

When an earthquake hits

Japan is one of the countries that have a lot of earthquakes. It is extremely important for foreigners living in Japan to know what to do right after an earthquake strikes.

Points on the steps to take after an earthquake strikes

- 1 First, protect yourself by taking shelter underneath a strong table or other items.



- 2 After the shaking stops, make sure your family is safe and turn off all sources of fire in the house.

(Turn off sources of fire in the kitchen and in the stove immediately.)



- 3 Open a door or a window to secure an escape route.

Cautions when evacuating

- ★ Do not rush outside!
- ★ Stay away from furniture that may fall, and when you move next, watch out for broken glass!
- ★ If a fire starts, put it out right away!
- ★ Talk to your neighbors and cooperate to help each other.
- ★ Listen to correct information.



Daily preparation, emergency supplies

Items to prevent falling of furniture

- 1 Strong earthquake strut
Holds furniture firmly without damaging it.
Does not require nails or screws
- 2 Gum lock
Holds the tops of furniture and appliances.



Strong earthquake strut



Gum lock

- 3 Earthquake-proof mat
Prevents televisions, computers, and other objects from falling over.
Can be washed and reused as often as required. Easy for women to attach and remove.



Earthquake-proof mat

Prepare an emergency bag.

What is an "emergency bag"?

An emergency bag is "a bag to carry things you need when you evacuate after a major disaster".

This includes the minimum necessary items for survival and life saving.

Emergency supplies for earthquakes can be purchased online, at major department stores or at home centers.



地震が起きたら

日本は世界でも地震の多い国です。日本で暮らしている外国人にとっても、地震発生直後にどのように行動すべきかを知っておくことが非常に大切です。

地震発生時に取るべき行動順序とポイント

- 1 まず、頑丈なテーブルの下に入るなど自分の身を守りましょう。
- 2 揺れがおさまったら家族の安全を確認し、家庭内のすべての火を消しましょう。
(台所、ストーブなどの火をすぐ消しましょう。)

- 3 扉や窓を開けて脱出口を確保!

避難する時の注意点

- ★ 慌てて屋外に飛び出さない!
- ★ 倒れてくるかもしれない家具から離れること、次に移動するときはガラスの破片に注意しましょう!
- ★ 火が出たらすぐ消火!
- ★ 隣近所と声をかけあって、協力し合って助け合いましょう。
- ★ 正しい情報を聞きましょう。

日頃の備え …… 防災グッズ

家具類の転倒・落下防止アイテム

- 1 強力地震ボール
家具を傷付けずにガッチリ固定します。ねじ・釘不要です。
- 2 ガムロック
家具・家電の上部を固定します。
- 3 耐震マット
テレビ・パソコン・置物などの転倒防止。
洗って何度でも使えます。女性でも取り付け・取り外しが簡単です。

非常持ち出し袋を準備しましょう。

「非常持ち出し袋」とは何でしょう?

「大きな災害が起きた時、避難する場合に持っていく物を入れておく袋!」。

命を助ける、サバイバルグッズ的な、必要最小限の避難グッズです。

地震に関する防災グッズは大型量販店とホームセンター及びインターネットで購入することが出来ます。

Global Thinking



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Great East Japan Earthquake



1 About the earthquake

An earthquake of magnitude 9.0 centering off the Oshika peninsula occurred on March 11, 2011 at 2:46 PM. The earthquake intensity measured in Miyagi prefecture was 7, and the intensity measured in Tokyo also reached 5. A tsunami more than 10 meters in height hit the coast near the epicenter, destroying the towns there.

Today, almost six months after the disaster, many people

still must live under inconvenient conditions such as temporary homes.

Many supplies and donations were sent to the affected places from all over Japan and the world, and many volunteer workers are helping on site. The people living there are working hard to recover.

2 Effects of Fukushima Daiichi Nuclear Power Station

One of the facilities that were heavily damaged by the earthquake is the Fukushima Daiichi Nuclear Power Station (which we will refer to as the Fukushima Daiichi). Electricity was cut for all the buildings there due to the tsunami and earthquake, and the nuclear reactors could not be cooled. As a result, very hot water contaminated with a lot of radioactive substances collected in the reactors causing hydrogen explosions. That caused a major accident in which hydrogen explosions blew off the roofs of some reactor buildings.

(2) Leaking radiation (including radioactive iodine)
The destruction of the reactor buildings at the Fukushima Daiichi caused radiation to leak into the air. The area 20km surrounding the power station was declared a danger zone, and now the people from the area must live in evacuation centers or temporary homes.



(3) Electricity shortage

Almost one third of Japan's electricity came from nuclear power. Because the Fukushima Daiichi stopped, other nuclear plants that have been stopped for the regular inspection cannot simply be restarted, and this is having a major effect on the electricity supply. Efforts were made all over Japan this summer to save electricity.

(1) Leaking contaminated water

Some of the contaminated water that collected in the reactors, including water contaminated by radioactive iodine, leaked into the ocean because the earthquake caused holes in the pipes.



A destroyed town (Otsuchi-cho) (Photographed May 23, 2011)

Kita City Foreign Resident Enquiry (For an appointment) ☎ 03-3908-1101				
• Location: Kita City Office No.1 Building 3rd floor, Window 2				
• Chinese: Tuesday and Thursday (1 p.m. ~ 4 p.m.) • English: 2nd and 4th Tuesday (1 p.m. ~ 4 p.m.)				
Volunteers provide Japanese classes				
Location (Fee)	Chuo Koen (park) Culture Center (100 yen / lesson)		Akabane Culture Center (3,000 yen, 4 lessons / month)	
Day / Time	Tuesday / 7 p.m. ~ 9 p.m.	Wednesday & Friday / 10 a.m. ~ noon	Saturday / 2 p.m. ~ 5 p.m.	Wednesday & Friday / 9:30 a.m. ~ 11:30 a.m.
Contact	090-2669-6512 (Kawada)	03-3828-9705 (Kimura)	03-5249-5787 (Nagai)	03-3909-2263 (Tanaka)



Site of the Otsuchi-cho town hall (Photographed May 23, 2011)

3 Daily life from now on

How will the Fukushima Daiichi accident affect everyone's daily life from now on?

(1) Radiation

People are exposed to radiation from the ground, the air, and from space every day. The maximum allowed yearly radiation level is 1 millisievert (mSv) per year according to the Nuclear Reactor Regulation Law and the Laws Concerning the Prevention from Radiation Hazards due to Radioisotopes and Others.

The areas that are higher than that level are those near to the Fukushima Daiichi. The level within the Metropolitan area are either lower than that or nothing has been detected.

Radioactive iodine and cesium are defined as substances that leak easily during nuclear accidents. Radioactive substances leaked in the accident are almost gone from the air in the areas near the Fukushima Daiichi. Local governments continue to measure the level, so please check their web sites.

(2) Electricity

Things are stable now because the electricity demand will drop as summer turns to fall. However, it will rise again in winter for heating, and you will need to consider saving power in your daily life.

4 Response of Kita City

Kita City took the following measures after the earthquake struck.



Collection of donations

Donations were collected from many people and given to the Japan Red Cross and Red Feather Community Chest.



Delivery of supplies

Kita City delivered relief supplies, such as biscuits, freeze dried rice, drinking water, and blankets to the disaster areas.



Deployment of staff to affected areas

In collaboration with Tokyo Metropolis and special wards, staff were sent to evacuation centers in Kamaishi in Iwate prefecture, Sendai and Kesenuma in Miyagi prefecture, and Hirono in Fukushima prefecture to help with management, health consultation, examination of homes, and the collection and removal of damaged materials.



Donation of a cleaning truck

Child Rearing Information

1 Nursery school

These nursery schools (day-care centers) are facilities that take care of your children, taking the place of parents who cannot do so because they are working or sick. The ages

and numbers of children that can be accepted are different in each school, as are the times they are open. Please contact the Nursery School Enrollment Advisor.



Nursery School Enrollment Advisor, Nursery School Section ☎ 3908-9129



2 Preschool

Unlike nursery school, children can enroll in preschool regardless of the parents' employment conditions. For private preschools, it is necessary for a child to be the correct age, to be able to behave and learn in a group,

and to pass the preschool's selection process. Please contact the Next Generation Raising Advisor in the Child Rearing Support Section for details.



Next Generation Raising Advisor, Child Rearing Support Section ☎ 3908-8143

Public preschools may be enrolled in by children four years of age living in Kita city. Please contact the

School Support Advisor in the School Support Section for details.



School Support Advisor, School Support Section ☎ 3908-9293



3 The Student's Club

The Student's Club is a place for children to play and spend time until evening. It is for children who would be alone at home after school because their parents are working or children of homes where proper care cannot be provided during the day due to parents' sickness or other reasons.

• Hours on school holidays are from 8:45 AM (*8:15 AM in some clubs) to 6:00 PM (*7:00 PM in some clubs)
The fee to use the club is 5,000 Yen per month. However, there is a discount program available depending on your income. Also, there is a cost of 1,500 Yen per month for snacks in addition to the use fee.

Eligible children include first, second, and third year elementary school students who attend schools in the ward or who live in the ward and attend schools outside the ward.

Please contact the Next Generation Raising Advisor in the Child Rearing Support Section for details.
The club is closed on Saturdays and Sundays, national holidays, and year-end and New Year holidays. However, some Student's Clubs are open on Saturdays.

• On school days, the club is open from the end of school to 6:00 PM (*7:00 PM in some clubs)



Next Generation Raising Advisor, Child Rearing Support Section ☎ 3908-9097

Child Raising Story

Kim Jon Suk (Age 29, housewife, nationality: Korea)

I am a housewife with a son who turned 2 this year. My husband is a student studying at graduate school, so he is busy every day. Compared to my husband whose



Japanese is fluent, I have never studied Japanese and I was not able to get used to life in Japan before. Every day I was nervous and worried as I spent my daily life, going to supermarkets and raising my child, surrounded by the unfamiliar language and culture. My biggest

worry was child raising. I applied for a nursery school but it was not easy to join. Then one day, a Japanese mother friend of mine who I met in the park by accident told me about the "children's center". There is no such thing as a "children's center" in Korea, so at first I could not even understand the words "children center".

The first "children's center" I went to was like heaven. I was overjoyed at the many toys and its wide open space, and most of all because my child could play naturally with friends of the same age. Now I use the children's center almost every day with friends, so much so that people say I'm "children's center mania". On my child's birthday, they even held a birthday party at the children's center. I often visit my sister's house, and the three of us often go together to the children's center.