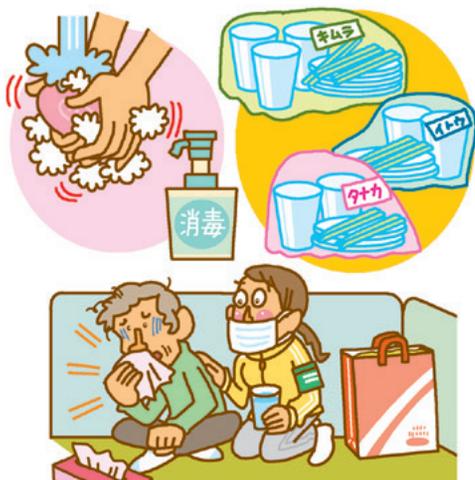


Preventing the spread of infection

- Wash hands with soap and water or disinfect with an alcohol disinfectant.
- Make sure to wash your hands and gargle with a mouthwash (especially after working outdoors) when returning indoors from outside.
- Cover your mouth with a handkerchief or tissue when sneezing or coughing, and discard used tissues in the garbage can.
- Caregivers and people with fever, cough, sneezing should wear masks.
- Do not share dishes, cups, toiletries, razors, toothbrushes, towels, etc.
- Collect garbage in a place away from your living area.



Consideration for people who need special attention

- Special consideration should be given to infants, pregnant and nursing mothers, elderly people as well as those with disabilities, etc., who are likely to bear more burden than general evacuees. Space, etc., for people who need special attention should be provided.
- Secure a path for people who are unable to walk and those in wheelchairs so they may be able to move around with ease without any obstruction.
- Special consideration and understanding should be given with regards to the provision of food items for people who need special attention, such as those with allergies, diabetic patients, etc., who have dietary restrictions as well as elderly people who require soft foods, etc.



A welfare evacuation center will be established in the city through an agreement made between the city and private social welfare facilities, etc., in order to accommodate people who need special attention who are having problems living in designated evacuation centers. The welfare evacuation center covers those evacuees having problems in continuing their livelihood in designated evacuation centers after moving in. People who need special attention must first take refuge in designated evacuation centers.

Consideration for women

- When setting up women's changing rooms, everyone should have a consultation to discuss things like installing curtains, making rules for using the changing room (such as deciding on usage time according to gender), etc.
- In the case of temporary toilets, consideration must be given to make these toilets safe for women to use, such as setting up how much percentage from the whole should be allocated as women's toilet, strict patrols around the area at night, etc.
- When setting up women's laundry area and washing machines, the place for hanging clothes should be taken into consideration to make it easy and safe for women to use.
- The task of giving out items for women, which is not suitable for men to do, like distributing clothing, menstrual sanitary goods, medicine and other necessary items for women, should be designated to female staff.



Disaster Prevention

Checklist



Evacuation Center Memo

- Mouth care is important in our daily lives at the evacuation center!**

Bacteria in the mouth increases the risk of pneumonia. Toothbrushes for the whole family, wet tissues for oral use, denture case and cleansing agent for those who use dentures, should be included when preparing emergency stockpiles. (check the stockpile items)



- Measures against economy-class syndrome is also important!**

Though there may be lots of advantages in taking refuge inside a car, being in the same position in a cramped space for prolonged periods may cause blood clots inside the blood vessels and could even lead to death in the worst case. When taking refuge inside a car, it is important to drink plenty of liquids and do some moderate exercise.

