

メモ

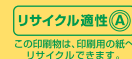
あなたの家の近くの消防署

とうきょうしょうぼうちよう

東京消防庁

TOKYO FIRE DEPARTMENT

令和5年3月発行 無断転載を禁じる



がいこくじん  
\\ 外国人のための //  
ぼうさい  
防災ハンドブック

Life Safety Handbook for Foreign Residents  
面向外国人的防灾手册 外國人專用防災手冊 외국인을 위한 방재 핸드북  
Cẩm nang phòng chống thiên tai dành cho người nước ngoài

English 简体中文 繁體中文 한국어 Tiếng Việt

にほんご  
やさしい日本語



じしん かじ きゅうきゅう  
地震、火事、救急のとき  
あなたは どうしますか？

とうきょうしょうぼうちよう

東京消防庁

TOKYO FIRE DEPARTMENT

# Emergency Calls 119 & 110

|   |          |   |  |
|---|----------|---|--|
| In Case of Fire                              | Call 119 |  | A firetruck will come.<br>The vehicle is red.    |
| In Need of an Ambulance (illness or injury)  | Call 119 |  | An ambulance will come.<br>The vehicle is white. |
| Calling the Police                           | Call 110 |  | A police car (police) will come.                 |

What you are asked when you call 119

- Fire or ambulance?  
- In case of illness or injury: "ambulance".
- Tell us the address of where you are.
- What do you see nearby?
- What happened?
- Tell us your name.

You can use your native tongue.

◎ You can speak with an interpreter.

◎ Do not hang up the phone. Stand by.

English, Mandarin Chinese, Korean, Portuguese, and Spanish are available 24 hours a day. Other languages are available occasionally.



## Fire If you witness a fire, tell people around you immediately. Then call 119.



When there is a fire extinguisher nearby, use it to put out the fire.  
If the flames reach the ceiling, stop and flee the scene.



How to Use a Fire Extinguisher



1 Pull the safety pin.



2 Point the nozzle toward the base of the fire.



3 Squeeze the lever.

- Point the nozzle toward a burning object, not the blaze.  
Stand 3 to 5m from the flames.

English

## Earthquake

In the event of an earthquake, protect your head and body. And, stay in a safe place.

### Home or Office



Furniture may fall over, or things may fall.  
Protect your head and body by getting under a table or covering yourself with a cushion.

### Home or Office



Do not rush outside.  
Things might fall.

### Outdoors



Window glass, signboards, etc. may fall. Protect your head with a bag or clothing.

## After Tremors Stop

### Check a broadcast.



Listen to the radio, TV, and municipal broadcasts.

### In Facilities (such as movie theaters) or Stores



Listen to the announcements and the guidance from staff.

### When a House is Unsafe



If it is unsafe to stay at home, please go to a shelter.

## Did you know?

### Shelter



Safe places to go when home is unsafe.  
For the location of shelters, see "Metropolitan Prevention Map".



### Earthquake Early Warning



There may be a large jolt from an earthquake that occurred nearby. In this case, this warning system will notify you via smartphone, TV, local radio, and the municipal disaster management radio system.

# 東京消防庁からのお知らせ Information From the Tokyo Fire Department

## 東京消防庁 ウェブサイト Tokyo Fire Department Website

防災(地震や 台風の 準備を すること)のための 情報を 知らせます。  
Life Safety Information



にほんご  
[日本語]



[English]



## YouTube 東京消防庁公式 チャンネル Official Tokyo Fire Department YouTube Channel

外国語の 動画を見る ことができます。  
Videos in foreign languages are available.



[English]



AED

[English]



AED(Automated External Defibrillator)は、  
心臓に電気を流して、正しいリズムに戻す機械です。  
電源を入れたら、日本語の声で使い方を教えてください。  
だれでも使うことができます。AEDは、駅や学校、大きな施設にあります。  
使い方は、QRから見る ことができます。

An AED (Automated External Defibrillator) is a device that electrically stimulates the heart to restore it to a normal rhythm. When you turn on the power, a voice in Japanese tells you how to use it. They are user-friendly. AEDs are accessible at train stations, schools, and other large facilities. How to use an AED, please check out the QR.

## 東京消防庁公式 アプリ Official Tokyo Fire Department App

消防署からの お知らせや、地震や 台風などの 情報を 知らせる アプリです。  
けがをしたとき、どうしたらいいか、動画で 見ることも できます。  
Googleの 自動翻訳で、外国語でも 見る ことができます。

This app provides news from fire stations and information about earthquakes, typhoons and other disasters. You may watch a video to learn what to do in case of an injury. Google's automatic translation allows you to view that information in foreign languages as well.



にほんご  
[日本語]



## 消防博物館 Fire Museum

消防の 歴史を知る ことができる 博物館です。昔の 資料や、火を 消す 道具、  
消防車など、約11,000の 資料があります。英語を 話す ガイドが います。  
中国語、韓国語、タイ語などの 音声ガイド(音と 声の ガイド)も あります。

This is a museum where you can learn about the history of fire services in Tokyo. The museum has about 11,000 items, including historical records, fire-extinguishing tools, fire trucks, and more. English-speaking guides are available. Chinese, Korean, Thai, and other audio-guidance devices are also available.



[English]



## 防災館 Life Safety Learning Centers

地震や、火事の 煙の 体験が できます。防災(地震や 台風の 準備をすること)  
について、学ぶことが できます。池袋防災館、本所防災館、立川防災館が  
あります。防災館には、やさしい日本語の パンフレットが あります。

At the Centers, you can experience a simulation of an earthquake and fire smoke. You can also learn about disaster prevention and what to prepare for disasters. There are three life safety learning centers in Tokyo: Ikebukuro, Honjo, and Tachikawa. Each center has brochures in plain Japanese.



[English]

