

Infectious Disease Safety

Even if the infectious disease situation caused by virus, etc. is not under control, in the event of a disaster **people in dangerous areas shall evacuate in principle.**

To take proper evasive actions... **5** points to know

- 1 Evacuation is all about “evading danger”.**
Those who can secure safety at home do not have to go to a shelter at the risk of infection.
- 2 Schools and public halls are not the only shelters.**
To prevent overcrowding of shelters, consider the option of **taking shelter at a relative's or friend's house located in a safe area.**
- 3 Masks, antiseptic solutions and clinical thermometers are in shortage.**
Stocks at the shelter are limited, **bring your own** if possible (towels and handkerchiefs can substitute for masks, and wet wipes for antiseptics).
- 4 Check changes and expansion of shelters.**
The information in this booklet may change after publication. Be sure to **check town's website, etc.** beforehand.
- 5 Moving outside (including by car) during a downpour is dangerous.**
Be sure to **confirm the safety of your surroundings**, including the route to the shelter.

Do your best in infectious disease prevention at the shelter!

Before entering the shelter

Preventing the expansion of infection is the highest importance. Before entering the shelter, check your physical condition such as your body temperature. If you are already feeling bad, report immediately at the reception.

Wash hands and rinse mouth frequently

Wash your hands with soap and water before eating or after touching public areas such as toilets. If the water supply is insufficient, substitute with alcohol disinfectant, etc.

Practice coughing etiquette thoroughly

To prevent droplet infections, wear masks even when you are not coughing.

Ventilation

Ventilate air as often and as regularly as possible. The necessity of ventilation disregards seasons. Protection against cold will be also essential.

Avoiding the 3 Cs (Closed space, Crowds, and Close contact)

Keep about 2m-distance between evacuees. Sitting not face-to-face but back-to-back or utilizing cardboard partitions would help preventing droplet infection. Staggered mealtimes are also effective in avoiding crowds and close contact.

Check your health status on a daily basis

Make a habit of measuring your body temperature and consult the shelter staff immediately if you notice a change in your health condition.



Protect Your Region with Voluntary Disaster Prevention Organization

Voluntary disaster prevention organization is a group of local people who voluntarily conduct disaster prevention activities such as initial firefighting, rescue/relief, group evacuation, and supplying water and food, based on the sense of solidarity to “protect their own region by themselves”.

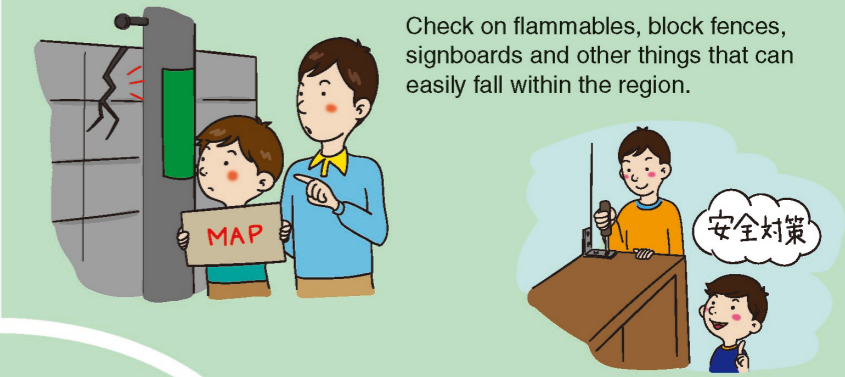
Dissemination disaster prevention information

Organizing disaster prevention-related events and raising awareness through neighborhood circulars, etc.



Daily checks and inspection

Check on flammables, block fences, signboards and other things that can easily fall within the region.



Maintaining disaster preventing equipment

Maintaining and taking care of stockpile and disaster prevention equipment such as helmets, fire extinguishers, stretchers, hammers and other tools, first aid kits and medicines, and emergency food.



Even if an evacuation order is not issued, make decisions based on the idea of “protect yourself on your own” and do not hesitate to evacuate if you feel in danger.

Conducting disaster drills

Participate in drills for collecting and communicating information, initial firefighting, evacuation guidance, rescue and relief, and food cooking and distribution, etc.



Connection to the local community is always important.

Those who rescued many of those trapped under collapsed buildings in the past earthquakes were their family and neighbors. The daily interaction with the neighbors will show its strength in rescuing and evacuation during major disasters. It is also important to care for the elderly and those with special needs.

If you talk to each other on a daily basis,



you can help each other in an emergency.



The elderly and those with special needs who need care and support are referred to as “persons requiring special care and consideration”. Among them, those who have difficulty in self-evacuation and require support are referred to as “persons requiring assistance during disasters”. Cooperate among the neighborhood to support these people so no one gets left behind.

For the visually impaired



Stand on the side they are not holding a walking stick, have them hang on to your shoulder or elbow, and walk half-a-step in front of them.

For the elderly living alone



Pay extra attention to the elderly living alone on a daily basis.

For the hearing impaired



Stand close, turn your face straight to the person, and move your mouth clearly when talking to them.

For people with physical disabilities For Bedridden people



When handling wheelchairs, always work with a team of 3 persons or more and go frontwards when going up and backwards going down when evacuating.

* Foreigners may have hard time understanding information regarding evacuation, etc. Make sure that the people around them communicate with them and evacuate together.