

2F, 1-1-2 Tsutsumimachi, Aoba-ku TEL: 022-301-6611		Sundays and (national) holidays	9:45 a.m. - 12:00 p.m. 1:15 p.m. - 5:00 p.m. 6:00 p.m. - 11:00 p.m.
Sendai Children's Emergency Medical Care Center 1F, 1-1-1 Asuto Nagamachi, Taihaku-ku TEL: 022-247-7035	Pediatrics (internal medicine only)	Weekdays	7:15 p.m. - 7:00 a.m.
		Saturdays	2:45 p.m. - 7:00 a.m.
		Sundays and (national) holidays	9:45 a.m. - 12:00 p.m. 1:15 p.m. - 5:00 p.m. 6:00 p.m. - 7:00 a.m.
Sendai Dental Association Emergency Dentistry Center 6-12-4 Arai, Wakabayashi-ku TEL: 022-261-7345	Dentistry	Saturdays	6:00 p.m. - 9:30 p.m.
		Sundays and (national) holidays	10:00 a.m. - 11:30 a.m. 1:00 p.m. - 3:30 p.m. 6:00 p.m. - 9:30 p.m.

※ Local hospitals and medical institutions also accept emergency cases on weekends on a rotating basis. This system is called “*kyujitsu-toban-i*”. Hours: 9:00 a.m. - 4:00 p.m.
For details, please see the City of Sendai website.

Earthquakes

An earthquake can occur at any time.

Remember the following tips to be prepared for an earthquake.

● Preparing for an earthquake ●

(1) Imagine what you would do

What would you do if an earthquake occurred right now? Discuss a variety of scenarios with your family and friends.

(2) Ensure your home is safe

Would your furniture or TV fall over in an earthquake? Lights on the ceiling are safer if they are light in weight. Keep slippers, a radio, and a flashlight by your bed.

(3) Identify safe places and routes in your neighborhood

Find a safe place near your home, such as a wide open space where things would not come falling down in an earthquake. If you live near the ocean, find a safe, high place you could evacuate to in case of a tsunami.

(4) Confirm where your evacuation center (refuge area) is

Sendai municipal elementary, junior high schools and other facilities are designated as evacuation centers (refuge areas).

A list of evacuation centers can be found on the International Relations Department section of the SenTIA website.

(5) Agree on a method of contact with your family and friends

For some time after a disaster, it may be difficult to obtain a stable connection on mobile phones. Decide in advance how you would contact and meet up with your family and friends.

(6) Prepare an emergency kit in case you have to evacuate

Things to keep in your backpack (wearing a backpack frees both of your hands):

- A copy of your residence card • Cash (with plenty of coins) • Underwear, socks
- Gloves • Radio • Rain gear (umbrella, etc.) • Flashlight • First aid kit
- Mobile phone (mobile batteries) • Plastic bags • Emergency food
- Regular medication, contact lenses, sanitary napkins, and other items you may need
- Hygiene products (masks, a thermometer, soap, portable toilets, alcohol sanitizer, etc.)

(7) Get to know your neighbors

Greet your neighbors on a regular basis and get to know each other. Participate in your neighborhood disaster risk reduction (DRR) training and stay informed about DRR.

(8) Know where to find disaster information

Within minutes of an earthquake occurring, its magnitude and seismic intensity in each area, as well as information on possible tsunamis, are broadcast on television and the radio. If a major tsunami warning or a tsunami warning is issued, NHK T.V. will broadcast in English, Chinese, Korean, Vietnamese, and Portuguese on a supplementary sound channel.

Since April 2025, the international broadcaster NHK World-Japan has been sending out emergency push notifications through its official app, providing alerts about earthquakes, tsunamis, and other critical events in Japan. Available in 11 languages (English, Chinese (simplified and traditional characters), Portuguese, Vietnamese, French, Hindi, Indonesian, Hangul, Russian, Spanish, Thai).

- ※ SenTIA cooperates with radio stations in Sendai to broadcast information in English, Chinese, and Korean. You can also receive information by registering for SenTIA's e-mail magazine, Facebook, or X (formerly Twitter).

Also be sure to remember the Sendai Disaster Multilingual Support Center (page 7)

**Sign up for the SenTIA e-mail
magazine, Facebook, and
X (formerly Twitter)**



E-mail Magazine



Facebook



X (formerly Twitter)

● What to do during an earthquake ●

If you are at home

- (1) Protect your head (2) Do not panic and do not rush outside

If you are outside

- (1) Stay away from concrete block walls and vending machines
(2) Watch out for falling signs and window glass

If you are at school, a shop, etc.

- (1) Protect your head (2) Watch out for hanging lighting fixtures, etc.
(3) Do not panic and do not rush outside

● Actions to take after the shaking stops ●

- ① Look around . . . Make sure your environment is safe.
② After the shaking stops, extinguish any open flames
③ Open a door to secure an exit
④ Gather information from the TV and radio . . . There are broadcasts in foreign languages. See page 19 for more details.
⑤ Stay alert for potential tsunamis . . . If you are near the ocean, move to a safe place as high up and as far away as quickly as possible.
⑥ Reach out to the people around you and help each other.
⑦ If your home is not safe, go to an evacuation center or another safe place.

【Earthquake Early Warning】

This is a system that sends out a warning before a large earthquake occurs. A special chime will sound on mobile phones. Please contact your mobile phone provider for details.

The following resources provide simple explanations on how to prepare for an earthquake and what to do during one.

●Multilingual Disaster Prevention Video

<https://www.youtube.com/watch?v=o872bBbqOV4>

website (J, E, C, K, V, N, 6 other languages)

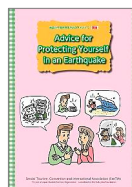


●Advice for Protecting Yourself in an Earthquake

International Relations Department section of SenTIA's website

https://int.sentia-sendai.jp/e/download/information/bousai_e.pdf

(J, E, C, K, V, N, 5 other languages)



※ The booklet is distributed for free at the Sendai Multicultural Center