

## ●Earthquake! What should you do? Disaster Prevention and Safety Section 042-338-6802

### Try to prevent furniture from toppling over!

When major earthquakes strike, many people are killed or seriously injured after becoming trapped by furniture. Please do all you can to minimize injury by taking the steps given below to prevent furniture from falling over.

- Secure furniture to the wall with a fall prevention device to prevent it from toppling over.
- Keep bedrooms and children's rooms as clear of furniture as possible and arrange any furniture in such a way as not to block doorways in the event it topples over.
- Have a flashlight, slippers, and whistle ready and within easy reach.



"Notice on offer of emergency supplies"

### We can help you with emergency supplies!

We offer a 21-piece evacuation kit that includes fall prevention devices for furniture, earthquake-proof breakers, non-perishables such as alpha rice, etc., and other evacuation supplies.

### Safety confirmation with garbage bags

Household garbage bags (for burnable trash) have "I'm safe" printed on them. In the event of a disaster, post a garbage bag on a doorknob or balcony to let people know you are safe. The recommended period for disaster drills is September 3 through November 30. Please conduct safety confirmation drills using garbage bags in cooperation with your local voluntary disaster prevention organization.

## ●Typhoon approaching! What to do and when to do it Disaster Prevention and Safety Section 042-338-6802

- Warning Level 1 Preliminary advisory
- Warning Level 2 Heavy rain/flood warning
- Warning Level 3 Evacuation of elderly people, etc.
- Warning Level 4 Evacuation order
- Warning Level 5 Emergency safety measures

**Always evacuate by Warning Level 4!  
If Warning Level 5 is issued, your life is in danger.  
Secure your own safety immediately!**



Disaster Prevention Guide for Foreigners

### Prepare for disasters

**Stockpile potable water and non-perishable foodstuffs on a regular basis** in readiness for disaster.

The following are just a few examples, but be sure to keep these items in an emergency carryout bag or similar so that you can take them with you at any time. Drinking water: at least 3 days' worth (approx. 3 liters per person per day); emergency rations: at least 3 days' worth (alpha rice, crackers, chocolate bars, etc.); wet wipes, paper towels, towels, plastic bags, slippers, cash, valuables, personal seal, flashlight, portable radio, spectacles and household medicines, mobile batteries and charging cables, portable toilet, blankets, etc.

- Tama City is preparing a disaster prevention guide for foreign residents. Please read it before disaster strikes!

### What items do I need to stockpile?

With the Tokyo Stockpile Navigator app, you can find out what you need to stockpile and what you need to bring with you, just by answering a few simple questions. "What should I do if I have kids?" "What should I stockpile for my elderly grandfather?" Please check this app out if you have questions like these.



Tokyo Stockpile Navigator

### Disaster Prevention Info Emails

Tama City sends out information on weather, fires, earthquakes, floods, etc.

For more information on how to register, use this QR Code to access the official website. ⇒



## ●Announcements from Tama Fire Dept. Tama Fire Dept. 042-375-0119

Recently, there was a major fire within the Tama Fire Department jurisdiction.

Please doublecheck the following information on preventing fires.

- ◆Cigarettes •Never smoke in bed •Empty ashtrays •Use water to fully extinguish cigarette butts
- ◆Stoves •Always turn off stoves when going out/going to bed •Do not place near bedding or curtains
- ◆Gas stovetops •Never leave a burning hob unattended •Do not place combustible materials nearby •Take care to avoid clothing catching fire when cooking
- ◆Electrical cords •Clean outlet plugs regularly •Be careful not to bend electrical cords or place them under furniture •Use power strips (multi-plugs) in the prescribed manner

## ●The 23<sup>rd</sup> Nagayama Festival Nagayama Festival Executive Committee Office 042-337-6661

**The Nagayama Festival will take place in indoor venues around Nagayama Station!**

▽Date and time: Sept. 23 – 25 from 11 a.m. – 8 p.m. (hours vary at each venue)

Enjoy performances of dance and music, hands-on exhibits for everyone to enjoy, stamp rallies and more!

For details, please refer to the official website and flyers distributed by public facilities throughout Tama.



# ●Seiseki Mirai Festival 2022

Economy & Tourism Section 042-338-6909

An evening of fun including a 30m Niagara and hand-held fireworks!

FAX 042-337-7659

## A late-summer fireworks event on the Tama River!

▽Date and time: September 18 from 5:30 – 7 p.m. (the event will be canceled in the event of stormy weather) Venue: Ichinomiya Park

▽Availability: ① Hand-held fireworks (6 per group): elementary and junior high school children (must be accompanied by a parent or guardian. Up to 2 children per parent/guardian)

② Niagara Falls Fireworks (from 6:30 p.m. onwards): available to all comers

▽Fixed numbers: ① 100 groups (a draw will be held if there are too many applicants)

② None

▽Applications: Submit an online application to the Seiseki Mirai Revitalization

Executive Committee by 4 p.m., Friday September 9. <https://seiseki-mirai-fes.com/>

▽Precautions: Long trousers required. No sandals. Fireworks are generally prohibited in Ichinomiya Park.

▽Note: Applications must be made by parents/guardians. The Executive Committee will announce whether or not the event will take place on its website.



## Rota of On-Duty Doctors on Holidays 9:00-17:00 TAMA CITY DOCTORS' ASSOCIATION <http://www.tama-med.or.jp/toban/>

9/11 (Sun.) Yamazen Internist Clinic 042-372-5588 1F Seisekisakuragaoka Garden House, 4-40-3 Ichinomiya	10/2 (Sun.) Saito Internal Medicine & Respiratory Medicine 4-2-6-202 Nagayama 042-373-2522
9/18 (Sun.) Suzuki Internal Medicine & Gastroenterology Clinic 5-4-10 Nagayama 042-371-2760	10/9 (Sun.) Sasabe Clinic 042-375-7313 1 & 2F Comfort Seiseki, 4-9-2 Sekido
9/19 (Mon. NH) Abe Tama Center Medical Clinic 042-373-7755 2F Tama Medical Bldg., 1-22-2 Tsurumaki	10/10 (Mon. NH) Kodomo Clinic Shimizu 042-373-0512 3F Shintosh Center Bldg. 1-24-1 Tsurumaki
9/23 (Fri. NH) Karakidakodomo Clinic 042-355-8505 2F Karakida Center Bldg. 1-53-9 Karakida	<ul style="list-style-type: none"> <li>●Emergency cases only</li> <li>●Be sure to bring your health insurance card and infant healthcare card (if applicable)</li> <li>●Please visit during clinic hours</li> <li>✳Always call in advance</li> <li>✳This list of on-duty doctors is subject to change</li> </ul>
9/25 (Sun.) Miyuki Clinic 042-372-4853 1-8-3 Renkoji	

### Nighttime Clinic for Children (Pediatrics) (Health Center)

Please visit this clinic first if your child develops a sudden illness (19:00-21:45) 042-375-0909

Emergency Dental Treatment on Public Holidays (Dental care (9:00-15:30 Sundays and public holidays) 042-376-8009

**Note** Please call in advance



Information on Medical Institutions (available 24/7)

Emergency Call Center (Tama Fire Dept.) 042-375-9999

Fire Dept. Emergency Consultation Service #7119 (mobiles, PHS, push-button phones) 042-521-2323 (dial-up phones)

Tokyo Met. Med. Health Info Service (Himawari) 03-5272-0303

Medical Information in Foreign Languages

(Tokyo Metropolitan Health and Medical Information Center)

9:00 ~ 20:00 ☎03-5285-8181

## ★Counseling for Foreign Residents Every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month (1:30-4:30 p.m.) TIC Rm. (7F VITA) \* By appointment only

### ★Japanese Class Schedule (Classes are free for TIC members)



Commissioned by Tama City

Class	Venue	Time	Dates	
			September	October
Monday classes	Parthenon Tama (4F Meeting Room / Career Mom)	9:45-11:45	5 <sup>th</sup> / 12 <sup>th</sup>	3 <sup>rd</sup> / 17 <sup>th</sup> / 24 <sup>th</sup>
	Nagayama Community Center (5F BELLVE Hall)	9:30-11:30	5 <sup>th</sup> / 12 <sup>th</sup>	3 <sup>rd</sup> / 17 <sup>th</sup> / 24 <sup>th</sup>
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00	15 <sup>th</sup> / 22 <sup>nd</sup> / 29 <sup>th</sup>	6 <sup>th</sup> / 13 <sup>th</sup> / 20 <sup>th</sup>
		19:00-21:00	8 <sup>th</sup> / 15 <sup>th</sup> / 22 <sup>nd</sup>	6 <sup>th</sup> / 13 <sup>th</sup> / 20 <sup>th</sup>
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	3 <sup>rd</sup> / 10 <sup>th</sup> / 24 <sup>th</sup>	1 <sup>st</sup> / 8 <sup>th</sup> / 15 <sup>th</sup>

△For reservations and inquiries regarding the above, please call the TIC Office 042-355-2118

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Office hours: Mon.-Fri. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the month, national holidays, year-end and new year holidays and extra holidays.

✳If you have any comments or requests regarding Hand in Hand in Tama, please send them to the above address. This newsletter is available in four languages (Japanese, English, Chinese and Korean); please contact the TIC Secretariat if you would like a copy. Editing: Yoko Sugai Translation: Amanda Wade