

Your Energy is Everyone's Energy ! !

You may hesitate to eat meals because you are worried about your children or grandchildren. But, it's important to keep your spirits high to help keep your family or others' spirits higher.

1. Drink Adequate Fluids

During this period of emergency, you may be tempted to refrain from drinking fluids because beverages and toilets are limited. When the quantity of meals is small, the intake of fluids tends to be diminished. When your fluid intake is insufficient, you may become tired, constipated, develop headaches, reduced appetite or a low-grade fever. It is important to drink fluids to improve blood flow and control blood pressure as well as blood sugar levels.

2. Eat Enough

You tend to lose your appetite because food is limited and because you are in unfamiliar circumstances. But let's try to eat a full meal to maintain your temperature and strength.

When you receive drinkable jelly or nutritionally enriched food, you should eat them without hesitation.

Adding hot water to rice-based food is a good idea to help you eat it more easily. Also you can make zo-sui by putting rice in soup, or soak bread in milk or juice.

3. If you have difficulty swallowing..

If you have difficulty swallowing or choke on foods frequently when you drink or eat, please use the following tricks:

- ◇ Sit or remain up-right when you eat; do not eat while lying down.
- ◇ Drink water before your meal to make your mouth wet.
- ◇ Alternate eating and drinking.
- ◇ Crush or break foods in a bag to make them easier to eat.

4. Exercise

During emergencies, you tend to exercise less. Try not only to eat but also to move your body.

- ◇ Move legs and toes.
- ◇ Walk inside or outside.
- ◇ Move your heels up and down.
- ◇ Light exercise



If you usually follow a diet because of hypertension or diabetes, please inform the emergency shelter staff or medical/dining staffs. Also, please consult them when you have difficulty swallowing, or when your artificial teeth are not in good condition.

For Hypertension

Colds, insufficient sleep or anxiety may increase your blood pressure. We know it is difficult, but please sleep as long as possible and try to remain relaxed. To control blood pressure, the following things are also important:

- Drink adequate fluids
- Move your body (even slightly)
(Light stretching, walking inside or outside are good options!)
- Warm your lower body
- When vegetables or fruits are available, eat them willingly

For Diabetes

Even for those who are usually well controlled, it might be difficult now. To prevent blood sugar levels from becoming too high or low, please pay attention to the following things:

- Drink adequate liquids that contains as little sugar as possible.
- If you use medicine, pay attention to not lower blood sugar since you consume less food.
- Don't eat too much at once. Eat little by little on frequent occasions.
- When eating, take your time by chewing thoroughly.