

**Emergencies** ※ Please call these numbers only in the case of an emergency, not for questions or consultations.

**Police: 110 (Accidents and incidents)**

**Ambulance/ fire: 119 (Sudden illnesses and fires) (available in 17 languages ※)**

※ Support in English, Chinese, Korean, Thai, Vietnamese, Indonesian, Tagalog, Nepali, Portuguese, Spanish, French, German, Italian, Russian, Malay, Burmese, and Khmer.

- “Adult Emergency Consultation”: Consultation hotline for when you are unsure whether you should call an ambulance

#7119 or TEL: 022-706-7119 (Japanese only)

24 hours a day, 365 days a year

- “Miyagi Children Nighttime at Ease Call”: Consultation hotline for when a child becomes suddenly ill or injured at night

#8000 or TEL: 022-212-9390 (Japanese only) Everyday 7:00 p.m.-8:00 a.m. of the next day

- Hospitals (medical facilities) that accept emergency cases at night and on weekends are listed below.

<b>Sendai Emergency Medical Care Center</b> 64-12 Funacho, Wakabayashi-ku TEL: 022-266-6561	Internal medicine	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.
	Surgery	Weekdays	7:15 p.m.-11:00 p.m.
		Saturdays	2:45 p.m.-11:00 p.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.-11:00 p.m.
	Orthopedics Ophthalmology Gynecology Otolaryngology	Sundays and (national) holidays	9:45 a.m.-12:00 p.m. 1:15 p.m.-5:00 p.m.
<b>Sendai Hokubu Emergency Medical Care Center</b> 2F, 1-1-2 Tsutsumimachi, Aoba-ku TEL: 022-301-6611	Internal medicine Surgery	Weekdays	7:15 p.m.-11:00 p.m.
		Saturdays	2:45 p.m.-11:00 p.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.-11:00 p.m.

<b>Sendai Children's Emergency Medical Care Center</b> 1F, 1-1-1 Asuto Nagamachi, Taihaku-ku TEL: 022-247-7035	Pediatrics (internal diseases 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.
<b>Sendai Dental Association Emergency Dentistry Center</b> 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: [Top>Living Information>Safe and Secure](#)

[Living>Emergencies and Kyujitsu-toban-i](#)

## Earthquakes

An earthquake can occur at any time.

Remember the following tips to be prepared for an earthquake.

### ●How to prepare 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 and 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 SenTIA's website [Top>Information in Foreign Languages>Disaster](#)

[Prevention>Refuge Area List](#) (J, E, C, K, V, N)