

災害が起きたら緊急避難場所へ

Go to an Emergency Evacuation Site when a disaster happens
Locais de Refúgio Emergencial em Casos de Desastres Naturais

災害が起きたとき、まず逃げる先は、台風、地震、津波など災害の種類ごとに予め指定された「緊急避難場所」です。

まずは、「緊急避難場所」(3～7 頁参照)に逃げて、自分の命を守ってください。

When a disaster occurs, you must go to an “Emergency Evacuation Site” designated in advance for each type of disaster, including typhoons, earthquakes and tsunami. Please go immediately to an Emergency Evacuation Site (see pages 3-7) to protect your own life.

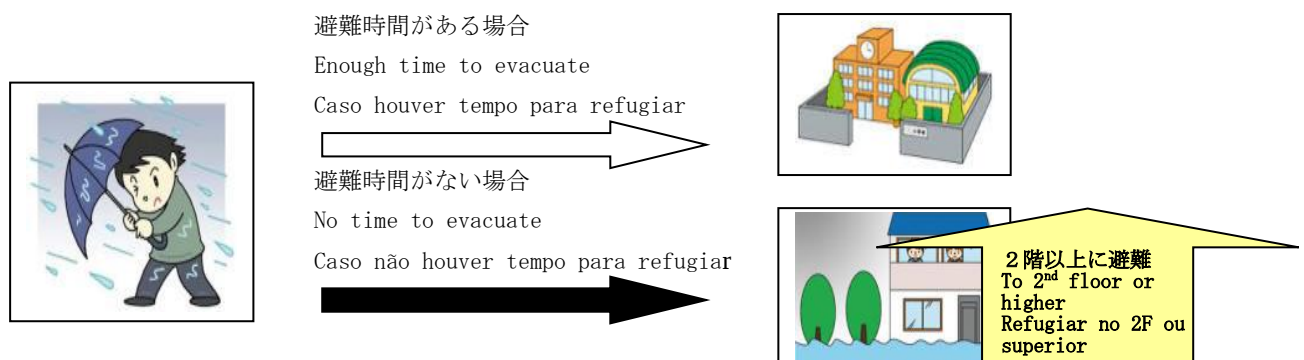
Quando ocorrer desastres naturais, abrigar-se primeiramente nos “Locais de Refúgio Emergencial”, que são previamente designados conforme cada tipo de desastre, como tufão, terremoto, tsunami e outros.

Em primeiro lugar, proteja a sua vida refugiando-se nos “Locais de Refúgio Emergencial” (vide as páginas 3~7).

① 大雨・台風等・・・浸水や土砂災害の危険が生じたら、学校の体育館や校舎等に避難

① Heavy rain/typhoons, etc. ...If there is danger of flooding or sediment disasters, evacuate to, for example, school buildings and gyms.

① Chuvas torrenciais, tufão, etc. ...Caso ocorrer perigo de inundação e desastres de sedimentos,refugiar-se nos ginásios esportivos e prédios das escolas.



※市指定の緊急避難場所へ避難する場合は、テレビやラジオ等で開設状況を確認してください。

※When evacuating to a municipal Emergency Evacuation Site, first check the current situation on the TV or radio.

※Ao refugiar-se nos Locais de Refúgio Emergencial designados pela prefeitura, confirmar de antemão se os estabelecimentos estão abertos através da TV, rádio e outros.

② 地震による津波・・・高台や津波避難施設（避難ビル等）に避難

② Tsunami caused by an earthquake・・・evacuate to high ground or tsunami evacuation facilities (evacuation buildings, etc.)

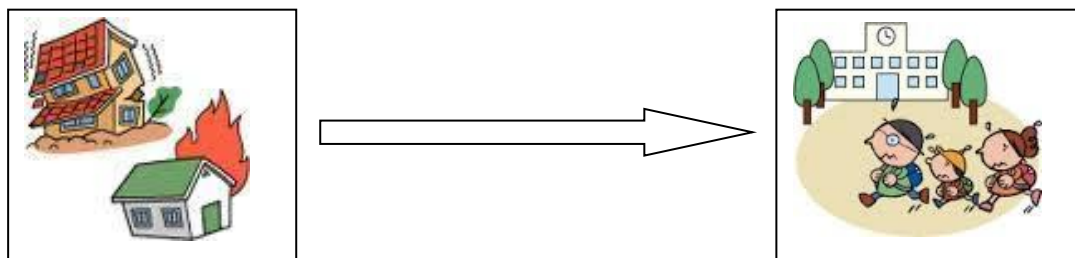
② Tsunamis causados・・・Refugiar-se em locais altos ou nos estabelecimentos de refúgio de tsunamis. por terremotos



③ 地震による火災等・・・安全な空き地や学校のグラウンド等に避難
住宅が密集する場所は、広くて安全な公園等に避難

③ Fires caused by an earthquake・・・Evacuate to a safe, open area or school playground.
In areas of concentrated housing, evacuate to a safe, open area, such as a park.

③ Incêndios causados・・・Refugiar-se em terrenos abertos, nos campos das escolas, etc. por terremotos
Nos locais onde há grande concentração de moradias, refugiar-se em locais amplos e seguros como nos parques, etc.



災害対策基本法の一部改正により、「緊急避難場所」と「避難所」をはっきり区別することになりました。「避難所」は、自宅が倒壊・滅失等した方が一時的に生活する場所で、とっさに逃げる先（＝緊急避難場所）と異なります。

【避難所については、最終頁参照】

Due to amendments to the “Act on Basic Measures Concerning Disasters,” “Evacuation Areas” and “Emergency Evacuation Sites” have been clearly differentiated. “Evacuation Areas” are places for those whose houses have collapsed/been destroyed to live temporarily, and are different from the place that you should evacuate to immediately (“Emergency Evacuation Sites”).

【See the last page for more information regarding Evacuation Areas】

Conforme a reforma parcial da Lei Básica de Medidas Contra Desastres Naturais, estabeleceu-se a distinção entre “Locais de Refúgio Emergencial” e “Locais de Refúgio”. Os “Locais de Refúgio” são locais para abrigar temporariamente as pessoas que perderam ou tiveram suas residências destruídas, e outros; diferentes de (Locais de Refúgio Emergencial) que são para refúgio em caso de urgência.

【Para mais informações sobre os “Locais de Refúgio” vide as últimas páginas】

市が指定する緊急避難場所（中区）
Municipal Emergency Evacuation Sites (Naka Ward)
Locais de Refúgio Emergencial designados pela
prefeitura (Distrito de Naka)

施設名 Facility Name Estabelecimentos	地区 Area Bairros	①大雨・台風等 Heavy rain, typhoon, etc. Chuvvas torrenciais, tufão, etc 	②地震による津波 Tsunami caused by earthquake Tsunamis causados por terremotos 	③地震による火災等 Fires caused by an earthquake Incêndios e outros, causados por terremotos 
元城小学校 Motoshiro Elementary School Escola Primária Motoshiro	中央 Chuo	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
中部中学校 Chubu Junior High School Escola Ginásial Chubu	中央 Chuo	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
浜松城公園 Hamamatsu Castle Park Parque Hamamatsu-Jo	中央 Chuo	—	—	中央芝生広場 Central Lawn Plaza Gramado central
浜松市役所 Hamamatsu City Hall Prefeitura de Hamamatsu	中央 Chuo	—	—	駐車場ほか Car park, etc. Estacionamento, etc
東小学校 Higashi Elementary School Escola Primária Higashi	アクト Act	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
八幡中学校 Hachiman Junior High School Escola Ginásial Hachiman	アクト Act	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
船越小学校 Funakoshi Elementary School Escola Primária Funakoshi	アクト Act	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
船越公園 Funakoshi Park Parque Funakoshi	アクト Act	—	—	グラウンド Grounds Campo
西小学校 Nishi Elementary School Escola Primária Nishi	西 Nishi	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
西部中学校 Seibu Junior High School Escola Ginásial Seibu	西 Nishi	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
鴨江小学校 Kamoe Elementary School Escola Primária Kamoe	西 Nishi	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo

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浜松西高校 Hamamatsu Nishi High School Escola do Ensino Médio Hamamatsu Nishi	西 Nishi	—	—	グラウンド Playground Campo
県居小学校 Agatai Elementary School Escola Primária Agatai	県居 Agatai	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
追分小学校 Oiwake Elementary School Escola Primária Oiwake	城北 Johoku	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
広沢小学校 Hirosawa Elementary School Escola Primária Hirosawa	城北 Johoku	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
北部中学校 Hokubu Junior High School Escola Ginásial Hokubu	城北 Johoku	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
蜷塚中学校 Shijimizuka Junior High School Escola Ginásial Shijimizuka	城北 Johoku	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
浜松北高校 Hamamatsu Kita High School Escola de Ensino Médio Hamamatsu Kita	城北 Johoku	—	—	グラウンド Playground Campo
浜松市立高校 Hamamatsu Municipal High School Escola de Ensino Médio de Hamamatsu Ichiritsu	城北 Johoku	—	—	グラウンド Playground Campo
和地山公園 Wajiyama Park Parque Wajiyama	城北 Johoku	—	—	グラウンド Grounds Campo
静岡大学工学部 Shizuoka University, Engineering Dept. Universidade de Engenharia de Shizuoka	城北 Johoku	—	—	グラウンド Grounds Campo
(旧)高砂小学校 (Former) Takasago Elementary School (Antiga) Escola Primária Takasago	駅南 Ekinan	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo

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竜禅寺小学校 Ryuzenji Elementary School Escola Primária Ryuzenji	駅南 Ekinan	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
南部中学校 Nanbu Junior High School Escola Ginásial Nanbu	駅南 Ekinan	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
双葉小学校 Futaba Elementary School Escola Primária Futaba	江西 Kosai	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
浅間小学校 Sengen Elementary School Escola Primária Sengen	江西 Kosai	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	3 階普通教室ほか、3 rd floor general classrooms, etc. Salas de aulas do 3F, etc.	グラウンド Playground Campo
江西中学校 Kosai Junior High School Escola Ginásial Kosai	江西 Kosai	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	3 階普通教室ほか、3 rd floor general classrooms, etc. Salas de aulas do 3F, etc.	グラウンド Playground Campo
浜松貿易株式会社 Hamabo Corporation Hamabo Corporation	江西 Kosai	—	3 階屋上・4 階（食堂・ 休憩室・備蓄倉庫） 3 rd floor roof, 4 th floor (cafeteria, break room, storage room) Terraço do 3F ・ 4F (refeitório, sala de descanso e almoxarifado)	—
北小学校 Kita Elementary School Escola Primária Kita	北 Kita	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
相生小学校 Aioi Elementary School Escola Primária Aioi	江東 Koto	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
佐藤小学校 Sato Elementary School Escola Primária Sato	江東 Koto	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo

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東部協働センター Tobu Community Collaboration Center Centro Serviço Comunitário Tobu	江東 Koto	ホール Hall	—	グラウンド Grounds Campo
城北小学校 Johoku Elementary School Escola Primária Johoku	萩丘 Hagioka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
高台中学校 Takadai Junior High School Escola Ginásial Takadai	萩丘 Hagioka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
泉小学校 Izumi Elementary School Escola Primária Izumi	萩丘 Hagioka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
萩丘小学校 Hagioka Elementary School Escola Primária Hagioka	萩丘 Hagioka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
葵が丘小学校 Aoigaoka Elementary School Escola Primária Aoigaoka	萩丘 Hagioka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
瑞穂小学校 Mizuho Elementary School Escola Primária Mizuho	萩丘 Hagioka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
開成中学校 Kaisei Junior High School Escola Ginásial Kaisei	萩丘 Hagioka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
葵西小学校 Aoinishi Elementary School Escola Primária Aoinishi	萩丘 Hagioka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
花川小学校 Hanakawa Elementary School Escola Primária Hanakawa	萩丘 Hagioka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
浜松城北工業高校 Hamamatsu Johoku Technical High School Escola Técnica do Ensino Médio de Hamamatsu Johoku	萩丘 Hagioka	—	—	グラウンド Playground Campo

施設名 Facility Name Estabelecimentos	地区 Area Bairros	①大雨・台風等 Heavy rain, typhoon, etc. Chuvas torrenciais, tufão, etc 	②地震による津波 Tsunami caused by earthquake Tsunamis causados por terremotos 	③地震による火災等 Fires caused by an earthquake Incêndios e outros, causados por terremotos 
高丘公園・高丘緑地 Takaoka Park/ Takaoka Ryokuchi Golf Course Parque/Área Verde de Takaoka	萩丘 Hagioka	—	—	グラウンド Grounds Campo
浜松市上下水道部 住吉庁舎 Hamamatsu Water Services Dept. Sumiyoshi Offices Dep.de Saneamento Básico de Hamamatsu /Divisão de Sumiyoshi	萩丘 Hagioka	—	—	駐車場ほか Car park, etc. Estacionamento, etc
曳馬小学校 Hikuma Elementary School Escola Primária Hikuma	曳馬 Hikuma	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
上島小学校 Kamijima Elementary School Escola Primária Kamijima	曳馬 Hikuma	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
曳馬中学校 Hikuma Junior High School Escola Ginásial Hikuma	曳馬 Hikuma	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
四ツ池公園 Yotsuik Park Parque Yotsuik	曳馬 Hikuma	—	—	自由広場 Freedom Plaza Espaço livre
富塚小学校 Tomitsuka Elementary School Escola Primária Tomitsuka	富塚 Tomitsuka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
富塚西小学校 Tomitsukanishi Elementary School Escola Primária Tomitsukanishi	富塚 Tomitsuka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
富塚中学校 Tomitsuka Junior High School Escola Ginásial Tomitsuka	富塚 Tomitsuka	体育館 School gym Ginásio Esportivo	—	グラウンド Playground Campo
佐鳴台小学校 Sanarudai Elementary School Escola Primária Sanarudai	佐鳴台 Sanarudai	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo
佐鳴台中学校 Sanarudai Junior High School Escola Ginásial Sanarudai	佐鳴台 Sanarudai	体育館または校舎 School building or gym Ginásio Esportivo/Prédio	—	グラウンド Playground Campo

◆「避難所」の役割とは

「緊急避難場所」等で災害から難を逃れたあと、自宅が倒壊や滅失してしまったことで生活が、困難となってしまった方が、一時的に生活する場が「避難所」です。

◆The role of Evacuation Areas

“Evacuation Areas” are places for people to live in temporarily when their everyday lives become difficult, due to their houses collapsing or being destroyed following a disaster. You must first evacuate to an “Emergency Evacuation Site” or other safe location.

◆ Função dos “Locais de Refúgio”

Os “Locais de Refúgio” são para abrigar temporariamente as pessoas que refugiaram nos “Locais de Refúgio Emergencial” e outros, e que ficaram impedidas de viver em suas casas devido a destruição ou perda da mesma.

☆市が指定する避難所 → 学校の体育館等

☆Municipal Evacuation Areas → School gyms, etc.

☆Locais de Refúgio designados pela prefeitura → Ginásio Esportivo das escolas, etc



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