

Earthquakes

地震



Preparing For Earthquakes

Japan is prone to earthquakes. In the event of a large earthquake, buildings may collapse, fires may break out, and the supply of electricity, gas or water may stop. It is important to always be prepared. It is also important to do regular safety-checks at home.

Disaster Preparedness Drill

【Targeting】 Foreign residents of Nerima City.
【Contents】 Initial-stage fire extinguishing, fire reporting practice, experience of “Kishinsha” (the mobile earthquake simulator) etc.

Inquiries Culture and International Relations Section

In The Event Of An Earthquake

In the event of a large earthquake, it is most important to protect yourself and your family from injuries. Do not panic but call out to check that everybody is safe and extinguish all flames.

Person Who Needs A Helper In The Event Of A Disaster

Someone who needs a helper in the event of a disaster means person who requires support to protect him/herself and gather information in the event of a disaster. Elderly citizens, disabled persons, and foreign citizens are eligible to have this support.

Evacuation Sites (Evacuation Shelters)

When an evacuation is necessary, large and safe areas such as the nearest park or an open field will be used for evacuation. In Nerima City, all of the 103 municipal elementary and junior high schools are evacuation shelters. In the case of a disaster, they will become the base of local activities to support life and provide information regarding the disaster.

A Guide to Disaster Prevention

In this handbook, you will find tips on what to do in the event of an earthquake or other disaster, and what kind of preparations are necessary on a daily basis.

【Languages】 English, Chinese, and Korean
【Available at】 Foreign Registration Section, Culture and International Relations Section, Disaster Prevention Section

Inquiries Disaster Prevention Section

地震への備え

日本は、地震の多い国です。大きな地震が発生すると、建物が倒壊したり、火災が起きたり、電気、ガス、水道が止まったりすることがあります。普段からの備えが大切です。また、日ごろから家の安全点検をおこなしましょう。

防災訓練

【対象】練馬区在住の外国人
【内容】初期消火、通報訓練、地震車の体験など

問合せ 文化国際課

地震がおこったら

大地震がおきた時は、まず自分や家族がけがをしないことが第一です。あわてずに、安否確認や初期消火などを行います。

災害時要援護者

災害時要援護者とは、災害時に情報の収集や、身を守るために支援が必要な方をいいます。高齢者や障害のある方などのほか、外国人も対象となります。

避難場所(避難拠点)

避難が必要な場合は、近くの公園や空き地など、広くて安全な場所に避難します。避難拠点は、区立の小中学校全103校です。地域での活動拠点となり、避難生活を支援したり、災害情報の提供を行います。

防災の手引

災害が起こったときにとるべき行動や、日ごろから備えておくことについてわかりやすく説明しています。

【言語】英語、中国語、ハンガール
【配布場所】外国人登録係、文化国際課
防災課

問合せ 防災課