

Safety and the Law Resources Sheet

2026 DC JET Summer Workshop Series

Disaster Preparedness

[Video Example of an Emergency “Go Bag”](#)
[Emergency Preparedness for U.S. Citizens in Japan](#)

- Resources provided by the U.S. Embassy in Japan

[NERV Disaster Prevention App](#)

- App for alerts on earthquakes, typhoons, tsunamis, etc.

[Safety Tips App](#)

- Disaster alert notifications, emergency phrases, transportation information
- Created by Japan Tourism Agency

[Disaster Preparedness Drill Book](#)

- Resource created specifically for JETs by professors in the U.S. and Japan in case of an earthquake or tsunami

The Law

[Japanese Traffic Rules](#)

- Information on driving and biking laws from the Tokyo Metropolitan Govt.

[Bringing Over-the-Counter Medicine and Prescriptions into Japan](#)

- U.S. State Dept. guidance on bringing medication and OTC drugs to Japan
- See the JET office’s “[Yunyu Kakunin-sho’ Import if Medication Certification Guide](#)” for more information about importing medications into Japan

General Safety

[JET General Information Handbook](#)

- **Chapter 5: Safety, pg. 67**
 - Covers security, natural disasters, discrimination, and LGBTQ+ resources
 - What to do in case of sexual harassment or assault

[Calling for Help in Japan](#)

- Numbers to call for help in an emergency situation and helpful phrases in Japanese

[STEP – Smart Traveler Enrollment Program](#)

- Register to receive updates and alerts from the U.S. Embassy with real time updates on health, weather, safety, and security

[CLAIR’S Emergency Contact / Safety Confirmation System](#)

- Confirms JET Program participants’ safety if a disaster occurs

IMPORTANT PHONE NUMBERS

110 – Police

119 – Fire and
Ambulance