

1 . Emergencies

1.Emergency Calls

Crime / Traffic Accident	Dial 110 Police Station
Fire / Emergency Aid / Rescue	Dial 119 Fire Station
Incident / Accident at Sea	Dial 118 Japan Coast Guard

110 (Police), 119 (Fire Station), 118 (Coast Guard) are common numbers in Japan. These services operate 24 hours a day everywhere in Japan free of charge.

Crimes / Traffic Accidents (Dial 110)

When you are involved in a traffic accident or crime, you must report it to the police and explain the situation.

How to call:

Dial (Push) 110 directly, without any dialing code.

* If you are calling from a green public phone (analogue public), push the red emergency button firmly.

Explain the situation in a calm and clear manner, providing accurate details, and state your name.

How to report:

Example: Koutsu Jiko / Dorobou desu. (It is a traffic accident / thief)

‘ time ’ ni, ‘ place ’ de okorimashita.(It happened at (time) in (place))

Watashi wa ‘ name ’ desu. (My name is (your name))

In Japan, there are police boxes called ‘ Koban ’ placed in each area. Please be aware of the location of your nearest Koban.

Fire, Emergency Aid, Rescue (Dial 119)

In case of a fire:

Quickly inform your neighbors that there is a fire ‘ Kaji desu ’ and then call the fire station.

When calling an ambulance:

When there is a sudden illness or injury, call the ambulance. If the illness or injury is not serious, please visit a hospital by yourself.

How to call:

Dial (Push) 119 directly, without any dialing code.

* If you are calling from a green public phone (analogue public), push the red emergency button firmly.

How to report:

Explain to the operator clearly whether it is a fire, medical or rescue emergency, and state the location and your name.

Example1:Kaji desu. (Fire)

Basho wa (address) desu. (The location is (address))

() ga Moeteimasu. (() is burning)

Watashi wa () desu. (My name is ())

Example2: Kyukyu desu. (First Aid)

Basho wa (address) desu. (The location is (address))

(Name) desuga, Kyubyo / Kega desu. (My name is () and I am ill /injured)

* If someone has been injured by a traffic accident, call 119 for ambulance and also 110 to report the accident to the police.

2. Illness or Injury During Holidays or at Night

If the hospital is closed during the holidays or at night, go to the Emergency Medical Center, After Hours Emergency / Dental Clinic or to a doctor on duty for holidays and nights. You can obtain information on After Hours Clinics and doctors on duty by calling the Emergency Medical Information Center.

Shizuoka Prefecture Emergency Medical Center:

Izu area (Shimoda) 0558-23-1199

Eastern area (Numazu) 055-952-1199

Central area (Shizuoka) 054-205-1199

Western area (Hamamatsu) 053-457-1199

You can get faxed information by calling the phone numbers listed above.

You can also access it through the internet.

<http://www.qq.pref.shizuoka.jp/>

As well as a list of hospitals running on holidays and at nights, you can also get a search on the list of dental clinics open on holidays on the home page.

Emergency Medical Center

Facility	Address	Telephone number
Shizuoka Saiseikai General Hospital	1-1-1 Oshika, Shizuoka-shi 422-8021	054-285-6171
Juntendo University Medical School Juntendo Izu Nagaoka Hospital	1129 Nagaoka, Izunagaoka-cho Tagata-gun 410-2211	055-948-3111
Kenseibu Hamamatsu Medical Center	328 Tomitsuka-cho, Hamamatsu-shi 432-8065	053-453-7111
Shizuoka Red Cross Hospital	8-2 Ote-machi, Shizuoka-shi 420-0853	054-254-4311

Holiday and Night-time Emergency Center, Holiday Dental Clinic

Name of Clinic Organization	Address, Telephone Number	Open Days	Open Hours	Medical Field
Ito-Shiritsu Yakan Kyukyu Iryo Center	1-7-12 Ohara, Ito-shi	Weekdays, Sat, Sun, Public Holidays	19 : 00 ~ 24 : 00	Internal medicine, (Pediatrics), Surgery
	0557-37-2510			
Atami-Shi Yakan Kyukyu Iryo Center	1-20 Chuo-cho, Atami-shi	Weekdays, Sat, Public Holidays	18 : 00 ~ 24 : 00	Internal medicine, Pediatrics
	0557-86-6311			
Numazu Yakan Kyukyu Iryo Center	1514-2 Ooka, Numazu-shi	Weekdays, Sat, Sundays, Public Holidays	20 : 30 ~	Internal medicine, Pediatrics
	055-951-6078		07 : 00next day	
(Corporation) Mishima-Shi Ishikai Mishima Medical Center	4-31 Minami Hon-cho,	Weekdays	17 : 00 ~ 21 : 00	Internal medicine, Surgery
	Mishima-shi	Saturdays	14 : 00 ~ 21 : 00	Internal medicine, Surgery
	055-972-0711	Sundays, Public Holidays	09 : 00 ~ 21 : 00	Internal medicine, Surgery
Gotenba-Shi Kyukyu Iryo Center	237-7 Nishi Tanaka,	Weekdays	18 : 00 ~ 08 : 00 next day	Internal medicine, Pediatrics, Surgery
	Gotenba-shi		Saturdays	
	0550-83-1111	Sundays, Public Holidays	08 : 00 ~ 08 : 00 next day	Internal medicine, Pediatrics, Surgery

Name of Clinic Organization	Address, Telephone Number	Open Days	Open Hours	Medical Field
Fujinomiya-Shi Kyukyu Iryo Center	12-1 Miyahara , Fujinomiya-shi	Weekdays	19 : 00 ~ 08 : 00 next day	Internal medicine, Pediatrics, Surgery
		Saturdays	14 : 00 ~ 09 : 00 next day	Internal medicine, Pediatrics, Surgery
	Sundays, Public Holidays	09 : 00 ~ 08 : 00 next day	09 : 00 ~ 17 : 00	Dental clinic
Fuji-Shi Kyukyu Iryo Center	217-2 Tsuta, Fuji-shi	Weekdays	19 : 00 ~ 08 : 00 next day	Internal medicine, Pediatrics, Surgery
		Saturdays	14 : 00 ~ 08 : 00 next day	Internal medicine, Pediatrics, Surgery
	0545-51-0099	Sundays, Public Holidays	09 : 00 ~ 08 : 00 next day	Internal medicine, Pediatrics, Surgery
Fuji-Shi Shika Ishikai Shika Kyujitsu Kyukyu Shinryoujo	2850-3 Denpou, Fuji-shi	Sundays, Public Holidays	09 : 00 ~ 12 : 00	Dental clinic
			13 : 00 ~ 16 : 00	Dental clinic
Shizuoka-Shi Kyubyo Center	3-27 Higashi Kusabuka-cho, Shizuoka-shi	Weekdays, Sat,Sundays, Public Holidays	19 : 00 ~ 23 : 00	Internal medicine, Pediatrics
Shizuoka-Shi Shika Ishikai Kyukyu Shika Center	3-15, 3-chomeMagarikane, Shizuoka-shi	Public Holidays	09 : 00 ~ 12 : 00	Dental clinic
			13 : 00 ~ 17 : 00	Dental clinic
Shimada-Shi Kyujitsu Kyukan Shinryoujo	1200-5 Noda, Shimada-shi	Public Holidays	09 : 00 ~ 17 : 00	Internal medicine, Pediatrics
Shida Haibara Chiiki Kyukyu Iryo Center	362-1 Setoaraya, Fujieda-shi	Weekdays, Sat,Sundays, Public Holidays	21 : 00 ~	Internal medicine, Pediatrics
			054-644-0099	
Bannan Yakan Kyukan Center	57-7 Kounodai, Iwata-shi	Weekdays, Sat,Sundays, Public Holidays	19 : 30 ~	Internal medicine, Pediatrics
			0538-32-5267	
Ogasa Ishikairitsu Kakegawa Iryo Center	9-2 Goshohara, Kakegawa-shi	Public Holidays	09 : 00 ~ 17 : 00	Internal medicine, Surgery
Tenryu-Shi Kyujitsu Kyukyu Iryo Center	530-18 Futamata, Futamata-cho, Tenryu-shi	Public Holidays	09 : 00 ~ 16 : 30	Internal medicine, Pediatrics
Hamamatsu-Shi Yakan Kyukyushitsu (Hamamatsu Shiritsu Shinryojo)	2-11-1 Kamoe, Hamamatsu-shi	Weekdays	20 : 00 ~ 07 : 00 next day	Internal medicine, Surgery
			Saturdays	14 : 00 ~ 18 : 00
	053-455-0099	Public Holidays		20 : 00 ~ 07 : 00 next day
Hamamatsu-Shi Ha-no-Kenko Center (Kouku Hoken Iryo Center)	2-11-2 Kamoe, Hamamatsu-shi	Sundays, Public Holidays	08 : 30 ~ 11 : 30	Dental clinic
			053-453-6129	13 : 00 ~ 15 : 30

Doctors on duty

Information on hospitals (doctors) that are available during holidays and at night is noted in the local public relations newsletters. Don't forget to check them.

3.Lost Property

Information regarding lost property is gathered and managed intensively by the police. Inquire at any police station or police box nearby.

4.Typhoon

The typhoon season in Japan is between June and November. If a typhoon is approaching your area, pay close attention to weather forecasts and warning reports. Especially, if you plan to do any outdoor activities such as fishing, swimming, boat riding, pay attention to warning reports for dangerous tsunami (tidal wave) carefully. Moreover, take notice of disturbances to the transportation system (road, rail, buses).

Preparation for typhoon:

- Move or secure items outside such as bicycles to prevent them from being blown away
- Lock shutters securely
- Have emergency supplies ready
- Beware of floods and landslides

5.Countermeasure for Preventing Earthquakes

“ We never know what will happen tomorrow! ” Prepare for the Tokai Earthquake

The Tokai Earthquake

Plate tectonics

The surface of the earth is covered with dozens of plates, which are like hard board blocks, fitted together like a jigsaw puzzle.

By the movement of the mantle below the earth's surface, the plates shift in certain directions from several to dozen centimeters annually. When these plates collide, it results in an earthquake and active volcanic activity.

Earthquake Mechanism

By the shifting of the plates, intense amounts of strain are stored incessantly until it reaches a peak and shatters up the plate, releasing all the pressure in the form of tremors on the surface of the earth, which we know as an earthquake.

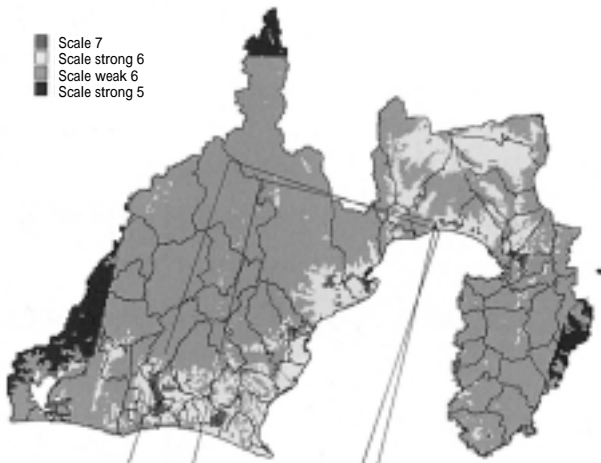
The Tokai Earthquake:

Along the Pacific coast of Japan, huge earthquakes have occurred in a 100-150 year cycle. In Shizuoka prefecture and the surrounding region, it has been almost 150 years since the last earthquake occurred in 1854. Therefore, there is no doubt a big earthquake will hit at any time. In the Tokai region, of which Shizuoka is the center, a prognostication of the Tokai Earthquake was released in August 1976, becoming a big social issue. The prefecture, individual municipalities and each household need to prepare for the earthquake most urgently.

Damage Assumption:

To promote effective countermeasures of damage control resulting from an earthquake, Shizuoka Prefecture has put together a service for estimating damages that could occur from an earthquake.

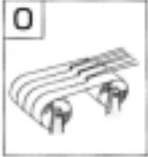




Distribution Map of Estimated Severity of the Tokai Earthquake



Scale Guide

Meteorological Agency Scale Classification Chart (Feb. 1996)

Each scale describes the strength of the earthquake's tremor, observed by scale measurement equipment.

Scale	Effects on People	Indoor situation	Outdoor situation	
0	People do not feel the tremor.			
1	A few people indoors feel slight tremor.			
2	Many people indoors feel the tremor. A few people are awoken from sleep.	Hanging objects such as electric lamp shades shake slightly.		
3	Most people indoors feel the tremor. Some may be alarmed.	The dishes on shelves may make noise from the shaking.	Electric wires shake slightly.	
4	People will feel considerable fear and a few try to find shelter in a safe place. Most people will awake from sleep.	Hanging objects swing hard. Dishes on shelves make noise. Unstable objects may fall off.	Electric wires shake hard. People walking will feel the tremor. People driving cars may feel the tremor.	

5 weak	Many people try to find shelter in a safe place. A few feel difficulty in moving.	Hanging objects shake hard. Dishes and books may fall off shelves. Unstable objects fall off. Furniture may move.	Window glass may break and fall. The shaking of electric poles is visible. Block walls without reinforcement may break down. Roads may have some damage.
5 strong	People will feel frightened. Many people have difficulty in moving.	Many dishes and books may fall off shelves. TV may fall from its stand. Heavy furniture such as closets may collapse. Doors may get jammed and not open. Some doors may come apart from its frame.	Many block walls without reinforcement will break down. Automatic vending machines without sufficient support may collapse. Many grave stones collapse. Cars have difficulty driving and many will stop.
6 weak	It is difficult to stand.	Most of the heavy furniture that have not been secured, shifts and collapses. Many doors cannot be opened.	Wall tiling and glass windows of many buildings are damaged.



6 strong	People are unable to stand and cannot move except by crawling.	Most of the unsecured, heavy furniture shift and collapse. Doors may come apart from its frame and be hurled across the room.	Wall tiling and glass windows of many building are damaged. Most of the block walls without reinforcement break down.
7	People suffer from intense jolts and cannot move by their own will.	Most of the furniture shifts greatly and some of them are tossed around.	Wall tiling and glass windows of most buildings are damaged. Block walls even with reinforcement may be damaged.



If the Tokai Earthquake occurs...

Strong tremor caused by earthquakes can last for 1-2 minutes. During that time, there is a possibility that various things may occur, such as collapse of the house, fire, furniture collapsing and dishes falling and scattering. In this case, try to stay calm and do not panic.

- Stay away from furniture that can fall over easily, and hide under the nearest desk or table.
- When the tremor has settled, extinguish any fires as soon as possible.
- Do not run outdoors in a panic.



- Avoid going close to narrow alleyways, high buildings and block walls.
- Be careful for landslides.
- Along the coast, tidal waves (tsunami) will approach soon. Evacuate to higher ground or building as soon as possible.
- Take refuge on foot and do not use an elevator. Please take only a minimal amount of belongings with you.
- Cooperate and perform first aid for one another.

Tidal Waves (Tsunami)

A tidal wave is not simply a big wave. The sea level rises and water instantly washes over the land as in a flood. When there is a big earthquake or even a weak one that shakes for a long period of time, get away from the coast as soon as possible and evacuate to a hill, high ground, or the nearest building.

Characteristics of a tidal wave

- Tidal waves will hit repeatedly, several times
- The first wave may not necessarily be the strongest wave
- Caution is needed for more than 12 hours, at least

After the earthquake

- Evacuate to the designated evacuation area for your neighborhood.

In most cases, the evacuation areas are the local elementary or junior high schools. Please be careful when you evacuate, as unsupported block walls or vending machines may collapse. Also be careful for signposts and glass.

- Listen to correct information

Pay attention to television, radio, and public announcement by local governments and not be bothered by rumors.

- Check for safety

Gather together with your friends/family and check that everyone is safe.

Also, get in contact with your Municipal Office and Embassy (Consulate).

You can confirm each other' safety by utilizing the NTT message dial system for disasters.

To record message from disaster area

- 1 . Dial 171
- 2 . Press 1
- 3 . Dial your home telephone number including area code
- 4 . Press 1 and # and leave your message
- 5 . Press 9 and #

To listen to a message from a non- disaster area

- 1 . Dial 171
- 2 . Press 2
- 3 . Dial telephone number in disaster area
- 4 . Press 1 and #

- Follow the regulations and be careful for hygiene

The evacuation area is a cohabitation facility. Follow the rules and try to communicate with surrounding Japanese citizen and cooperate with each other.

- Do not enter collapsed houses. It is very dangerous.

Daily preparation

In case of a real disaster, prepare yourselves by participating in disaster drills in your neighborhood, inspect and prepare supplies on a regular basis.

- Be aware of the evacuation area and route to get there

Each neighborhood has a designated evacuation area. Please check with your neighbors if you aren't sure.

- Discuss how to contact your friends and family and home country
- To prevent turning over and collapse of furniture

Try not to set up furniture and television in the bedroom, living room, and infant's rooms. Fix unstable furniture with specific metal fittings. Stick anti-

scattering film to glass.

- Have an extinguisher at hand
- Prepare and pack food, water and emergency supplies, storing it at a place that you can access at any time. Take its weight into consideration. For men, it should be less than 15 kg and for women less than 10 kg.



List of Emergency Supplies

Enough food and water to last 7 days, including

3 days of emergency

Flashlight, Candles

Matchsticks, Cigarette lighter

Portable radio, Batteries

Passport, Alien Registration Card

Cash, Bankbook

First Aid Kit (If you currently use medicine for illness or injury, do not forget to bring them)

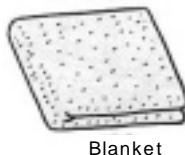
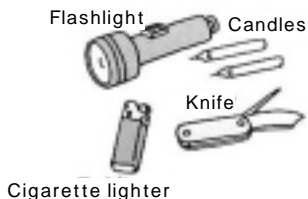
Sleeping bag, Blanket

Can opener, Knife

Tissue paper, Towel, Soap

Clothing, Underwear

Gloves, Rope, Helmet



Blanket



First Aid Kit

Predicting the Tokai Earthquake

Predictions for the Tokai Earthquake involves observing data on the observation equipment 24 hours a day, watching for any abnormal activity and if there is, to evaluate whether it may be related to the occurrence of the Tokai Earthquake. The observations are led by the Meteorological Agency along

with other national organizations.

If the Meteorological Agency defines observation data as abnormal, the Regional Determining Committee for Strengthening Earthquake Disaster Prevention is called together. If it is concluded that the Tokai Earthquake may occur, the Prime Minister will issue an official warning for Tokai Earthquake.

What it means to issue a warning:

If an official warning has been issued for a certain region, it means that the region may experience intense tremors and tidal waves. Thus you must take safety measures to prevent any disasters.

The social conditions when an official warning has been issued:

- Electricity, gas: Can be used but try not to use as much as possible
- Telephone: Can be used but try not to use as much as possible
- Water supply: Can be used but stock water as much as possible
- School, Kindergarten: Children will be dismissed and guardians must pick them up
- Road: To keep the evacuation route open, traffic will be regulated. Do not use cars when an official warning has been issued. If you are driving, drive at reduced speed.
- Bullet trains, Railways: Stop at the nearest, safe station
- Bus, Ship: Routes will be canceled and stop operation
- Hospitals: Close outpatient consultation
- Bank, Department stores, etc: Generally, close business transaction immediately (Some ATMs can be used)

If an official warning is issued:

- You act immediately according to previous arrangements among your family and friends.
- Get information through television and radio
Also pay attention to information provided by municipal offices.
- Take measures to prevent fires
Try not to use heat/gas in order to avoid occurrence of fire. Turn off gas at the main connection.

- Look after school children

Bring your children home from school and kindergarten according to previous arrangement.

- Make repeated safety checks around the house

Put away objects from high places and check that furniture and shelve fittings are securely fastened. After an earthquake, it is quite likely that doors cannot be opened; so keep the entrance doors open.

- Prepare water and fire extinguishers

- Change into casual clothing

Protect your head by wearing a helmet and change into casual clothing. Keep your shoes on, so you don't lose them in the mess that may occur.

- Check your emergency supplies

- People in dangerous area should evacuate immediately

People in danger of tidal wave and landslides should evacuate at once.

- If you are going to be away from home, leave a note of your family's safety and whereabouts where it is easily noticeable.

Shizuoka Prefecture Earthquake Disaster Control Center

At the Earthquake Disaster Control Center, you can gain information and learn about earthquakes. You can also experience a simulation of earthquake, fire extinguishing, and evacuating from fire. In addition, at the tidal wave corner, you can watch the reality of tidal waves through an indoor aquarium. Emergency supplies are exhibited too.

5-9-1, Komagata-dori,
Shizuoka-shi 〒0420-0042

Tel:054-251-7100

Fax:054-251-7300

Open hours 9:00-16:00

(Closed on Mondays and

New Year's holidays)

Admission is free of charge.

