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| 番号 | 見出し／本文 | 英語 |
| 43 | 寒さ対策のお知らせ | How to deal with the cold |
| 避難所は寒くて、毛布も少なく、ストーブも十分ではないと思います。食事も取れないと、体が熱やエネルギーを作り出すのが難しいです。 こんなときは、まず、体から熱が逃げるのをふせぐことが大事です。 風が吹き込むドアの近くを避けること、床には段ボールなど敷物を敷くこと、背中にタオルや布を入れること、寝るときなど身を寄せ合って、お互いの体温を利用すること。 寒いと感じるだけでなく、体が震えだしたら、すぐに近くにいる保健師や医師などに助けを求めてください。 | 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. |