

Preparing for Earthquakes

『地震に備えよう』

Japan is dubbed as an “Earthquake Nation” for being one of the countries with frequent earthquakes. Earthquakes can happen anytime, anywhere and without any notice. It is predicted that a big earthquake is going to happen in the future, so it is important to be prepared for it.

【Daily Preparations】

- ◎Make sure to confirm the location of your nearest emergency shelter, how to get there and contact details with your family.
- ◎Take safety measures such as securing your furniture to the wall, preventing glass from scattering and proofing your roof for earthquakes etc.
- ◎Be aware of dangerous areas in your surroundings
- ◎Prepare emergency supplies such as food, water, first-aid kit and portable radio etc.
- ◎Take part in local disaster preparedness drills and symposiums to acquire disaster prevention knowledge.

【What to do when an earthquake happens】

- Hide under a desk or table to protect your head from falling objects and wait for the shaking to end. If you are near the sea or a river, escape to higher grounds or tall concrete buildings.
- To prevent a fire from happening, switch off the gas or stove when it is safe to do so.
- Get the latest and accurate information through portable radios or mobile phones.



●How about attending our Disaster Prevention Seminar?

MIF will be holding a disaster prevention seminar for foreign residents and exchange students on the below date. Learn disaster prevention knowledge necessary for living in Japan through an earthquake stimulation vehicle experience, smoke experience, and disaster prevention apps introduction. Please sign up with your family and friends.

『Disaster Prevention Seminar for Foreigners』 ※Registration Required. FREE.



- ◇Date & Time: 24th October (Sat) 13:00 ~ 15:30
- ◇Venue: Miyazaki City Fire Department, Miyazaki Higashimorokata Wide Area Disaster Management Center
- ◇Eligibility: Foreign residents and exchange students in Miyazaki Prefecture and their family members (Participants may bring Japanese guests)
- ◇Application & Inquiries: Miyazaki International Foundation

◆Disaster Prevention Pamphlet and Disaster Prevention and Preparedness Information are available on the Miyazaki International Foundation Website. Please feel free to access them.

If you have any questions, comments, or suggestions about this column, please contact the Miyazaki International Foundation: TEL : 0985-32-8457 FAX : 0985-32-8512 Email miyainfo@mif.or.jp

If you have any worries, questions, concerns, or anything you would like to talk about in your daily life here in Miyazaki, feel free to contact the Miyazaki Support Center for Foreign Residents any time:

TEL : 0985-41-5901 FAX : 0985-41-5902 Email support@mif.or.jp