

Chapter 2 What to Do in Case of an Emergency

4 Responding to an Emergency

Dial 119_ (toll-free) for the fire station in case of a disaster, fire, accident or medical emergency.

Fire departments have ambulances and fire trucks, so you may call for either one.

Ambulances are free of charge.

Ambulances are not for minor injuries or illnesses.

Speak slowly and clearly, explain whether the problem is a “fire”, “accident” or “medical emergency”, and give your location.

In the event of an incident or accident, or if you are a victim, please call the police at “110”.

4-1 In Case of a Medical Emergency (Sudden Illness or Injury)

Ask someone nearby for help.

Dial 119_ (fire station) for an ambulance.

(Ask someone who can speak Japanese to assist you.)

Speak with the operator from your house phone, mobile, or public phone.

Tell the operator that you have an emergency.

Calmly tell them your name, and address, and describe the situation in detail.

(If you do not know the address where you are, use a nearby building or intersection as a landmark.)

Ambulances are free of charge.

☆QR Code: How To Call For an Ambulance

<https://www.fdma.go.jp/publication/portal/post1.html>



4-2 In Case of a Fire

Shout “Fire!” to warn your neighbors.

Put the fire out with a fire extinguisher.

⇒When that’s not possible, immediately run to safety.



How To Report A Fire

Dial 119_ (fire station).(Ask someone who can speak Japanese to assist you.)

Tell the operator “There’s a fire”.

Report the location of the fire.

Calmly tell them your name, and address, and describe the situation in detail.

(If you do not know the address where you are, use a nearby building or intersection as a landmark.)

4-3 In Case of an Incident or Accident

☆Accident

Dial 110_ (police station).

(Ask someone who can speak Japanese to assist you.)

Tell the operator “There’s been an accident”.

Talk about when, where, and what happened.

Calmly tell them your name, and address, and describe the situation in detail.

(If you do not know the address where you are, use a nearby building or intersection as a landmark.)

In the event you are considerably injured, ask for an ambulance.

If it’s safe, remain where you are until the police arrive.



☆ Theft

Dial 110_ (police station).

(Ask someone who can speak Japanese to assist you.)

Tell the operator “That there’s been an incident”.

Talk about when, where, and what happened.

Calmly tell them your name, and address, and describe the situation in detail.

(If you do not know the address where you are, use a nearby building or intersection as a landmark.)

In the event you are considerably injured, ask for an ambulance.

If it’s safe, remain where you are until the police arrive.

5 Natural Disasters (Typhoons & Earthquakes)

Japan is a country with many earthquakes.

Large earthquakes may even occur in Sabae City.

Fukui Prefecture has many nuclear power plants, so there is a possibility of a nuclear disaster in which nuclear facilities damaged by an earthquake release radioactive materials.

From June to October, typhoons and torrential rains can cause river flooding, landslides and other natural disasters.

In winter, heavy snowfall may cause damage and snow-related natural disasters.

6 Preparing for a Disaster

Sabae City is always thinking about disaster preparedness.

Please prepare yourself for a disaster.

Please check for the correct information in the event of a disaster.



6-1 Preparing For Your Safety

Prepare emergency items to take with you.

Prepare food and water (3 days' worth), a flashlight, a portable radio, and valuables.

Pack the items into an emergency bag (a bag to put things to take with you when evacuating).

Check where the danger is and where to evacuate ⇒ Hazard Map

https://www.city.sabae.fukui.jp/azen_anshin/bosai/hazardmap/guidbook.html



Participate in your town's evacuation drills and emergency drills to practice escaping safely and extinguishing fires.

Create a network to obtain and share information, by being sociable with your friends, neighbors, and colleagues.

Take measures to prevent the furniture in rooms from falling over.

6-2 Get the Most Recent Information About Disasters

☆Disaster Information Mail Delivery Service from Sabae City (Register for Free)

https://www.city.sabae.fukui.jp/anzen_anshin/bosai/bosai_info/saigai-haishin.files/setumei.pdf



☆Earthquake Early Warning System

Promptly alerts you just before a strong earthquake starts via TV or smartphone.

QR Code: Video about the Earthquake Early Warning System

<https://www.data.jma.go.jp/svd/eew/data/nc/kunren/eizo/eizo.html>



7 In Case of a Disaster

Evacuate to a safe place.

Ask Japanese people when you don't know a safe place is.

Escape with an Emergency Bag (use a backpack to keep your hands free).

Check for the correct information.

7-1 In Case of a Typhoon or Heavy Rain

Typhoons generate powerful and dangerous winds, so please stay inside.

Avoid going near rivers, as heavy rain poses a danger by causing rivers' water levels to increase.

Stay away from mountains and cliffs, as landslides may occur.

Get the latest information via TV, radio, or mobile phone.

When there's a call to evacuate, or you feel unsafe, immediately seek safety at the nearest evacuation site (e.g., public culture center).



7-2 In Case of an Earthquake

Protect your head and keep yourself safe.

Check the correct information and act calmly.

Ask an informed Japanese person if you don't know where a safe place is.

Be careful of false information.

Be aware that gas pipes may be leaking, so don't light any fires.

Water and electricity may stop.



☆When Inside A Building

Be careful of things potentially falling from above or furniture falling over.

Protect your head and keep yourself safe.

When the quake subsides, turn off the gas and stove.

Turn the electric breaker off before escaping outside.

☆When You Are Outside

Be careful of broken glass, walls, and signs that may fall near buildings.

Protect your head with a bag and evacuate to a safe place.

Train and bus services may stop.

☆When You Are Driving

Slowly pull over on the left side of the road, and turn off the engine.

Don't lock the doors. Leave the keys in the car, then seek safety.

7-3 Heavy Snow

Be careful when going out, as road surfaces can be slippery.

Use caution to avoid being hit by falling snow from rooftops.

The weight of snow on the roof may cause the house to collapse.

There may be times when it is necessary to remove snow from the roof. Be careful not to fall off the roof.



8 Medical Institutions with Foreign Language Support

Hospitals/Clinics	Address	Telephone Number	English	French	Cantonese	Mandarin	Taiwanese	Portuguese	Tagalog
Kato OB/GYN Clinic	1-4-21 Mizuochi-cho	Day/Night 0778-51-1285	Word Level						
Kawaguchi Pediatric Clinic	2-8-22 Sakura-machi	Day/Night 0778-51-0025	Examination Possible						
Kimura Internist Clinic	257-3-7 Nakano-cho	Daytime 0778-54-0707	Basic Conversation						
Kimura Hospital	4-4-9 Asahi-machi	Daytime 0778-51-0478	Word Level						
Kubota Clinic	30-20-1 Tadasu-cho	Daytime 0778-53-2511	Basic Conversation						
Kumamoto Ophthalmology Clinic	1-4-23 Higashi sabae	Daytime 0778-43-5066	Basic Conversation						
Kodo Ophthalmology Clinic	1-4-8 Saiwai-cho	Daytime 0778-54-0088	Basic Conversation						
Tannan Regional Medical Center	1-2-31 Sanroku-cho	Day/Night 0778-51-2260	Basic Conversation						
Saito Clinic	3-1-25 Hon-machi	Day/Night 0778-51-0073	Word Level						
Saito Hospital	6-1-1 Nakano-cho	Daytime 0778-51-0593	Word Level						
Sabae Shimizu Ophthalmology	2-1-30 Asahi-machi	Daytime 0778-51-0067	Basic Conversation	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level
Sabae Nephrological Clinic	24-22 Goroumaru-cho	Day/Night 0778-51-6161	Word Level						
Sabae Internist Clinic	10-5-2 Toude-cho	Daytime 0778-62-0111	Word Level						
Shinagawa Clinic	56-1-1 Nakano-cho	Day/Night 0778-51-0011	Word Level		Word Level	Word Level	Word Level	Word Level	
Takano Clinic	20-4 Kawada-cho	Daytime 0778-65-0236	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level
Takano Hospital	2-3-10 Hon-machi	Day/Night 0778-51-0845	Word Level						
Takahashi Clinic	3-11-28 Koguro-machi	Daytime 0778-54-0550	Word Level	Word Level	Word Level	Word Level	Word Level		
Tanigawa Internist Clinic	4-3-14 Hon-machi	Day/Night 0778-51-4132	Word Level						
Tsuda Clinic	43-1 Hirai-cho	Day/Night 0778-62-0222	Word Level						
Tsuchiya Clinic	3-6-2 Asahi-machi	Daytime 0778-51-2100	Basic Conversation						
Tsuchiya Otorhinolaryngology Clinic	2-4-15 Sanroku-cho	Daytime 0778-54-0555	Basic Conversation						
Tomodachi Clinic	23-14 Ishidakami-cho	Daytime 0778-51-4895	Word Level						
Nojiri Clinic	2-4-16 Toba	Daytime 0778-51-1460	Word Level						
Baba Clinic	16-1-3 Sugimoto-cho	Daytime 0778-51-1677	Word Level						
Hayashi Clinic	2-26-28 Mizuochi-cho	Day/Night 0778-25-1884	Basic Conversation						
Suzuki Dermatology Clinic	1-8-36 Chosenji-cho	Daytime 0778-51-0232	Word Level						
Hirose Hospital	1-2-8 Asahi-machi	Daytime 0778-51-3030	Basic Conversation						
Fujita Gastroenterology, Internist & Surgery	4-16-24 Mizuochi-cho	Day/Night 0778-52-5200	Word Level						
Maruyama Internist & Cardiology Clinic	2-9-5 Kamisabae	Day/Night 0778-29-0008	Basic Conversation						
Mitsuya Mental Health Clinic	273 Goroumaru-cho	Daytime 0778-42-5606	Word Level						
Midoriqaoka Hospital	1-2-6 Sanroku-cho	Daytime 0778-51-1370	Word Level						
Yamaqishi Clinic	15-13-4 Tonokuchi-cho	Daytime 0778-65-1084	Word Level						

Dental Clinics	Address	Telephone Number	English	French	Cantonese	Mandarin	Taiwanese	Portuguese	Tagalog
A Dentistry & Mineda Clinic	5-5-20 Shinmei-cho	Daytime 0778-52-5648	Word Level						
Umeda Dental Clinic	2-1-215 Hinode-cho	Daytime 0778-52-3405	Basic Conversation						
Kawabata Dental Clinic	1-1-12 Hon-machi	Day/Night 0778-51-0418	Examination Possible						
Kitao Dental Clinic	2-16-1 Mizuochi-cho	Daytime 0778-51-3335	Word Level						
Saito Dental Clinic	2-4-27 Kaminaka-cho	Daytime 0778-52-8188	Basic Conversation		Word Level	Word Level	Word Level		
Sakai Dental Clinic	1-5-21 Higashi sabae	Daytime 0778-52-8119	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level
Hikaru Dental Clinic	2-2-21-2-1 Toba	Daytime 0778-54-0184	Word Level						
Himawari Dental Clinic	2-10-1 Koguro-machi	Daytime 0778-25-1181	Basic Conversation						
Fukushima Dental Clinic	3-6-11 Shimokobata-cho	Daytime 0778-42-8143	Basic Conversation						
Fukuda Dental Clinic	4-2-5 Hon-machi	Daytime 0778-51-0114	Examination Possible						
Poplar Dental Clinic	1-10-10 Yanagi-machi	Daytime 0778-52-9386 Night 090-6277-2811	Basic Conversation	Word Level					
Mori Dental Clinic	1-5-32-1 Mizuochi-cho	Daytime 0778-52-5144	Basic Conversation						

【Source】Medical Information Net Fukui (Fukui Prefecture Medical Information <http://qq.pref.fukui.jp>)

*Dermatology: Skin

*Gastroenterology: Stomach and intestines

*Nephrological: Kidneys

*Orthodontic: Teeth Straightening

*Otorhinolaryngology: Ear, nose and throat

9 Consultation Counter for When You Have Struggles in Life

Please contact the Independence Support Center if you struggle to make a living due to illness or unemployment.

If you struggle to make a living due illness or unemployment, contact:

Sabae City Hall Independence Support Center TEL (0778) 25-3000

Please contact the Consumer Affairs Center if you have trouble with multiple debts or contracts. A professional counselor will consult with you and help you find a solution for it.

If you have trouble with multiple debts or contracts, contact:

Sabae City Hall Consumer Affairs Center TEL (0778) 53-2204

10 Domestic Violence (DV) Victim Consultation for Foreign Residents

Fukui Prefecture accepts consultations about DV from foreign residents living in the prefecture.

Consultations, are free and strictly confidential, so please feel free to contact us.

(If you need an interpreter, please let us know in advance).

《Information》

	Thursdays	All Other Days (Except When Closed)
Location	Fukui International Activities Plaza	Yu-Ai-Fukui Plaza
Consultation Hours	10:00-17:30	9:00-16:45

In Case You Are Dealing with Domestic Violence (DV), Contact:

Fukui International Activities Plaza TEL (0776) 28-8800

Address : 3-1-1 Hoei, Fukui City

**Closed: Every Monday (Except the 2nd Monday of the month) , Holidays,
New Year's Holiday Season (12/29 ~1/3)**

Yu-Ai-Fukui Plaza TEL (0776) 41-7112

Address : 14-1 Shimo Rokujo-cho, Fukui City

**Closed : Every Monday (Except holidays) 3rd Sunday of the month
The Day After a Holiday (Except Sat, Sun and Holidays)
New Year's Holiday Season (12/28 ~ 1/4)**