

(英語)

避難所での感染症の予防について

Preventing the Spread of Infectious Diseases at Evacuation Shelters

Living in evacuation shelters can sometimes cause fatigue due to insufficient rest or food. With so many people living together in close proximity, it is important to prevent the spread of influenza, cold, diarrhea and other infectious diseases, such as influenza, colds, or diarrhea caused by the Norovirus:

(1) Wash your hands after using the toilet, before meals, and after assisting children or the elderly in the toilet.

※ In the event of the suspension of water supply, use an alcohol-based antiseptic handwash or clean your hands using a wet tissue instead.

(2) Wear a mask

※ Should masks be in shortage, those displaying symptoms such as fever, cough, sneezing, and runny nose should wear the masks ahead of others who are healthy.

※ When masks are unavailable, cover both your mouth and nose using a handkerchief or tissue paper and turn to make sure nobody is in your direction within 1 metre when you cough or sneeze. Used tissue paper should be immediately disposed of in the dustbin.

(3) Vomit and stools should be handled while wearing gloves and masks as much as possible.

(4) Open the windows occasionally for sometime every day to allow ventilation.

(5) When making onigiri rice balls or handling food, use gloves to minimize the possibility of germs or bacteria being passed on.

(6) Processed foods that require heating should be properly heated before eating.