

# Disaster Prevention Handbook

## English

ぼうさいが い ど えいごばん  
防災ガイド／英語版



Nara Prefecture

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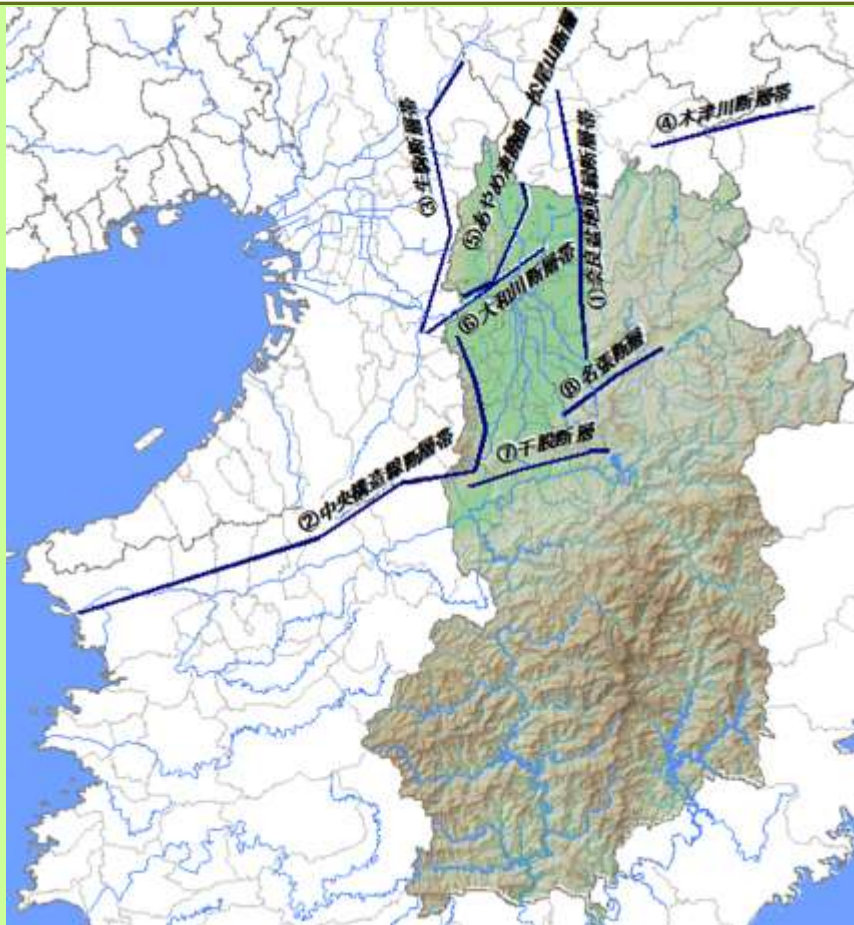
Japan has a lot of earthquakes.

Heavy rain and typhoons are also common.

In order to minimize damage during natural disasters, it's important to be prepared on a daily basis and act calmly in case of an emergency.

### Faults that may cause an earthquake in Nara.

奈良県で大きな地震を引き起こす可能性のある断層



- ① ならぼんちとうえんだんそうたい 奈良盆地東縁断層帯 Narabonchi toen fault zone (M 7.5)
- ② ちゅうおうこうぞうせんだんそうたい 中央構造線断層帯 Medial line fault zone (M 8.0)
- ③ いこまだんそうたい 生駒断層帯 Ikoma fault zone (M 7.5)
- ④ きづがわだんそうたい 木津川断層帯 Kizugawa fault zone (M 7.3)
- ⑤ いけとうきよくまつおさんだんそう あやめ池撓曲-松尾山断層 Ayameike flexure-Matsuoyama fault (M 7.0)
- ⑥ やまとがわだんそうたい 大和川断層帯 Yamatogawa fault zone (M 7.1)
- ⑨ ちまただんそう 千股断層 Chimata fault (M 7.1)
- ⑩ なばりだんそう 名張断層 Nabari fault (M 6.9)

## Disaster in Nara な ら 奈良の災害について さいがい

### ● Earthquakes じしん 地震

An earthquake is where the ground shakes. Earthquakes that occur directly below Nara prefecture can create harsh local quakes.

Furthermore, there are fears that earthquakes that occur in the open sea surround the Japanese isles (The Nankai trough earthquake etc.) may lead to quakes affecting large areas and tsunami is along the coastlines.

If a large earthquake does occur, it can lead to the loss of many lives as well as cause damage to property and roads making travel by vehicles impossible. There may also be water, gas and power cuts with people being cut off from food supplies or other life necessities. Therefore, it is important to ensure that you stock at least one weeks' worth of food available for your whole family.



和歌山県「津波から逃げ切るために」を編集

### Great Hanshin-Awaji Earthquake(1995) はんしん あわじだいしんさい 阪神・淡路大震災

On January 17th 1995, in Hyogo prefecture, located close by Nara prefecture, the great Hanshin-Awaji earthquake struck at a seismic intensity of 7. The damages were great with 6,434 death, 3 people missing, 43,792 injured and the complete destruction of 104,906 homes. The earthquake registered in Nara as scale four and lead to 12 injuries.



気象庁「阪神・淡路大震災写真集」より

● Rain storm・Typhoon おおあめ たいふう 大雨・台風

Typhoons are a combination of strong winds and heavy rainfall and occur prominently from July until October, and can lead to water damage and landslides due to flooding etc. It is important to pay attention to weather broadcasts to ensure quick countermeasures.

● Landslide どしゃさいがい 土砂災害

Landslides can occur along with heavy rainfall, typhoons and earthquakes. In a landslide earth, rock and water mix together and break away flowing along the surface. This can occur several different ways.

gakekuzure(massif collapse)



jisuberi



dosekiryu



イラスト:土砂災害防止広報センターHPより

Kii Peninsula Great Flooding (2011) きいはんとうだいすいがい 紀伊半島大水害

In the southern part of Nara, spanning from the 3rd till the 4th of September 2011, the largest rain fell in the history was registered. It reached 1650mm in 72 hours and caused landslides that took the lives of 24 individuals.



<Photo of the day>  
← Nosegawa Village  
Tenkawa Village→



奈良県「紀伊半島大水害の記録」より

# Earthquakes

じしん  
地震

《Summary of the JMA(Japan Meteorological Agency) Seismic Intensity Scale》

じしん つよ しんど ゆ かた  
地震の強さ(震度)と揺れ方

Scale: 1

Scale: 2

Scale: 3

Scale: 4



- Most people are startled.
- Hanging objects such as lamps swing significantly.
- Unstable ornaments may fall.

Scale: Low 5



- Many people are frightened and feel the need to hold onto something stable.
- Dishes in cupboards and items on bookshelves may fall.
- Unsecured furniture may move, and unstable furniture may topple over.

Scale: Strong 5



- Many people find it difficult to walk without holding onto something stable.
- Dishes in cupboards and items on bookshelves are more likely to fall.
- Unsecured furniture may topple over.
- Unreinforced concrete-block walls may collapse.

## Scale: Low 6



High earthquake resistance

Low earthquake resistance

- It is difficult to remain standing.
- Many unsecured furniture moves and may topple over.  
Doors may become wedged shut.
- Wall tiles and windows may sustain damage and fall.
- In wooden houses with low earthquake resistance, tiles may fall and buildings may lean or collapse.

## Scale: Strong 6



High earthquake resistance

Low earthquake resistance

- It is impossible to move without crawling; People may be thrown through the air.
- Most unsecured furniture moves, and is more likely to topple over.
- Wooden houses with low earthquake resistance are more likely to lean or collapse.
- Large cracks may form, and large landslides and massif collapses may be seen.

## Scale: 7



High earthquake resistance

Low earthquake resistance

- Wooden houses with low earthquake resistance are even more likely to lean or collapse.
- Wooden houses with high earthquake resistance may lean in some cases.
- Reinforced-concrete buildings with low earthquake resistance are more likely to collapse.

# 《Tips to protect yourself from earthquakes》 地震から体を守ろう

If you feel a tremor...

Stay calm and secure your personal safety!!

If you see/hear an EEW...

## Earthquake Early Warning (EEW)

Earthquake Early Warnings are announced by the JMA, Disaster prevention administration radio (Large speakers set up in towns). Television, Radio, Cellphone etc. From your cell phone there will be a sound and the warning, "Mamonaku okina yure ga totatsu shimasu" (There will be a large quake shortly). When you hear this warning, please evacuate to a safe location.

### ● At Home

- Protect your head and shelter under a table while the shake is continuing.
- Don't rush outside.
- Don't worry about turning off the gas in the kitchen.



### ● Outdoors

- Look out for collapsing concrete-block walls.
- Be careful of falling signs and broken glass.



### ● In the case of Fire

- Put out the fire with water or an extinguisher if possible.
- Shelter if you feel danger.
- Call out "Kaji da! (Fire!)" to inform people around you.



### ● In Public Buildings

- Follow the attendant's instructions.
- Don't rush the exit.

### ● Near the coast

- There may be a tsunami, so run to higher grounds and away from the coast as quickly as possible.



### ● In the Car

- Carefully stop the car on the left side of the road to leave room for any ambulances or fire trucks.
- Leaving the car keys inside and without locking the doors, walk out and evacuate.



### ● On Buses or Trains

- Hold on tight to a strap or a handrail.



# Rain storm and Landslide

おおあめ どしゃさいがい  
大雨・土砂災害

## 《What to do when a rain storm and typhoon is coming》

大雨と台風が近づいたら



- Check the TV, radio, and internet for the most recent weather information from the Meteorological Agency when a typhoon is heading your way.
- Make sure to access evacuation information from your municipal government.

### Warning Process from JMA(Japan Meteorological Agency)

At this stage, please  
pay attention to  
warnings

Information regarding  
heavy rainfall

Warning/advisory announcements  
up to 5 days prior



Heavy rainfall warning advisory  
“Oame chuiho”

Notice that natural disasters may occur.

Heavy rainfall danger warning  
“Oame Keiho”

Notice that serious natural disasters may occur.

Heavy rainfall continues,  
High probability of a serious disaster occurring

Heavy Rainfall High-risk warning

“Oame tokubetsu keiho”

Protect yourself  
immediately!

Taken from JMA's 「大雨特別警報が出されるまで」

- During a typhoon, strong winds can knock object down. Clean up your gardens and balconies, and move all loose objects inside in advance.
- Stay at home during strong winds.
- Do not go near mountains, rivers, or oceans



《Evacuating during a rain storm》 おおあめ とき に げ よ う  
大雨の時は逃げよう

- During rainfall rivers can overflow, houses can be flooded and landslides may occur. If this happens, evacuate immediately.
- Evacuation announcements will be issued from local cities, towns and villages.
  - Once an evacuation call is made, move immediately to an evacuation center.
  - When leaving the home is dangerous, move to the safest part of your house (2<sup>nd</sup> Floor etc.).

Alarming level	Information	How to act
<b>Level 5</b>	<b>Information about the disaster</b>	Act as well as possible to protect your life.
<b>&lt; Be sure to evacuate by alert level 4 ! &gt;</b>		
<b>Level 4</b>	<b>Evacuation order</b>	Move out of the place immediately.
<b>Level 3</b>	<b>Evacuation preparation The elderly starts to evacuate</b>	The aged, handicapped, person with a small child or person who needs more time to move should start to move out of the place. When the designated site is not available, move to other safe place.
<b>Level 2</b>	<b>Heavy rain advisory</b>	Check the hazard map and confirm how to move for the case of an emergency.
<b>Level 1</b>	<b>Early stage preparation</b>	Raise awareness of natural disaster.

# Being prepared for disaster

さいがいのそなえ  
災害への備え

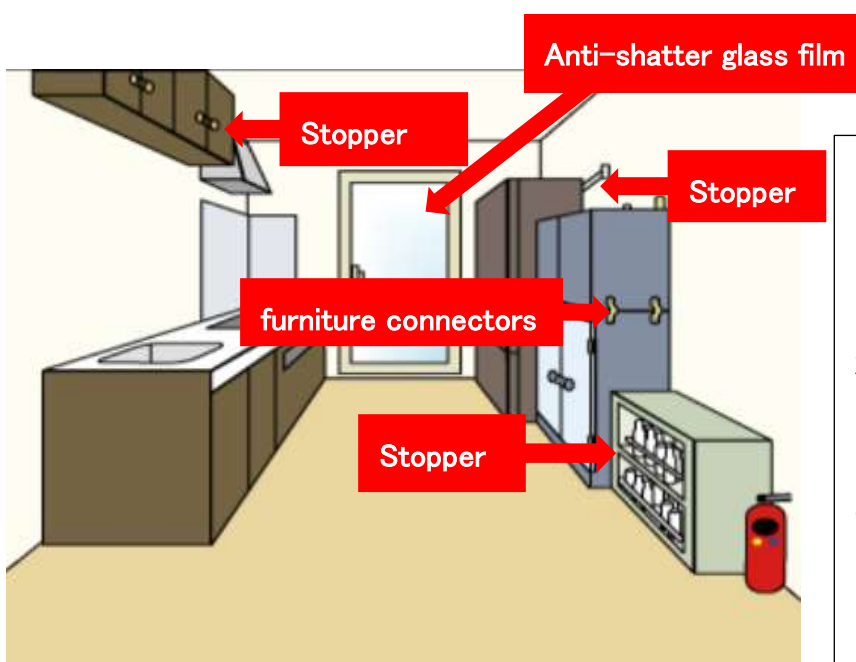
## 《Being prepared for earthquakes ,rain storm・typhoon and landslide》

じしん おおあめ たいふう どしゃさいがいのそなえ  
地震・大雨・台風・土砂災害の備え

- In preparation for blackouts (when the power may be disconnected), please prepare a pocket radio. Also, keep spare batteries.
- Make your emergency kit ready and check it at least once a year.
- Decide in advance a place for your family to meet in the case of the emergency evacuation.
- Participate in a disaster drill to be sure about what to do in the case of a disaster.

## ● Preventing household object from moving or falling down

- There are many people who may get trapped under or injured by falling objects during an earthquake. To prevent this fix your daily environment, and prepare for earthquakes.



- 1) To prevent injury from breaking glass, cover windows etc. with anti-shatter glass film.
- 2) Fit stoppers to cupboards and wardrobes to prevent objects from falling down.
- 3) Use furniture connectors to stabilize objects prevent them from falling over.

奈良県「わが家の防災対策」を編集

# What to do

# さいがい お 災害が起きたら

## 《Evacuation center》

## ひなんばしょ 避難場所(にげるところ)を知る

Evacuation  
Center symbol .e.g.



Evacuate to a designated emergency evacuation site or a designated evacuation center when an evacuation advisory is issued (→p8) or your current location is not safe anymore due to a disaster.

### Designated emergency evacuation site:

A place you can go to in case of an emergency caused by a natural disaster.

### Designated evacuation center:

A place you can stay for a certain period until it is the safe again.

Both the designated emergency evacuation sites and designated evacuation centers are designated by municipality governments. Confirm in advance the location of these places in your area using a disaster prevention map from your city hall.

### Designated emergency evacuation site:

Usually an open space or a park on  
an elevated place

### Designated evacuation center:

Buildings such as  
primary schools, middle  
schools, high schools,  
community centers, etc.

An evacuation center is a location where many people can live together and receive water, food, and other important information. People have different lifestyle, and we should prevent from getting an infection, so let us do our best to respect each other's customs.



イラスト：公益財団法人 市民防災研究所HP

## 《Getting information》 じょうほう 情報をあつめる

### ● Radio らじお ラジオ

In the event of a power outage, use battery powered radios to receive information. The NHK radio broadcast is also available via the internet. Amongst the various radio broadcasts available, there are “community channels” that utilizes FM waves to relate local disaster information; be sure to look up the appropriate frequencies in advance.

#### Community FM channels

NHK – FM	87.4MHz (Nara City area) 、 83.4 MHz (Ikoma City area) 89.0 MHz (Gojo City area) 、 88.5 MHz (Uda City area)
Nara Dotto FM	78.4MHz
FMhi-ho	81.4MHz(Ouji-cho area) etc

### ● Internet いんたーねっと インターネット

Please ensure you prepare a backup charger for your internet access device.

#### Nara Prefecture Homepage: Disaster prevention and Crisis Management Division

Japanese Publications regarding climate, disasters, road information in Nara prefecture etc. <https://www.pref.nara.jp/1825.htm>

#### Weather Department Homepage (JMA)

Japanese and English publications on weather and disasters for the entire country. <https://www.jma.go.jp/jma/index.html>

#### Japanese government [Safety tips for travelers]

English, Korean and Chinese publications on weather and disasters for the entire country <https://www.jnto.go.jp/safety-tips>

## 《Safety confirmation》

だいじょうぶ たし  
大丈夫かどうか確かめる

### ●Disaster information message board (Smartphone / Computer)

In the event of a disaster, your cellphone will display (Please use the Disaster information message board) on your screen. The availability of this service can be confirmed on each homepage.

It is convenient to download and store a disaster application on your smartphone.

### ●Use the emergency messaging service (dial 171)

NTT Disaster Message Board (web171)	<a href="https://www.web171.jp">https://www.web171.jp</a>
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This service will be available when phone service is down during disasters. If you cannot contact your family members, call 171 to leave or listen to a voice message.



Dial 1 7 1

▼Listen to an automated message▼

To record 1

To listen to a message 2

▼Listen to an automated message▼

Put in the area code of the disaster affected area you're in.

(○○○○)○○-○○○○

▼Listen to an automated message▼

1 (recording reproduction\* sound reproduction)

▼Listen to an automated message▼

9 (end)

8 (once more (Only at the time of reproduction))

# Disaster knowledge and notes さいがい ちしき 災害の知識・メモ

## 《Disaster Terminology》 さいがいようご さいがい 災害用語(災害のことば)

Category 区分	Japanese 日 本 語			English	
		Pronunciation よみ方	Easy Japanese やさしい日本語	英 語	
Immediate Danger is coming  危険がせ まった時	避難	ひなん	Hinan	にげること	Evacuation
	避難指示	ひなん しじ	Hinan- Shiji	にげてください	Evacuation order
	避難場所	ひなん ばしょ	Hinanbasho	さいがいのとき、にげるところ	Evacuation center/area
	避難所	ひなんじ よ	Hinanjo	にげたあと せいかつ できる ところ	Evacuation center/shelter
	安否確認	あんぴ かくにん	Anpi-kakunin	そのひとが だいじょうぶか どうか しらべます	Safety confirmation
Weather  気象	注意報	ちゅうい ほう	Chuihou	あめ、かぜ、つなみ などが 「あぶない」というおしらせ	Warning advisory
	警報	けいほう	Keihou	あめ、かぜ、つなみ などが 「とても あぶない」という おしらせ	Considerable risk of danger warning
	特別警報	とくべつ けいほう	Tokubetsu- Keihou	「けいほうより とてもあぶない とくに きをつけて ください」 という おしらせ	High risk of danger warning
	暴風雨	ぼうふう う	Bofuu	とても つよい あめと かぜ	Severe rain storm
	暴風域	ぼうふう いき	Boufuuiki	とても つよい かぜが ふく ところ	Severe storm area
Earthquake  地震	震源	しんげん	Shingen	じしんが おきた ところ	Epicenter
	震度	しんど	Shindo	じしんの ゆれの つよさ・おお きさ (0~7まであって 7が いちばん つよい・おおきい)	Scale of an earthquake
	余震	よしん	Yoshin	おおきな じしんの あとに おこる じしん	Aftershock
	耐震性	たいしん せい	Taishinsei	じしんに たえる ちから	Earthquake resistance

Category 区分	Japanese 日本語			English 英語	
		Pronunciation よみ方	Easy Japanese やさしい日本語		
Rain storm ・ Typhoon 大雨・台風	崖崩れ	がけ くずれ	Gake- kuzure	やまで、つちや いしが おちます	Landslide, Massif collapses
	土砂 崩れ	どしゃ くずれ	Dosha- kuzure	じしん、あめで やまの つちが きゅうに くずれおちること	Landslide, Rock/mudslide
	洪水	こうずい	Kouzui	あめが たくさんふり、かわ のみずが あふれること	Flood
	浸水	しんすい	Shinsui	いえの なかに みずが はいること	Flood
Life 生活	ライフ ライン	らいふ らいん	Lifeline	すいどう、でんき、がす、 でんわなど	Essential utilities, necessities
	断水	だんすい	Dansui	すいどうを つかうことが できません	Water outage
	給水	きゅうすい	Kyusui	みずを もらう ことが できます	Water supply /water service
	非常食	ひじょう しょく	Hijou- shoku	さいがいの ときの ために じゅんびしておく たべもの	Emergency food
	救援 物資	きゅうえん ぶつし	Kyuen- busshi	さいがいなどで こまった ときに、ただで もらえるもの	Relief supplies
	炊き出し	たきだし	Takidashi	ごはんや あたたかい のみものを もらうことが できます	Soup kitchen/food provision
	配給	はいきゅう	Haikyuu	たべものなどを ただで くばること	Distribution aid
	被災者	ひさいしゃ	Hisaisha	さいがいを うけたひと	Disaster victim
	罹災 証明	りさい しょうめい	Risai- shoumei	さいがいに あったことを しょうめいするもの	Proof of being affected by a disaster
	仮設 住宅	かせつ じゅうたく	Kasetu- jyuutaku	さいがいで いえが なくなつ たとき、いちじてきに すむことが できます	Provisional housing
備蓄品	びちくひん	Bichikuhin	さいがいの ときの ために じゅんびしておくもの	Emergency stockpile	



# 《Item checklist for evacuation and stockpile》

に 逃げる時 とき もの もの  
に 逃げる時に持つ物



★Food 食べ物		★Valuables 大切な物	
<input type="checkbox"/>	Drinking water いんりょうすい 飲料水	<input type="checkbox"/>	Cash かね お金
<input type="checkbox"/>	Vacuum packed food れとるとしよくひん レトルト食品	<input type="checkbox"/>	Cash card・Bank book・Stamp きゃっしゅかーど・つうちょう・いんかん キャッシュカード・通帳・印鑑
<input type="checkbox"/>	Canned food かんづめ 缶詰	<input type="checkbox"/>	Insurance card けんこうほけんしやう 健康保険証
<input type="checkbox"/>	Snacks etc. かし お菓子など	<input type="checkbox"/>	Passport ばすぽーと パスポート
<input type="checkbox"/>	Milk powder・baby food こなみるくりにゆうしよく 粉ミルク・離乳食	<input type="checkbox"/>	Resident card ざいりゅうかーど 在留カードなどのID
<input type="checkbox"/>		<input type="checkbox"/>	Cellular phone (Charger) けいたいでんわじゅうでんき 携帯電話(充電器)
★Daily items 生活用品		★Other その他	
<input type="checkbox"/>	Clothes (Against the cold)・ underwear ふくぼうかんぎしたぎ 服(防寒着など)・下着	<input type="checkbox"/>	Radio らじお ラジオ
<input type="checkbox"/>	Blankets もうふ 毛布	<input type="checkbox"/>	Flashlight かいちゅうでんとう 懐中電灯
<input type="checkbox"/>	Gloves (work gloves) てぶくろぐんて 手袋(軍手)	<input type="checkbox"/>	Batteries / Electric bulbs でんち/でんきゆう 電池/電球
<input type="checkbox"/>	Tissues ていっしゅ ティッシュ	<input type="checkbox"/>	Candle, Lighter, a box of matches らいたーまっち ろうそく・ライター・マッチ
<input type="checkbox"/>	Towels たおる タオル	<input type="checkbox"/>	Helmet ぼうしへるめっとぼうさい 帽子(ヘルメット・防災ずきん)
<input type="checkbox"/>	Diapers おむつ	<input type="checkbox"/>	Knife ないふ ナイフ
<input type="checkbox"/>	Sanitary items せいりようひん 生理用品	<input type="checkbox"/>	Can/Bottle opener かんきせんぬ 缶切り・栓抜き
<input type="checkbox"/>	Plastic bags びにーるぶくろ ビニール袋	<input type="checkbox"/>	Household medicine くすりじょうびやくいちやうやくきざぐすり 薬(常備薬・胃腸薬・傷薬)
<input type="checkbox"/>	Mask・Hand disinfectant ますくしゅししょうどくざい マスク・手指消毒剤	<input type="checkbox"/>	Thermometer たいおんけい 体温計

# Personal data necessary for disasters

きんきゆうこじん かーど  
緊急個人カード

Make your evacuation card and put it in your bag!

ひなん かいど さくせい かばん い  
避難したときのために、カードを作成しカバンなどに入れておきましょう！

<b>Name</b> <small>なまえ</small> 名前			
<b>Language</b> <small>げんご</small> 言語		<b>Nationality</b> <small>くに</small> 国	
<b>Birthday</b> <small>せいねんがっぴ</small> 生年月日		<b>Blood type</b> <small>けつえきがた</small> 血液型	
<b>Address・Phone Number</b> <small>じゅうしょ でんわばんごう</small> 住所と電話番号			
<b>Passport No.</b> <small>ばすほーと</small> パスポートNo		<b>Name and map of Evacuation Area</b> <small>ひなんばしょ ちず</small> 避難場所の地図	
<b>Resident card No.</b> <small>ざいりゅうかーど</small> 在留カードNO		<b>Name:</b>	
<b>Family members' names, contact details</b> <small>かぞく なまえ れんらくさき</small> 家族の名前と連絡先			
<b>Workplace contact details</b> <small>きんむさき なまえ れんらくさき</small> 勤務先の名前と連絡先			
<b>Overseas contact details</b> <small>がいく れんらくさき</small> 外国の連絡先			
<b>Embassy or Consulate info</b> <small>りょうじかん たいしかん</small> 領事館・大使館			
<b>City, town, or village; municipality</b> <small>しちょうそんやくば</small> 市町村役場			

# Useful Japanese にほんご つた 日本語で伝える

<Show the following when in trouble これを見せ つた これを見せて伝えよう>

<p style="text-align: right;"><small>ばめん</small> Situation 場面</p>	<p style="text-align: right;"><small>つた</small> <small>ことば</small> What to say 伝えたい言葉</p>
<p>If you do not know where the evacuation shelter.</p> <p><small>ひなんじょ</small> <small>ばしょ</small> 避難所の場所がわからないとき</p>	<p style="text-align: center;"></p> <p><b>Watashi wo hinanjo ni tsureteitte kudasai</b> (Please take me to an evacuation shelter.)</p> <p><small>わたし</small> <small>ひなんじょ</small> <small>つ</small> 私を避難所に連れて行ってください。</p>
<p>If you are in trouble because you are terribly sick or injured.</p> <p><small>おお</small> <small>びょうき</small> 大きな病気やけがをして <small>こま</small> 困っているとき</p>	<p style="text-align: center;"></p> <p><b>Kega wo shiteimasu</b> (I am injured.) <small>けが</small>をしています <b>Byouin ni tsureteitte kudasai</b> (Please take me to a hospital.)</p> <p><small>びょういん</small> <small>つ</small> <small>い</small> 病院に連れて行ってください。 <b>Kyuukyusha wo yonde kudasai</b> (Please call an ambulance.)</p> <p><small>きゅうきゅうしゃ</small> <small>よ</small> 救急車を呼んでください。</p>
<p>If the train or bus stops.</p> <p><small>でんしゃ</small> <small>ばす</small> <small>と</small> 電車やバスが止まったとき</p>	<p style="text-align: center;"></p> <p><b>Itsu ugokimasuka?</b> (When will it work?)</p> <p><small>うご</small> いつ動きますか? <b>Watashi wa ○○made ikimasu ga, doshitara iidesuka?</b> (I will go to ○○, what should I do?)</p> <p><small>わたし</small> <small>い</small> 私は○○まで行きますが、 どうしたらいいですか?</p>
<p>When you want to find a person who can speak English.</p> <p><small>えいご</small> <small>ひと</small> <small>さが</small> 英語がわかる人を探して <small>つた</small> 伝えたいとき</p>	<p style="text-align: center;"></p> <p><b>Komatteimasu. Eigo ga hanaseru hito wa imasuka?</b> (I am in trouble. Is there someone who can speak English?)</p> <p><small>こま</small> <small>えいご</small> <small>はな</small> <small>ひと</small> 困っています。英語が話せる人はいますか?</p>

## Consultation Service for Foreign Residents

We offer consultations to foreigners in Nara regarding any worries or problems you may have with living in a different country. Consultation is available face to face, or by telephone, fax. All consultations are **free** and confidential.

### Telephone number for consultation only: 0742-81-3420

- Consultation Hours : Monday to Friday, 9am to 5pm  
(except the national holidays and the New Year Period)
- Languages available : **Japanese** Monday to Friday  
**Chinese** Tuesday and Thursday  
**Portuguese** Monday, Wednesday and Friday  
**English** Monday and Friday
- Languages available on consultation by using **auto translation device** at the desk **Korean, Vietnamese, Nepali, Indonesian, Tagalog, Spanish, Chinese, Portuguese and English** (Mon. to Fri.)



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