

Earthquake and disaster prevention manual for International Students & Researchers

1 If an earthquake occurs

- Protect your head and get under a desk.
- Do not run outside.
- If on a train or a bus, hold on tight to a strap or a handrail.
- If inside an elevator, get off at the nearest floor.
Use the stairs.



An Earthquake Early Warning

- This system provides advance announcement of the estimated seismic intensities through a television, a radio and a cellular phone with alarm in case of the intensity 5-lower and greater. This estimation is based on prompt analysis of wave form data.
- An earthquake sometimes occurs a minute after the announcement. Prepare against a strong tremor in a safe place.
- A tremor continues about for a minute. Try to act safely after the tremor stops.

2 After the earthquake

- Keep away from shelves and furniture.
- Open the door to secure your exit.
- Confirm your family's safety.
- Turn off any sources of fire and switches.
- Put on your shoes in order not to cut yourself on a piece of glass.
- Get emergency bag and go to a nearby evacuation area.
- Watch out for signboards, fences, walls that may break or fall.



宇都宮大学

・In case of fire- Call out to inform the neighbors, and extinguish the fire using water or extinguishers. Don't work too hard.

・In case of a blackout and a suspension of the water supply- Pull out the plug to turn off a switch. You cannot use a toilet. Prepare flashlights, water, emergency foods, first-aid kits and household medicines in advance.

○Confirm true information from radio or television. Don't be fooled by false information.



4 Inform UU and your family of your safety.

- ・Utsunomiya University
International Student affairs and Exchange Division
TEL 028-649-5099 FAX028-649-5115
- ・Inform your family in your country of your safety.



Disaster Message Board Service – You can use this service when an earthquake with a seismic intensity of 6-lower or greater occurs

6-lower : Difficult to keep standing. Wall tiles and windowpanes are damaged and fall.
Roof tiles fall and wooden buildings slant.

docomo: i menu → Disaster Message Board → Register Msg

au: Ezweb → Top menu → Disaster Message Board → Register Msg

Softbank: yahoo Keitai → Disaster Message Board → Setup Auto Notify
→ Register Msg

• You can use pay phones of NTT in case of disaster.

Safe Evacuation Areas near UU

Evacuation area- Open space where people can escape from massive fire or smoke such as parks.

Utsunomiya University (Mine campus & Yoto campus)

Shelter- Premises where those who lost their houses or are unable to go home temporarily live.

**Mine Elementary School, Ishi Elementary School,
Yoto Elementary School**

Primary Emergency Supplies 一次持出品
What to take with you first when a disaster occurs

避難時にまず最初に持ち出すもの

Crackers,canned food,instant noodles,drinking water,paper plates and cups,
 disposable chopsticks,knife,can opener,bottle opener .
 クラッカー、缶詰、インスタントラーメン、飲料水、紙皿、紙コップ、割り箸、ナイフ、缶切り、栓抜き



Plaster,gauze,bandages,triangular bandages,disinfectant,pain reliever,cold medicine,anti-
 fever medicine,stomach medicine and other house hold medicines .
 ばんそうこう、ガーゼ、包帯、三角巾、消毒薬、鎮痛剤、風邪薬、解熱剤、胃腸薬、その他常備薬



Portable radio and spare batteries
 ラジオと予備の電池



Flash light and spare batteries
 懐中電灯と予備の電池



Cash,passbook,personalseal,passport , alien registrationcard,bonds,healthinsurancecard
 現金、通帳、印鑑、パスポート、外国人登録証、証書類、健康保険証



Underwear,coat,socks,gloves,handkerchief,towel,tissue paper,hat,lighter,matches,vinyl sheet,
 rain gear,sanitary items,paper diapers
 下着、上着、靴下、手袋、ハンカチ、タオル、ティッシュペーパー、ヘルメット、ライター、マッチ、ビニールシート、
 雨具、生理用品、紙おむつ

参考「八王子市の防災」

Disaster-Related Japanese Terms 災害時に使う日本語

・たすけて
Taskete ! = Help !

・あぶない
Abunai ! = Look out !

・にげろ
Nigero ! = Run away !

・かじだ
Kajida ! = Fire !

・たおれているひとが います
Taoretelru hito ga imasu ! = Someone collapsed !

・けがをしています
Kega wo Siteimasu = I am injured.

・けがにん が います
Kega - nin ga imasu = There is an injured person.

・きゅうきゅうしゃ を よんでください
Kyukyusha wo yondekudasai ! = Please call an ambulance !

・しょうぼうしゃ を よんでください
Shobosha wo yondekudasai ! = Please call the fire department !

・えいご を はなせるひと は いませんか
Eigo wo hanaseru hito wa imasenka = Is there anyone who can speak English

・ _____ は どこですか
_____ wa dokodesuka = Where is _____ ?

・ _____ は ありませんか
_____ wa arimasenka = Do you have _____ ?

・ _____ を ください
_____ wo kudasai = May I have _____ , please ?

・避難場所
Hinan-basho = Evacuation Area

・避難所
Hinan-jo = Evacuation Shelter

・病院
Byoin = Hospital

・水
Mizu = Water

・トイレ
Toire = Toilet

・食料
Shokuryo = Food

・薬
Kusuri = Medicine

参考「八王子市の防災」