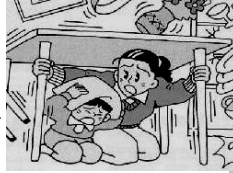


英語

Earthquake

What do you do,
when it happened
to occur?



Earthquake is frequent in Japan. It's a terrible experience for one who meets to an earthquake at first time. However, if you behave properly, you can avoid a serious injury from it. If you are prepared for the earthquake, you and your family will be safe from it.

Safety First. → **Earthquake! Hide underneath a table or desk**

1. If you feel shaking, hide underneath a table or desk.
2. If it is not possible, cover your head with a pillow or cushion.

Secure an exit. → **If you feel shaking, open the door or window ensuring escape routes.**

Do not rush outside. → **Keep quite cool in big shaking and look around for safety.**

Major tremors do not last longer than a minute. Do not rush outside until shaking has stopped. Or falling objects may injure you.

Prevent fire! It's cause of disaster. → **Safety first, then turn off all of sources of fire.**

1. Get into a habit to turn off using gas appliance and gas stoves.
2. Turn the gas off at the main and plug off electric appliances.
3. Turn off the circuit breaker before evacuation. (If you evacuate your home leaving fallen electric appliances or iron on, a secondary disaster may occur.)

If a fire breaks out. → **Make sure your safety, then put off a fire,**

1. If a fire breaks out, put off a small fire by bucket water or a fire extinguisher at early stage.
(Be prepared a fire extinguisher and triangular bucket at your home, and reserve water in the bath)
2. Shouting out fire and asking the neighbors to help. Try to extinguish a small fire with neighbors at early stage.

When you are outside. → **Don't walk along the alleyway, near concrete wall, cliff or riverside.**

1. If you walk along a narrow alleyway or near wall, beware of falling or collapsed objects such as roofing tile or concrete wall not to be caught under them.
2. Beware of collapsing the ground near cliff or riverside because earthquake makes the ground weak.

When you evacuate to shelter. → **You should go on foot with minimum supplies**

Be prepared emergency supplies. (The following picture shows emergency supplies)

Emergency supplies to be prepared

Be prepared minimum requirements for living at shelter including first aid medicines and materials for injuries

(We will give you the book “*Jishin ni jishin*” (confidence in earthquake) under the supervision of Earthquake

disaster preparedness office of Fire and Disaster Management Agency, Ministry of Public Management Home Affairs, Posts and Communications. If you want, please call us 049-275-0370)

INFORMATION



seal, a saving passbook, a flash-light, candle, gloves, knife, water, radio, dry cell, cash, lighter, a can opener, Milk, a baby bottle, a disposal diaper, foods, a first-aid kit, clothing, blanket, helmet, padded headgear

Extend the circle of friendship.

Fujimino International Wai-Wai club needs volunteers

learn multi national culture and deepen mutual understanding throughout the year. We need volunteers, especially foreign residents. If you are interested in the club activities, please come and join us.

☎ 049 - 275 - 0370

Children regardless of nationality are exciting dreams of play in Wai-Wai club. It has a lot of events to enjoy,

Extend the circle of friendship to the world · Schedule

6/12	How do you like genuine Gyouza?
7/10	Classical fire engine and world firefighter (Practising firefighter)
8/6,7,8	Yoo-hoo Bandai! (Camping at Mt. Bandai)
9/11	To Hidaka ···· Let's go (An excursion)
10/9	Autumn Sports day (World sports Meets) Let's enjoy playing sports!
11/13	Just getting ready for opening (Preparing for No.7 th bazaar)
12/11	Shopping to world fair (world bazaar)

Leave your problem in our hands

You may have a problem, but you don't have any one to talk with it. It depresses you and keeps by yourself. Foreign residents advisory center (FICEC) offers you an opportunity to give you appropriate advice. Every month many foreigners visit us to talk with us about their problems. No charge for it.

Call 049 253 7744

Applicants are welcome to the training course for visiting nursing care worker

Fujimino International Cultural Exchange Center is planning to open training class for home-helper. If you have a license, it is helpful to find a job. You must study hard to get a license. Our staff will help you. If you want to get a license irrespective of sex or age, please call us.

049 - 275 - 0370