



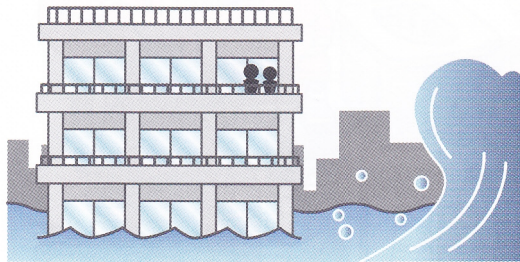
To Protect Yourself from Tsunami 为了在海啸发生时保护自身

When a tsunami occurs

- ① Evacuate immediately to higher ground.
- ② Do not use cars for evacuation.
- ③ Stay away from sea sides and rivers.

海啸发生时

- ① 抓紧时间，尽量往高处逃。
- ② 不要使用汽车逃离。
- ③ 不要靠近海岸及河川。



from 知晓正确的信息 通过电视、广播及因特网等

Evacuation Card 避难卡

Nearest Evacuation Site /
附近的避难所 /

TEL 电话

① School/Company 学校·单位 /

② Consulate 领事馆 /

Emergency Contact Number 紧急联络处

① In Japan 日本国内 /

② Abroad 日本国外 /

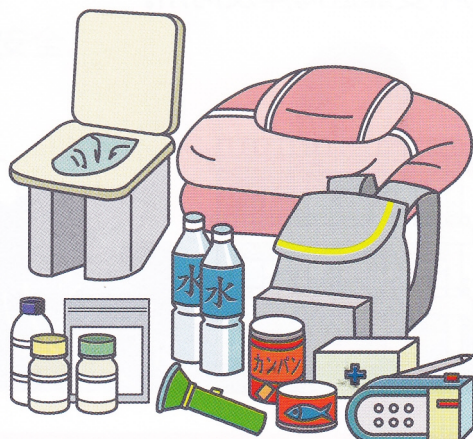


Emergency Evacuation Goods

紧急携带物品

Water, canned food, flashlight, portable radio, batteries, bandages, medicines you usually take, cash (small coins too), passport, Residence Card, mobile phone, battery charger, writing tools, gloves, tissues, towels, clothes, underwear, and plastic bags

饮用水、罐头等食物、手电筒、便携收音机、电池、伤口药、创可贴、一直服用的药、现金（还有零钱）、护照、在留卡、手机、充电器、笔记用具、劳动手套、纸巾、毛巾、衣服、内衣、塑料袋等



Evacuation Card 避难卡

Please show this card at an evacuation site. Fill it out and carry it with you!
在避难所要出示避难卡。要填写好避难卡，且随身携带！

◆Name 名字（日语注音假名） /

◆Address 住址 /

◆TEL 电话 /

◆Available Languages 会说的语言 /

◆Blood Type 血型 /





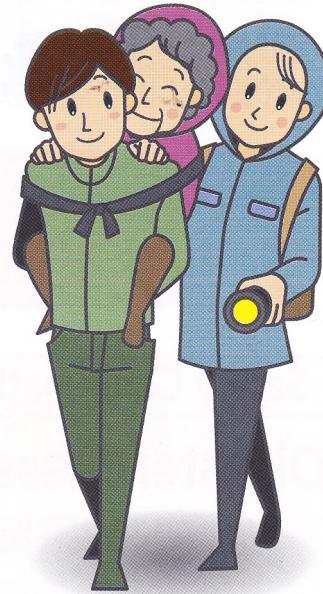
Disaster Prevention in Daily Life 生活中的防灾

It is very important to help each other in a time of disaster. People around you will help you and you will also help others around you.

- ① Participate in a disaster drill in your area.
- ② Interact with people in your neighborhood.
- ③ Make sure to check the walking path to your home.

发生灾害时，互相帮助非常重要。
需要得到周围人的帮助或者伸出您的援助之手。

- ① 要尽量参加居住地区的防灾训练。
- ② 平时起就要与周围的人进行交流。
- ③ 事先确认好徒步回家的道路。



Gas stations and convenience stores that have this logo sign (on the left) provides tap water, toilets and traffic information. 在贴有左侧标记的加油站及便利店等处可以享受自来水・厕所・道路信息等服务。

Inquiries
询问处

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公益财团法人 大阪国际交流中心

邮政编码：543-0001 大阪市天王寺区上本町 8 丁目 2 番 6 号

TEL : 06-6773-8182 FAX : 06-6773-8421

<http://www.ih-osaka.or.jp/>

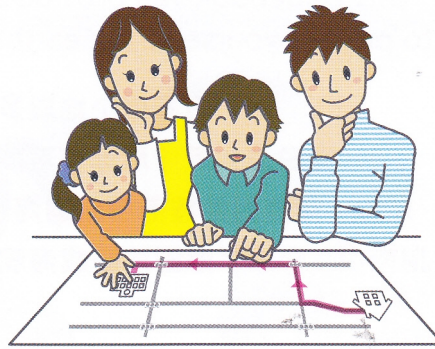
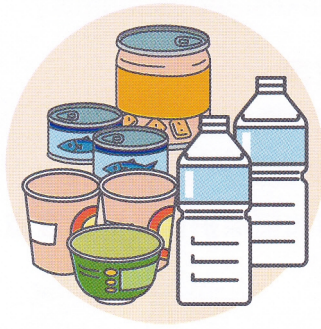


Preparation for Disaster

防备灾害

- ①Secure big furniture so it does not easily overturn.
- ②Put emergency evacuation goods in a bag and place it where you can take out easily.
- ③Stockpile three to seven days worth of food and water.
- ④Make sure to check where your home's nearest evacuation site is located.
- ⑤Arrange the meeting place and how to contact among family members beforehand.

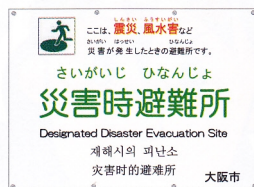
- ①要固定好大型家具等防止倒下。
- ②要事先将紧急携带物品装入背包等，做好可以立即带走的准备。
- ③要事先准备好3～7天量的食物及饮用水。
- ④要事先确认好家附近的避难所的地点。
- ⑤要事先决定好家人会合的地点、联络方法等。



Evacuation Site...

If in case your home was severely damaged by an earthquake or if immediate evacuation instructions were given, you can seek shelter temporarily in the Evacuation Site.

Elementary schools and junior high schools are usually designated as an evacuation site. Water, food and blankets are provided there.



什么是避难所...

由于地震出现了住宅损坏、或发布了避难命令・劝告避难时，可以临时避难生活的地方叫做避难所。小学及中学设为避难所的比较多。

在避难所，有定量供应饮用水、食物及毛毯等。由于是集体生活，要遵守规定，与周围的人一起协力互助。

