

(英語)

食事に気をつけて、体調を守りましょう

Staying health and eating well

The experiences of past disasters have indicated that people living in evacuation shelters for a long time tend to have higher blood pressure than usual.

After experiencing a disaster, many people are inclined to eat salty foods due to stress and lack of sleep.

Please make sure you drink a lot of water to keep your blood pressure normal.

Try to stay healthy and eat well while living in an evacuation shelter.