



# Living Guide Index

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**· · · ATTACHED PAPER · · ·**

- Tsuzuki Multicultural & Youth Plaza Leaflet
- Japanese Language Class Information
- Institutions in which doctors who can speak English are available in Tsuzuki-ku
- Tsuzuki Ward Office Floor Guide(Larger version)
- Tsuzuki-ku Disaster Prevention/Daily Life Map
- Separation and Disposal of Garbage and Recyclables  
(English/Portuguese/Vietnamese/Thai/Korean/Tagalog/Spanish/French/Chinese )
- “When you need an interpreter, please contact us.”

**TSUZUKI TABUNKA SEISHONEN KORYU PLAZA**  
**(Tsuzuki MY Plaza)** **TEL 045-914-7171**

## Useful Information for Foreigner Living in Tsuzuki-ku

- Multi-Language counseling on daily life and useful information
- Ward Office and School procedures
- Japanese Lessons and school work assistance
- Vaccinations and Medical Checkup for Childbirth
- A list of hospitals available with foreign language speaking doctors and English written forms.
- Interpreters, Translators Recruiting.
- Garbage and Recycling



**Facility Guide Pamphlet**

**Information in English, Portuguese, Chinese, Spanish, and Korean are available**

**When you need an interpreter, please contact us.**



**Location:** Northport Mall 5<sup>th</sup> Floor 1-25-1 Nakagawachuo  
 Tsuzuki-ku, Yokohama, Kanagawa 224-0003

**Access:** Center Kita Station(Subway)

**Hours:** Weekday 10:00 to 21:00  
 Weekend and National Holidays 10:00 to 18:00

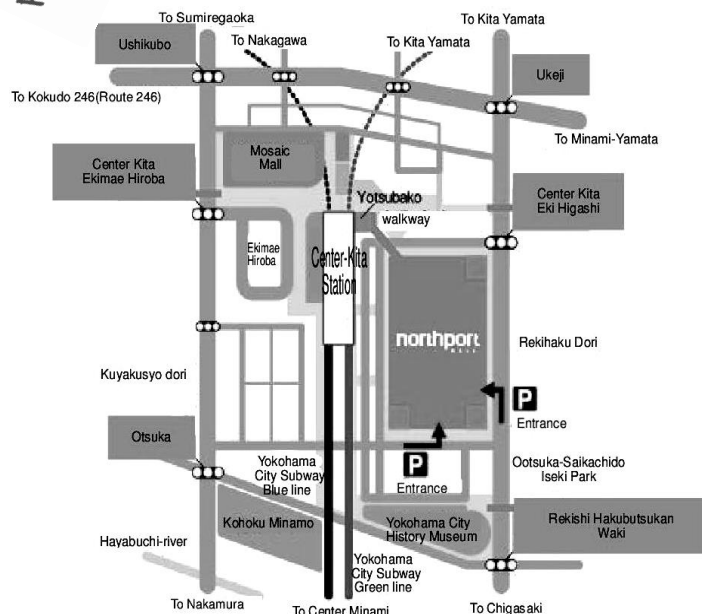
**Closed:** 3<sup>rd</sup> Monday (If it's National Holiday,would be the next day.)  
 Year-end/New Year holidays

**Homepage:** <http://tsuzuki-myplaza.net/>

**E-mail:** [my-plaza@tsuzuki-koryu.org](mailto:my-plaza@tsuzuki-koryu.org)

**TEL: 045-914-7171**

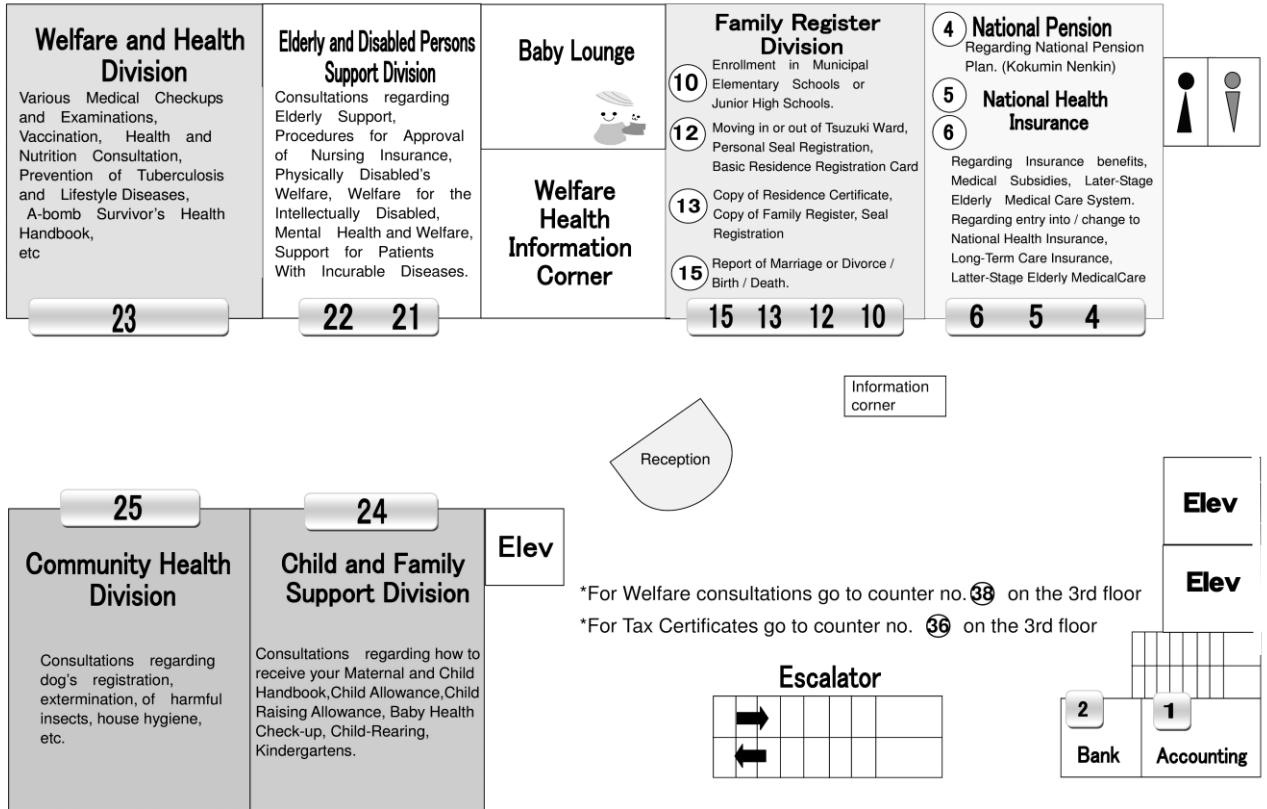
**FAX: 045-914-7172**



# Tsuzuki Ward Office Floor Guide

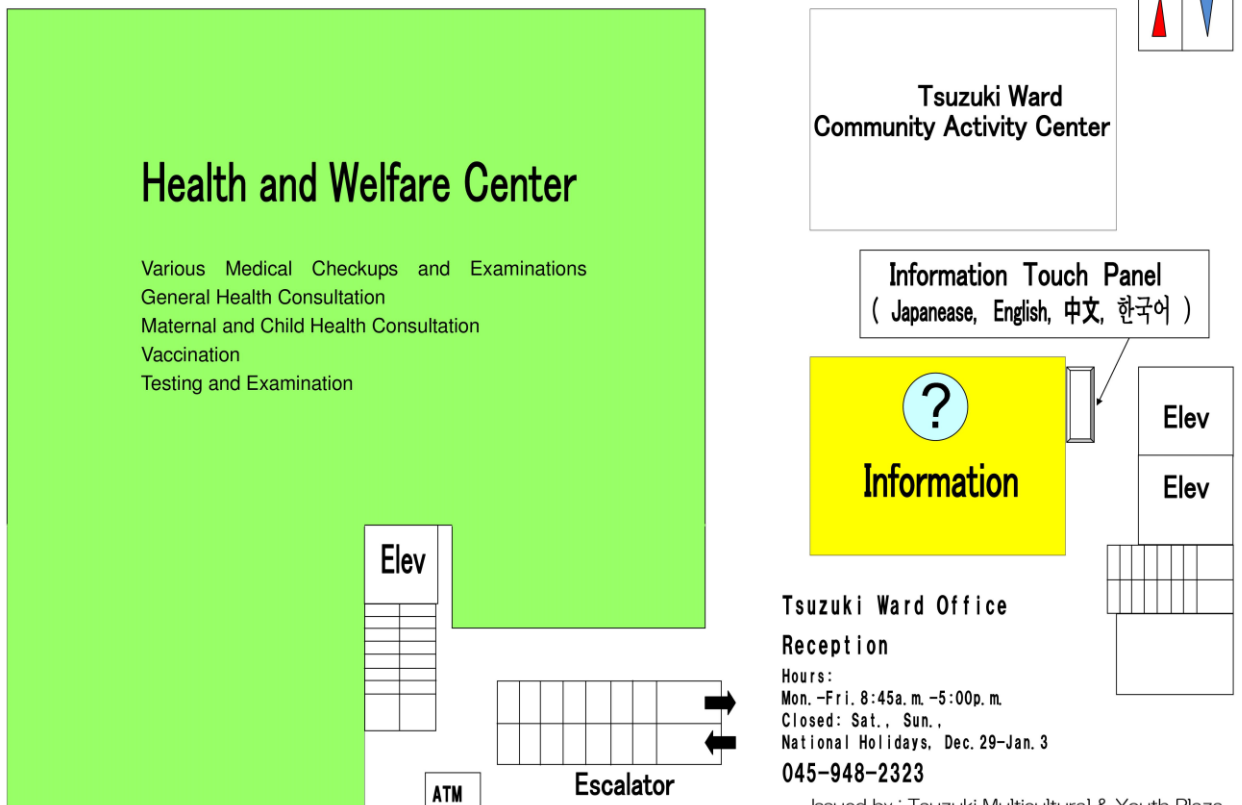
2F

## Tsuzuki Ward Office 2<sup>nd</sup> floor guide



1F

## Tsuzuki Ward Office 1<sup>st</sup> floor guide



Issued by : Tsuzuki Multicultural & Youth Plaza  
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# Emergency Assistance



## What's happening ?



FREE

### Crime or Accident



“Dorobo desu!”  
(Robbery)



“Kotsu jiko desu!”  
(Traffic accident)

### Fire



“Kaji desu!”  
(Fire)

### Ambulance



“Kyubyo desu!”  
(ill)  
“Kega desu!”  
(injury)

TEL 110



TEL 119

(Your address or location)

Basyo wa \_\_\_\_\_ desu.

(Your name)

(Your telephone number)

Namae wa \_\_\_\_\_ desu. Denwa bango wa \_\_\_\_\_ desu.

NAME

NATIONALITY

DATE OF BIRTH

BLOOD TYPE

LANGUAGE

ALLERGY

CHRONIC ILLNESS

MEDICATION

REGISTRATION No,

TEL

★Money will not be required for police,

Ambulance or fire engine assistance.

Please take the Kenko-hoken sho and cash with you.



# Medical Emergency

Please take the Kenko-hoken sho and cash with you.



## Medical Clinic on Holidays and at Night TEL 045-911-0088

**Tsuzuki Holidays Medical Center /**

**Northern Yokohama Night-time Medical Center**

(Tsuzuki-ku Kyujitsu Kyukan Shinryojō / Yokohama-shi Hokubu Yakan Kyubyo Center)

**For internal disease, pediatrics**

\* **Days and Hours:** 10:00 to 16:00(12:00 to 13:00 closed)  
Sunday, national holidays and Dec.30 to Jan.3  
20:00 to 0:00 midnight Every night

\* **Location:** 1-23-4, Ushikubonishi, Tsuzuki-ku

\* **Access:** Center Kita Station (Subway Line)

## Emergency Treatment at Night

**TEL 045-212-3535**

**Yokohama Night-time Emergency Medical Center**

(Yokohama-shi Kyukyu Iryo Center / Yakan Kyubyo Center)

**For internal disease, pediatrics, eyes, ears, nose and throat disease**

\* **Days:** Every night

\* **Hours:** 20:00 to 0:00 midnight

\* **Location:** 1-1, Sakuragi-cho, Naka-ku

\* **Access:** Sakuragi-cho Station (Subway or JR Line)

## Dental Treatment

**TEL 045-201-7737**

**Yokohama Dental Public Health and Welfare Medical Center**

(Yokohama-shi Shika Hoken Iryo Center)

\* **Days and Hours:** 19:00 to 23:00 Monday to Saturday  
(last time for registration 22:30)  
10:00 to 16:00 Sunday, national holidays and Dec.29 to Jan.4  
(last time for registration 15:30)

\* **Location:** 6-107, Aioi-cho, Naka-ku

\* **Access:** Sakuragi-cho Station (Subway or JR Line)  
Basyamichi Station (Minatomirai Line)

## Emergency Medical Consultation Center

**TEL 045-222-7119**

**【Push 1】 Emergency Medical Information Center (Kyukyu Iryo Joho Center)**

Information on nearby hospitals available on holidays and at night (Japanese only)

\* **Days:** Every day

\* **Hours:** 24 hours a day

**【Push 2】 Emergency Telephone Consultation (Kyukyu Denwa Sodan)(Japanese only)**

\* **Days:** Every day

\* **Hours:** 24 hours a day

\* Maps are shown on the left



# Natural Disaster Prevention-①



## What's happening ?



### If there is an Earthquake...

#### When you are indoors:

- Protect your head and shelter under a table.
- Don't rush outside.
- Secure the exit by opening the door.
- Be careful of falling objects.

#### When you are outdoors or driving:

- Protect your head with anything(bag/purse/magazine)you u carry.
- Keep away from block walls, vending machines and utility wires.
- Turn off the car engine and leave the key in the ignition.
- Don't use the elevators.

#### After the shaking !



- Turn off all gas.
- Escape!



- Be careful of tsunami near the ocean or rivers. Evacuate as soon as you can to a high place.



### If there is a Typhoon/Heavy Rain

#### Listen to weather reports on the TV or radio etc.

- Turn off the gas when leaving the house.
- Get out of the rain quickly.
- Be careful to check for water depth.
- Before evacuating, if your house becomes flooded, move to the second floor or another tall building.
- Be always prepared to evacuate the building.

TV/ Radio

PC

Phone

Alert system

Patrol Cars

Emergency kits

Inter FM 76.5MHz



## Where to evacuate?

(Evacuation shelters have been designated according to your home address)



### Evacuation Shelters

(Chiiki Bosai kyoten)

Nearby elementary or junior high schools have been designated as evacuation shelters, in case you cannot return to your home. Here you will be able to receive food, water, rescue supplies and information.

- Place to go during evacuation

( )

- Family meeting place in the event of an Earthquake Disaster

( )

★Check the attached paper "Tsuzuki-ku Disaster Prevention"



### Evacuation Areas

(Koiki Hinan Basyo)

Vacant expanses of land have been designated as evacuation areas, in case a fire makes the evacuation shelters.

- Kachida Danchi
- Kawawa Koko
- Kashinokidai Haitsu
- Yokohama Kokusai Pool
- Yamazaki Park
- Kuzugaya Park
- Chigasaki Park





# Natural Disaster Prevention-②

Major earthquakes can strike any time and tyhoons often hit Japan.



**Always be prepared! ··· Be prepared so you can stay calm in case of emergency.**

**★ Prepare at least 3days worth of drinking water, food**

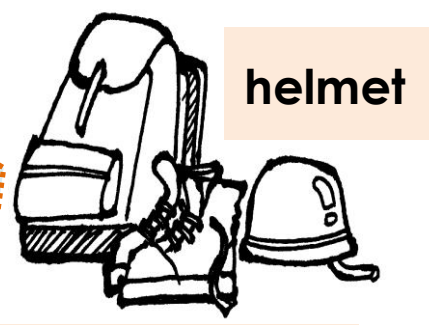
water (3 liters per person per day) canned/preserved food

portable radio spare batteries knife flashlight battery-powered mobile phone charger

gloves first-aid kit (including prescription medicine) underwear clothing dustproof mask



**back pack**



**helmet**

**thick soled shoes**



**keep the bath and pet bottle filled with water at all times.**

### Disaster-prevention information for foreign residents in Japan

- Yokohama Association for International Communications and Exchanges (YOKE) <http://www.yoke.or.jp>
- International Division, Community After Bureau, Prefectural Government <http://www.pref.kanagawa.jp/cnt/p453450.html>

cash&coins seal(inkan) copy of health insurance certificate(Hoken sho)

registration card(zairyu card or tokubetsueijusya shomeisyo) passport

### Methods for confirmation of your family's safety

- Deside where family members will meet in the event of a major earthquake.
- When a big earthquake happens, it may become difficult to get a phone connection. It is highly recommended to utilize NTT "Disaster Messaging Service" (171) or "Disaster Message Board" (via mobile phone) between family members. This should be agreed upon between family members beforehand.

★NTT Disaster Messaging Service(171) URL <http://www.ntt-east.co.jp/saigai/voice171-index.html>

★Disaster Massage Board (via mobile phone)

- NTT DoCoMo URL <http://dengon.docomo.ne.jp/top.cgi>
- au by KDDI URL <http://dengon.ezweb.ne.jp>
- Soft Bank URL <http://dengon.softbank.ne.jp>
- WILLCOM URL <http://dengon.willcom-inc.com>
- EMOBILE URL <http://dengon.emnet.ne.jp>