

Heat Warning Index

This summer is predicted to be a hot one again!. Get your sunscreen, hats and sun umbrellas ready. The Japanese government uses the International Wet Bulb Temperature index to provide a warning system for heat stress on the body. Temperature is not the only concern; humidity also has a strong effect. You can check the WBGT index for Ehime In English and many other languages at the following site.

[https://www.data.jma.go.jp/multi/warn/shikoku_ehime.html](https://www.data.jma.go.jp/multi/warn/shikoku_ehime.html?warning=all&lang=en)

(Blue) Almost safe	(Sky) Caution	(Yellow) Warning	(Orange) Severe Warning	(Red) Danger
< 21 appropriate water replenishment suggested	21 - 25 water should be replenished often	25 - 28 rests should be provided often	28 - 31 heavy exercise prohibited	≥ 31 exercise prohibited

Be Prepared for an Earthquake

A large earthquake, called the Nankai Trough, is said to have a 80% chance of occurring in the next 20-30 years. This is scary, but to avoid panic, the best way to prepare for an earthquake or other natural disaster is to know what to do. Here are the very basic guidelines for an earthquake.

1. Download the apps below and become familiar with information provided.
2. Find the evacuation center closest to where you live. It is often a school.
3. Secure furniture to the wall where you live so it will not fall on you.
4. Prepare an emergency bag. You can buy one in stores such as DMC and online.
5. Prepare emergency contact information for family members.
6. Be prepared to take care of yourself, and help others if you can. It can take up to 5-6 days for emergency services to start up.

An earthquake will last maybe a minute or so. It is important to protect your head. After the shaking stops, decide whether you need to go to an evacuation center or not. Don't forget to wear shoes.

Ehime Disaster Prevention and Crisis Management

This site provides information for Ehime in the event of a natural disaster. Information regarding evacuation, transportation, etc. is provided. It is highly recommended that you download this site on your phone and familiarize yourself with the contents. You can change the language to English, Bahasa Indonesia, Spanish, Portuguese, Tagalog, Vietnamese, Korean, Chinese (simplified and traditional). For English, click on 英語. An X (Twitter) account and email function are included.

<https://ehime.my.salesforce-sites.com/#>



Matsuyama City Disaster Management and Prevention Guidebook

Matsuyama City has prepared a comprehensive guide for disaster preparedness in English, Korean and Chinese. It has maps showing projected earthquake intensity in the Matsuyama area and tells what to expect when there is a disaster and what services will be available. Go to this site to download the 3 sections for the area you live: 1) information on various disasters and how to prepare, 2) hazard maps and 3) what to do when a disaster occurs. It is a lot of information, but it is worth taking the time to go through it.

This site provides real time information when a disaster occurs in the Matsuyama area it is similar to the one for Ehime Prefecture above.

<https://city-matsuyama.my.salesforce-sites.com/>



Emergency and Crisis Management

The Ehime Prefecture International Center website provides general information on what to do in case of a fire, accident or illness with related vocabulary. Basic directions for responding to a disaster are also included. Click on the website and scroll down to the 'Emergency Card' section. Keep this information easily accessible by downloading it on your phone.

Languages: Japanese, English, Korean, Chinese (simplified and traditional), Indonesian, Vietnamese, Portuguese, Burmese, and Khmer.

<http://www.epic.or.jp/kurasu/disaster.html>

Seeing a Doctor in Japan

Yui Ehime has made a video to show you the process of seeing a doctor in Japan. It provides basic information on where to go and what you need to take with you and the process. The video is located in the Yui Ehime YouTube channel:

<https://www.youtube.com/watch?v=VbOfsBC2uq4&t=14s>

In Japan people usually go to a nearby clinic to see a specialist first. There is no family doctor or general practitioner system. If needed, the doctor will write a referral letter to take to a general hospital for more specialized care. There will be a charge of around ¥5000 for that letter. A few of the large general hospitals, such as the Red Cross Hospital, the Ehime Prefecture Chūō Hospital and the Ehime University Hospital will not take patients without a letter of referral.

If you have a medical emergency, outside of regular hours, you will need to go to an Emergency Hospital. There are two or three on duty every day, please check the Emergency Hospital calendar in this section of WGO to see what hospital is seeing patients that day.

If you are unable to walk or take a taxi, you can call an ambulance. Just dial 119 and say 'kyūkyūsha' (救急車) and give your name and the address of where you are. The service is free.

If you are worried about going to see a doctor alone, the Yui Medical Support group will provide an experienced volunteer to help you navigate the process, but you need to make a request 3 days in advance to give time to find the best person. They are not professional medical translators, but they can help you to understand what you need to do. To make a request, send email to yuiehimemedical@gmail.com. You can ask for help in English, Spanish, Chinese, Indonesian, and Tagalog.