

*** 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

● After the shaking stops ●

- ① Look around . . . Make sure your environment is safe.
- ② After the shaking stops, extinguish any fires
- ③ Open a door to secure an exit
- ④ Gather information from the TV and radio . . . There will be broadcasts in foreign languages.
See page 17 for details.
- ⑤ Stay alert for potential tsunamis . . . If you are near the ocean, move to a safe place as high up, as far away, and 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 companies for details.

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

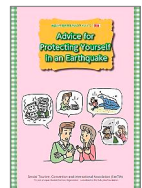
● Multilingual Disaster Prevention Video

<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

Typhoons and Heavy Rain

Taking measures ahead of time is incredibly important. Be sure to check weather forecasts. Just as with earthquakes, it is vital to confirm the location of your evacuation center and means of contacting family and friends, prepare supplies you will take with you, and interact with people in your community.

●How to prepare for typhoons and heavy rain●

(1) Check hazard maps

There is a hazard map for Sendai City. Check it to confirm any potentially dangerous areas near your house.

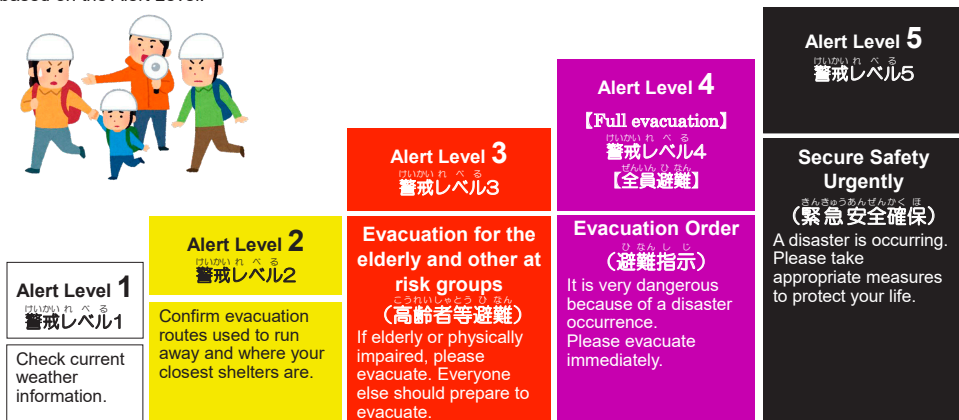
Hazard map: 'Sendai Kurashi no Map' (<https://www2.wagmap.jp/sendaicity/Portal>)> 防災 (ぼうさい) Disaster Prevention (J)

(2) Check the five-level evacuation information broadcasted during times of heavy rain

When the alert level has reached 4, everyone in a dangerous area must evacuate. Always check the alert level and take appropriate actions accordingly.

Five-level evacuation information which is given out during times of heavy rain

Alert Levels 1 and 2 will be announced by the Japan Meteorological Agency and Alert Levels 3 through 5 will be announced by the City along with other evacuation information. Make sure to take appropriate evacuation measures based on the Alert Level.



Urgency increases from levels 1 to 5

Sendai Disaster Multilingual Support Center

When a natural disaster occurs, the Sendai Disaster Multilingual Support Center will be set up at the Sendai Multicultural Center. The Center conducts activities such as providing information in foreign languages. Please contact the Center if you need help or need to speak to someone in a foreign language.

For more details, please see the International Relations Department section of SenTIA's website.

TEL: 022-224-1919 <https://int.sentia-sendai.jp/saigai/>

(J, E, C, K, V, N)

