



さいたま暮らしの情報誌
Information for Living in Saitama City
Folleto de Información de Vida en Saitama
No. 55 (Mar. 2017)

大きな地震に備えて①

Preparing for a big earthquake①

Prepárese para un gran terremoto · · · capítulo 1



「突然、家中が踊りだしたように見えた」
(熊本地震被災者談)

その時、あなたはどのように身を守りますか？

“Suddenly, it was like my whole house was dancing.”
(A victim of the Kumamoto Earthquake)

What will you do when this happens?



“Parecía, de repente, estar bailando toda la casa”
dijo un damnificado del terremoto de Kumamoto.

¿Qué va a hacer usted para protegerse, entonces?



【発行元】 公益社団法人さいたま観光国際協会 (STIB) 国際交流センター (IEC)
場所：さいたま市浦和区東高砂町 11-1 コムナーレ 9階 (JR浦和駅東口 浦和パルコ上)

【Published】 The Saitama Tourism and International Relations Bureau(STIB),
International Exchange Center (IEC)

【Place】 Comunale F9 (JR Urawa Stn East Exit, above Parco), Higashi Takasago-cho 11-1, Urawa-ku, Saitama City

【Publicado por】 Buró para el Turismo y las Relaciones Internacionales de Saitama (STIB)
Centro de Intercambio Internacional

【Domicilio】 Piso 9 de Comunale, 11.1 Higashi-Takasago-cho, Urawa-ku, Saitama

TEL : 048-813-8500

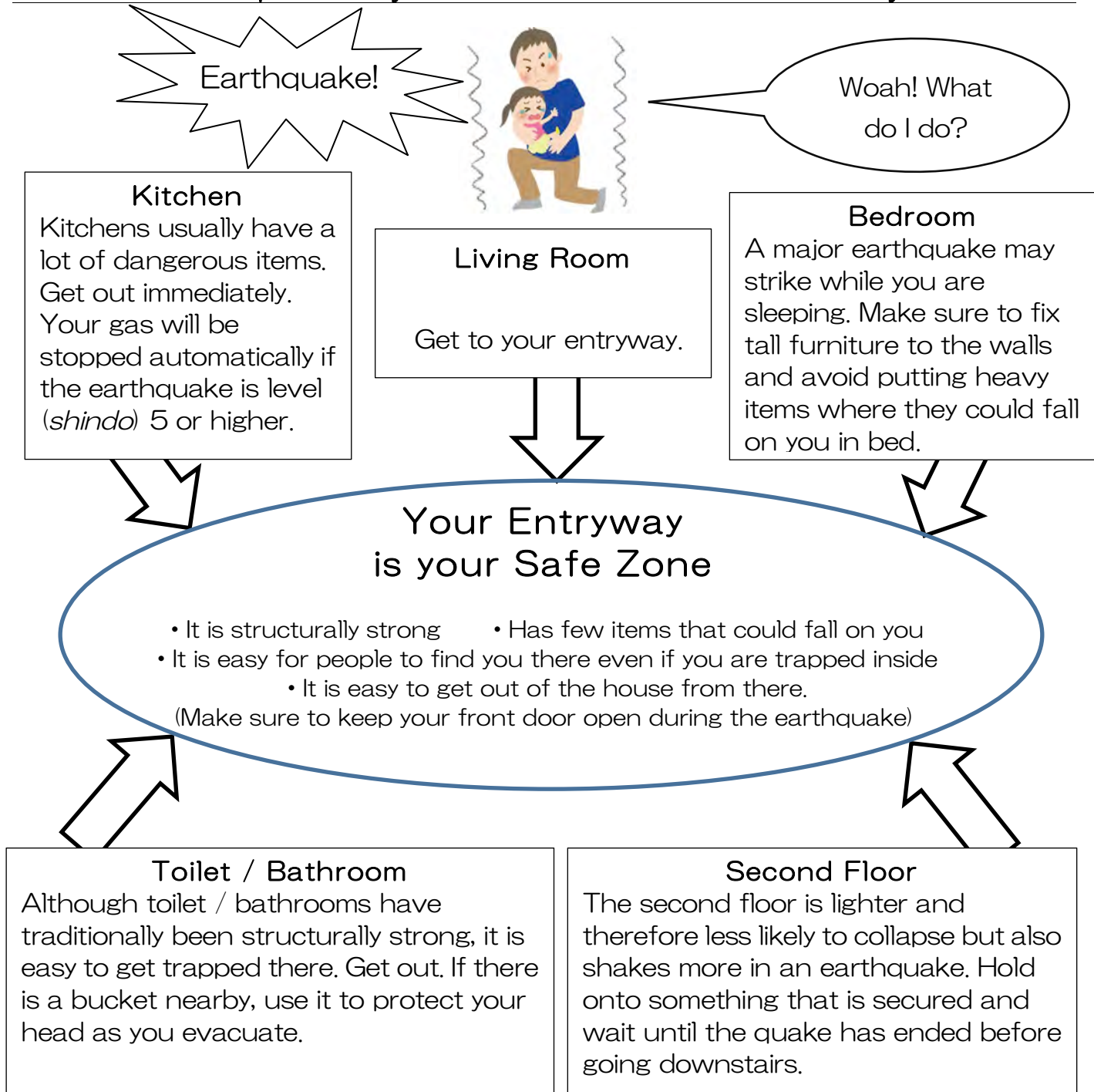
FAX : 048-887-1505

E-mail : iec@stib.jp

URL : http://www.stib.jp/kokusai

Earthquakes happen every day in Japan, varying in strength from too small to be felt to massive quakes such as the 2011 Great East Japan Earthquake and the 2016 Kumamoto Earthquake. Another major earthquake is predicted to occur in the near future, but we do not know when and where it will strike. Below, we show how you can protect yourself during a major earthquake depending on where you are at the time.

What to do to protect yourself in different areas of your house



The safety of each room in a house varies with the structure of that house and when it was built. However, generally, the entryway is safest place to be. It makes it easy to evacuate your house as well as check your surroundings. Make it a habit to move to your entryway when you feel a tremor or see an earthquake warning. Keep in mind that many Japanese and long-time foreign residents have grown used to earthquakes while never really becoming aware of how to properly evacuate and protect themselves, so you may not be able to rely on them when the next big quake strikes.