

(英語)

トイレに行きましょう

Using the toilet regularly

In order to sustain our life, humans need to urinate and defecate at the toilet.

You might feel unwilling to go to the toilet at an evacuation center because of the small number of toilets or it smells bad.

If you refrain from drinking enough water or eating enough food in order to reduce the number of times you need to use the toilet, it will make you sick. Moreover, it causes constipation or the bad flow of blood, which leads to blood clots forming in some cases.

Tell yourself that, “going to the toilet is important”. Try to be considerate and take good care of others by using the toilet with good manners and keeping it neat and clean. This is especially important in extraordinary situations, such as natural disasters.