

Staying Healthy During an Evacuation

Eat Meals?

No appetite from anxiety? Not enough food available? Conditions can be difficult, but it's important to supply your body with energy as much as possible.

- Energy is important to keep up your physical strength and prevent colds.
- When you have no appetite, try an energy beverage, soup, or sweets.
- Since there is not a variety of food is available, vitamins, minerals, and fiber intakes tend to be insufficient. When vegetables, fruit juices, or nutritionally enriched food is available, eat/drink them whenever you can.
- Consult medical/dining staff if you have a problem like a lack of appetite or difficulty eating tough food.

When Eating

- Avoid touching food directly. Eat it within a bag (its own packaging).



- Try to take in delivered food and drink as soon as possible.



Drink Fluids

Since beverages and toilets are limited, you may be tempted to refrain from drinking fluids. But whenever beverages are available, don't hesitate to drink as much as you need. If you are dehydrated you may experience the following symptoms.

- Dehydration
- Cardiac infarction
- Stroke
- Economy class syndrome
- Hypothermia
- Constipation



Exercise

Some use their body for restoration work. However, it can be difficult to exercise in the limited evacuation space. Let's do exercises to stay healthy/keep up our physical strength.

- Leg exercises (Move legs, toes, and heels, up and down)
- Walk inside or outside
- Light exercises, etc.



Please consult medical/dining staffs if you have food allergies, need to control diets due to treatments for sickness, or are pregnant. Leaflets for mothers, babies, and elderlies (including those with high blood pressure or diabetes) are also available. Please let us know if you need them.