built in reinforced concrete).