

英語・タガログ語版

# Typhoon! Torrential rain! Bumabagyo! Malakas ang ulan!

What would you do when they hit?  
Ano ang gagawin mo?

Have you ever experienced a typhoon or torrential rain? Japan is frequented by typhoons and torrential rains, with many typhoons approaching from summer to fall. Nakaranas ka na ba ng bagyo o malakas na pag-ulang? Sa Japan, maraming bagyo at malakas na pag-ulang mararanasan; at madalas lumapit ang mga ito sa panahon ng tag-init (summer) hanggang taglagas (autumn).



## Timing of Evacuation (Alert Levels) Panahon ng paglikas (Antas ng Alerto)



Level 5  
Disaster has already occurred  
May sakuna nang nangyari



Evacuation advisory/evacuation order (emergency)  
Evacuation Advisory/Evacuation Order (emergency) ► Evacuate immediately  
Kaagad na lumikas

Prepare for evacuation ► Children, the elderly, and those  
Humanda sa paglikas ► Ang mga taong matatagalang ang paglikas tulad  
who require time should evacuate  
ng matatanda o mga bata ay kailangan nang lumikas.  
Others should prepare for evacuation  
Ang iba ay humanda na sa paglikas.

Warning ► Check locations of evacuation centers and evacuation routes on hazard maps  
Mga Paalala, atbp ► Tingnan sa Hazard Map  
ang mga evacuation center at mga ruta ng evacuation.

## What to do when a typhoon or torrential rain hits

Mga gagawin kung may dumating na malakas na ulan

### In Case of Typhoons Kapag bagyo

- ◆ Train services may be suspended before rain starts to fall  
May pagkakataong ihihinto ang tren bago pa man umulan
- Check train service information on websites or social media  
Tingnan ang impormasyon ng operasyon mula sa mga website o social media
- \* The term "futsū" means trains are not running  
Ang tren ay "futsū(natigil)": Ibig sabihin ay walang operasyon ng tren



### In Case of Torrential Rains Kapag malakas ang ulan

- ◆ Do not go near rivers  
Huwag lumapit sa ilog
- ◆ There are risks of flooding below and above the floor  
Maaaring bumaha sa ibabaw o ilalim ng sahig
- ◆ You may not be able to escape if you are on a subway or in an underground shopping arcade  
Kung nasa subway o underground shopping center, maaaring mahuli sa paglikas
- ◆ When it is dangerous to go out, evacuate to a safe place nearby or a higher level within your home  
Kapag mapanganib lumabas, lumikas sa pinakamalapit na ligtas na lugar sa mataas na bahagi ng bahay
- ◆ You may not be able to evacuate even if the flooding is only up to the ankles  
May pagkakataong hindi ka makakalikas kahit hanggang ankle lang ang baha



You can find out the arrival time and scale of rain to some extent in advance.  
Be sure to watch the news and other sources of information.

Maaaring malaman ang pagdating at lawak ng kalamidad bago pa man ito mangyari.  
Manood ng mga balita at iba pang pagkuhaan ng impormasyon.

## Be Prepared with "Tokyo My Timeline"! Maghanda gamit ang "Tokyo My Timeline"!

Decide on evacuation actions that best  
suit the area you live in and your family before disasters strike

Isaalang-alang ang kalagayan ng lugar ng tirahan  
at ng iyong pamilya at maagang pagpasiyahan  
ang iyong paglikas.



英語・タガログ語版

# Earthquake! Lumilindol!

What would you do when it occurs?  
Ano ang gagawin mo?



Have you ever experienced an earthquake? Japan is a country with frequent earthquakes.  
Ikaw ba ay nakaranas na ng paglindol? Ang Japan ay isang bansa na maraming lindol.

## Seismic Intensity (strength of shaking) Seismic Intensity (Lakas ng pagyanig)



Seismic Intensity 7  
Intensity 7  
Seismic Intensity 6-Upper  
Upper 6 Intensity  
Seismic Intensity 6-Lower  
Lower 6 Intensity  
Seismic Intensity 5-Upper  
Upper 5 Intensity  
Seismic Intensity 5-Lower  
Lower 5 Intensity  
Seismic Intensity 1 to 4  
Intensity 1~4

It is impossible to remain standing  
Hindi makatayo

Houses and buildings may collapse  
Maaaring gumuhit ang mga bahay at gusali

It is difficult to remain standing  
Mahirap manatiling nakatayo

It is difficult to walk without holding onto something stable  
Mahirap lumakad kung hindi nakahawak sa mga bagay

People feel fear and the need to hold onto something stable  
Makakaramdam ng takot at gugustuhing humawak sa mga bagay

Tremors are felt by most people walking  
Makakaramdam ng pagyanig ang halos lahat ng naglalakad sa daan.

## What to do when you feel an earthquake

Mga gagawin kung nakaramdam ng lindol

### When at home or indoors Kapag nasa loob ng bahay o gusali

- ◆ Get under a table  
Pumasok sa ilalim ng mesa
- ◆ Cover your head with a pillow, magazine, or anything that can protect your head  
Protektahan ang ulo gamit ang unan, magazine o kahit anong bagay na maaaring magamit
- ◆ Don't rush outside  
Huwag mag-panic at lumabas ng bahay
- ◆ In Japan, it's usually safer to stay indoors  
Sa Japan, mas madalas na ligtas manatili sa loob ng gusali



### When outside Kapag nasa labas

- ◆ Protect your head from falling objects with your bag  
Protektahan ang ulo mula sa mga bagay na nahuhulog gamit ang bag
- ◆ Keep away from concrete block fences, glass, and signboards  
Lumayo mula sa mga pader, mga salamin, at mga billboard o signboard



## Earthquake Early Warning Earthquake Emergency Warning/EEW

An alert announced on TV and sent to smartphones shortly before strong earthquakes occur

Isang paunawang matatanggap o makikita sa cellphone o telebisyon ilang sandali bago mangyari ang malakas na lindol



## What to do when an earthquake stops Mga gagawin pagkatapos ng lindol

- Beware of aftershocks and put out fires  
If you see smoke, cover your nose and mouth with a handkerchief or any other type of cloth  
Crouch low and evacuate  
Mag-ingat sa aftershocks at patayin ang mga apoy  
Kung may usok, takpan ang bibig at ilong gamit ang panyo, atbp.  
Yumuko at lumikas

## Difficulty Returning Home Mahirap na pagbalik sa bahay

Train and bus service stops, making the return home difficult.

In highly populated Tokyo, people jostle their way through the crowds, which is dangerous.

Stay at your workplace or school and do not force your way home.

Sa Tokyo, kung saan malaki ang populasyon, maaaring mahirap ang umuwi sa bahay dahil sa paghinto ng bus at tren. Mapanganib dahil sa pakikipagsiksikan ng mga tao. Huwag pilinting umuwi ng bahay at manatili na lang sa inyong mga opisina o mga paaralan.



## Guide to Evacuation Centers

### Impormasyon tungkol sa Evacuation

In your country, where do you evacuate to when disasters strike?

In Japan, when homes are destroyed in earthquakes or there is a risk of flooding from torrential rain, we evacuate to one of designated evacuation centers.

They are often established in school gymnasiums and public halls

Saan kayo lumilikas sa panahon ng sakuna sa inyong bansa?

Sa Japan, sa oras na nagiba ang inyong bahay dahil sa lindol o sa oras ng banta ng pagbaha

dahil sa malakas na pag-ulan, lumilikas ang mga tao sa mga nakatalagang evacuation center.

Karamihan dito ay sa mga gymnasium ng mga paaralan o sa mga community center.

### Things You Can Do At Evacuation Centers

#### Mga maaring magawa sa Evacuation Center

##### ◆ Receive food, water, and blankets free of charge

Libreng makakatanggap ng pagkain, tubig at kumot

##### ◆ Live together with other people

Maninirahan kasama ng maraming tao

##### ◆ Stay over night

Pwede ring matulog dito at magpalipas ng gabi.

##### ◆ Take shelter with peace of mind

Maaring magpalipas ng oras nang payapa ang loob



### When Evacuating

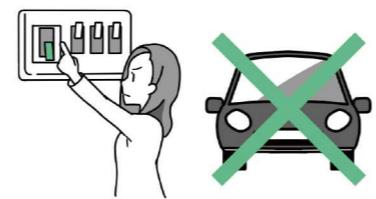
#### Kapag lilikas

##### Turn off the breaker

Patayin ang kuryente ng bahay

##### Do not drive

Huwag gumamit ng sasakyen



### Be Prepared in Advance

#### Mga Paunang Paghahanda

When disasters strike, you will not be able to use electricity, gas, or water

You will not be able to buy daily necessities

Walang tubig, kuryente at gas sa panahon ng sakuna

Hindi makakibili ng mga kakailanganan sa pamumuhay

##### → Stockpiling at home is crucial

Kailangang mag-imbak sa bahay



##### Have the following ready: food, drink, portable toilet, flashlight,

Maghanda ng Pagkain, Inumin, Portable Toilet, Flashlight,

##### mobile phone charger, and other necessities

charger ng cellphone atbp.



##### ~ Stock up on the following Bibilhin nang Marami ~

##### ◆ Retort pouched food, canned food, bottled water

Nakabalot na pagkain/Packed foods, pagkaing delata, tubig

##### ◆ Diapers and formula for babies and infants

Diaper at gatas kung may sanggol

##### ◆ Emergency food you can eat if you have food restrictions due to religion, allergies, or other reasons

Emergency food na pwedeng kainin kung may mga pagkaing hindi maaaring kainin dahil sa relihiyon, allergy o iba pang dahilan

## Obtain Accurate Information!

### Hanapin ang tamang impormasyon!

When disasters strike, false rumors and misinformation spread easily

Check the websites of the municipality you reside in and the embassy of your home country

Sa panahon ng sakuna, madaling kumalat ang tsismis o maling impormasyon

Tingan sa website ng munisipyo ng tinitirhan o embahada ng iyong bansa

### Disaster Preparedness Tokyo App Tokyo Bousai App



Android

iOS

### NHK World-Japan NHK World Japan



#### Multilingual news

Para sa mga balitang nasa iba't ibang wika

<https://www3.nhk.or.jp/nhkwORLD/>



English

### Tokyo Amesh



#### Rainfall and other weather information

Para sa kondisyon ng pag-ulan, atbp

<https://tokyo-ame.jwa.or.jp/>



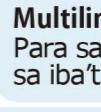
English

### Website for Immigration Services Agency of Japan Website ng Immigration Services Agency



#### Visa application and other necessary formalities

Para sa pag-aaply ng visa, atbp.



English

### Safety Tips App



#### Multilingual disaster information

Para sa impormasyon sa kalamidad

sa iba't ibang wika



Android

iOS

### Ministry of Land, Infrastructure, Transport and Tourism Disaster Prevention Portal Website Ministry of Land, Infrastructure, Transport and Tourism Disaster Prevention Portal Site



#### Traffic and disaster information

Para sa kondisyon ng trapiko at impormasyon sa kalamidad

<https://www.mlit.go.jp/river/bousai/olympic/>



### Tokyo International Communication Committee Twitter

#### Twitter account ng Tokyo International Communication Committee

##### Information for foreign residents

Impormasyon para sa mga dayuhan

<https://twitter.com/tokyoiicc>

### Useful Things in Times of Emergencies

#### Mga magagamit sa panahon ng emergency

### 0000JAPAN

#### Five Zero Japan



#### Free Wi-Fi available during emergencies

Libreng wi-fi na magagamit

sa panahon ng emergency

<https://www.wlan-business.org/customer/introduction/feature>

### Help Cards for Foreign Residents

#### Help Card para sa mga dayuhan

##### For point and speak conversation

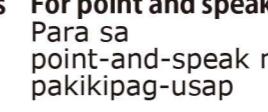
Para sa

point-and-speak na

pakikipag-usap



English



[https://www.seikatubunka.metro.tokyo.lg.jp/chiiki\\_tabunka/tabunka/tabunkasuishin/0000000144.html](https://www.seikatubunka.metro.tokyo.lg.jp/chiiki_tabunka/tabunka/tabunkasuishin/0000000144.html)

### VoiceTra

#### Multilingual translation app



#### Multilingual Translator App



English



English

<https://www3.nhk.or.jp/nhkworld/en/radio/bosaiweb/>

### Emergency Water Supply Stations

#### Disaster water supply station

##### Map of water supply stations

Mapa para sa suplay ng tubig

<https://www.watertworks.metro.tokyo.jp/kurashi/shinsai/kyoten.html>



English

### Call 119 (Toll Free) for Fires and Rescues

#### Tumawag sa 119(Libre) para sa rescue o sunog

① Call 119 Tumawag sa numerong 119

② State whether you are reporting a "fire"

or seeking "emergency medical assistance"

Sabihin kung mag-uulat ka ng "sunog"

o kung kinakailangan mo ng "tulong medikal".

③ State the address and nearby landmarks

Sabihin ang address o mga lugar na palatandaan

④ Describe the state of the fire or the person

in need of medical assistance

Sabihin ang kalagayan ng sunog o pasyente

⑤ State your name and telephone number

Sabihin ang sariling pangalan at telephone number

### Be Prepared at All Times!

#### Gawin ito araw-araw!

Do you know the names

of your next-door neighbors?

Greet your neighbors.

Join local events and make Japanese friends.

In emergency situations, it is reassuring

if you have people worried about you.

Alam mo ba ang pangalan ng iyong kapitbahay?

Kumustahan ang mga kapitbahay.

Sumali sa mga event ng lugar

at makikapagkaibigan sa maraming Hapon.

Mapapalagay ang iyong loob kapag may mga taong magmamasikat kapag may nangyari.

