

英語

City Foreign Resident Medical & Emergency Card

gaikokujin shimin no tame no kinkyū kyūkyū k ā d o
外国人市民のための緊急・救急カード

Make sure to fill in all the sections and carry this card with you to stay prepared for crisis situations.

いざというときに備えて各自記入して持ち歩きましょう

Name
名 前

Address
住 所

The City of Hiroshima
hakkō Hiroshima-shi
発行：広島市

About me わたしのこと

Gender
性 別

Male 男 / Female 女

Phone Number
電話番号

E-mail ()

Nationality
国 籍

Company・School
会社・学校など

Languages Spoken
話せることば

Emergency Contact
緊急連絡先

Family or friend
家族・友人

Name 名前

Relationship 続柄 ()

Phone number 電話番号 ()

Food Restrictions
食べられないもの

Disabilities
障害の有無

Present 有 ()
None 無

Blood Type
血液型

A / B / O / AB
Rh+ / Rh-

Chronic Illness
持 病

Allergies
アレルギー

Hospital you regularly visit
いつも行く病院

Medicine you take
飲んでいる薬

Words for when you are sick or in trouble
byōki no toki komatta toki no kotoba
病気のとき、困ったときのことは

When you are sick:
byōki no toki no kotoba
病気のときのことは

Is there a doctor here? 医者はいですか

I have a fever. 熱があります

It hurts. 痛いです

I don't feel well. 気分が悪いです

I feel dizzy. めまいがします

When you are in trouble:
komatta toki no kotoba
困ったときのことは

Please help. 助けてください

There's someone hurt here. けがをした人がいます

There's a fire. 火事です

Please call an ambulance / a fire engine.
kyōkyūsha shōbōsha o yonde kudasai
救急車／消防車を呼んでください

Where is the evacuation shelter?
hinanjo wa doko desuka
避難所はどこですか

kono kādo wa ippanzaidanhōjin ichitai kokusai kyōkai no
このカードは、一般財団法人自治体国際化協会
の協賛により作成しました。

Evacuation Information
hinan jōhō no shurui
避難情報の種類

Evacuation Preparation/ Advisory for the Elderly and Persons with Limited Mobility
hinan jūbō kōrei
避難準備・高齢者等避難開始

- Prepare to evacuate at any time. Evacuate if you feel you are in danger.
- The elderly, persons with infants or disabilities, etc. should begin early evacuation.

Evacuation Advisory
hinan kankoku
避難勧告

- Go to an evacuation shelter or site (hinan basho).
- Quickly evacuate to a safer place if you are underground.

Evacuation Order (Emergency)
hinan shiji kinkyo
避難指示 (緊急)

- Evacuate immediately.
- If going outside would put you at risk, find a safe place within your house.

Getting Evacuation Information
hinan jōhō no shūshūken
避難情報の収集先

TV, radio, Hiroshima Prefectural Government Disaster Prevention site (www.bousai.pref.hiroshima.jp), Hiroshima City Emergency Disaster Information site (www.city.hiroshima.lg.jp). Register for e-mail alerts from Hiroshima City at: (entry@k-bousai.city.hiroshima.jp)

From April 2017, the Hiroshima City Disaster Prevention Information Sharing System will be available in 6 languages.

Evacuation Shelters
hinan basho no shurui
避難場所の種類

Designated Emergency Evacuation Area
shitei kinkyo hinan basho
指定緊急避難場所

Shelters or sites for disaster victims to immediately evacuate to in dangerous situations. Evacuation shelters or sites differ according to the type of disaster. Disasters are categorized as landslides, floods, high tides, earthquakes, tsunamis and large-scale fires.

My local evacuation shelter in the event of landslides, flooding, high tides:
(災害の種類) 土砂・洪水・高潮

My local evacuation shelter in the event of earthquakes, tsunamis, large-scale fires:
(災害の種類) 地震・津波・大火星

Designated Evacuation Shelter (Daily Life Evacuation Shelter)
shitei hinanjo
指定避難所 (生活避難場所)

These facilities provide temporary lodging and shelter for persons who have lost their homes.

My local evacuation shelter:
Address:

※ In the event of flooding, high tides or tsunamis, seek shelter on higher ground immediately.

※ 洪水・高潮・津波などが発生した場合は、近くの高台などへ逃げましょう。