

Sendai Children's Emergency Medical Care Center 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.
Sendai Dental Association Emergency Dentistry Center 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)

(5) Agree on a method of contact with your family and friends

For some time after a disaster, it may be difficult to obtain a stable connection on mobile phones. Decide in advance how you would contact and meet up with your family and friends.

(6) Prepare an emergency kit in case you have to evacuate

Put the following items in a backpack (convenient as both of your hands are free while wearing a backpack):

- A copy of your residence card • Cash (with plenty of coins) • Underwear, socks
- Gloves • Radio • Rain gear (umbrella, etc.) • Flashlight • First aid kit
- Mobile phone (mobile batteries) • Plastic bags • Emergency food
- Regular medication, contact lenses, sanitary napkins, and other items you may need
- Hygiene products (masks, a thermometer, soap, portable toilets, alcohol sanitizer, etc.)

(7) Get to know your neighbors

Greet your neighbors on a regular basis and get to know each other. Participate in your neighborhood disaster risk reduction (DRR) training and stay informed about DRR.

(8) Know where to find disaster information

Within minutes of an earthquake occurring, its magnitude and seismic intensity in each area, as well as information on possible tsunamis, are broadcast on television and the radio. If a major tsunami warning or a tsunami warning is issued, NHK T.V. will broadcast in English, Chinese, Korean, Vietnamese, and Portuguese on a supplementary sound channel. NHK Radio 2 (Sendai 1089 kHz, Kesenuma 1539 kHz) will broadcast repeatedly in English, Chinese, Korean, Vietnamese, and Portuguese. A radio is very convenient for when electricity and mobile phone connections are unavailable.

- ※ SenTIA cooperates with radio stations in Sendai to broadcast information in English, Chinese, and Korean. You can also receive information by registering for SenTIA's e-mail magazine, Facebook, or X (formerly Twitter). **Also remember the Sendai Disaster Multilingual Support Center (page 7).**

Sign up for the SenTIA e-mail magazine, Facebook, and X (Twitter)



E-mail magazine



Facebook



X (Twitter)

●What to do in an earthquake●

If you are at home

- (1) Protect your head (2) Do not panic and do not rush outside

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 20 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)

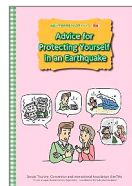


●Advice for Protecting Yourself in an Earthquake

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.