

# Emergency Contact Card

かまがやしこくさいこうりゅうきょうかい  
**鎌ヶ谷市国際交流協会**

Kamagaya International Friendship Association

E-mail : [main@kifa.gr.jp](mailto:main@kifa.gr.jp)

HP <http://www.kifa.gr.jp/>

<b>Name</b>	<b>Fire Station</b>
<b>Nationality</b>	*Call 119 for fire or ambulance services.
<b>Blood type</b>	<b>Police Station</b>
<b>Passport number</b>	*Call 110 for help
<b>Address in Kamagaya</b>	<b>Embassy/Consulate</b>
<b>Telephone Numbers</b> Home	<b>Kamagaya City Hall</b>
Mobile	2-6-1, Shin-Kamagaya, Kamagaya-shi Phone: 047-445-1141
<b>Names of your family members</b>	<b>Evacuation site for your area</b>
<b>Workplaces and schools of your family members</b>	<b>A family emergency meeting place</b>
Address	
Telephone Number	
<b>Emergency contact person in Japan</b>	<b>Chronic Illness</b>
Name	
Address	
Telephone Number	
<b>Emergency contact person in your home country</b>	<b>Regular medicine</b>
Name	
Telephone Number (the starting from the country code)	

# Emergency Items Checklist

\*Put these items in a rucksack and be prepared for an emergency.

<b>Canned food and long life food</b> 	<b>Drinking Water</b> 	<b>Clothes, Underwear</b> 
<b>Gloves/ Work Gloves</b> 	<b>Tissue Paper</b> 	<b>Towel</b> 
<b>Diapers</b> 	<b>Sanitary Napkins</b> 	<b>Plastic Bags</b> 
<b>ATM Cards, Bankbooks and Inkan (personal seal)</b> 	<b>Health Insurance Card</b> 	<b>Cash</b> 
<b>Passport</b> 	<b>Alien Registration Card</b> 	<b>Mobile Phone</b> 
<b>Radio</b> 	<b>Flashlight Batteries</b> 	<b>Lighter/Matches</b> 
<b>Knife</b> 	<b>Can opener/ Corkscrew</b> 	<b>First-aid medical supplies and Regular medicines</b> 



## For your Baby

<b>Baby Formula</b> 	<b>Nursing Bottle</b> 	<b>Diapers</b> 	<b>Baby Food</b> 
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**Kamagaya International Friendship Association**

c/o Kamagaya Multicultural Community Center,  
 Tomioka 1-1-3, Kamagaya City, Chiba 273-0101

For more information, please contact **KIFA** at 047-442-1860 (9:00 a.m. to 4:00 p.m.) of Monday, Wednesday and Saturday or by E-mail [main@kifa.gr.jp](mailto:main@kifa.gr.jp)  
 Please look at KIFA home page <http://www.kifa.gr.jp/>

# Prepare for an earthquake

## Ensure safety inside your house



Fix furniture to prevent it from falling down.



Keep doorways free from obstacles at all times for emergency evacuation.



Cover windows with shatter-resistant films.

## When a big earthquake strikes



Duck under a sturdy table or desk and stay under cover until the shaking stops.



Turn off all sources of fire in the house.



Open doors and windows to secure escape routes.



Don't rush outside. Stay calm and deal with an emergency situation



Stay away from cliff and riverbank edges. Watch out for landslides and tsunamis.