

(英語)

寒さ対策のお知らせ

How to deal with the cold

It is most likely cold at evacuation shelters due to the lack of blankets and heaters. In addition, if you don't eat enough food, it is difficult for your body to create heat energy.

Under such conditions, it is essential to prevent heat from leaving your body.

Don't stay near doors where there is a strong draft from outside, and cover the floor with corrugated cardboard or other coverings.

Also, place a towel/cloth on your back and huddle together with others to conserve body heat when sleeping.

If you start to feel a chill or get the shivers more than just from the cold, please ask the nearest doctor or health worker for help immediately.