

## Healthy Life in the Emergency Shelter

Since many people gather together in the emergency shelter, it is necessary to be cautious of food poisoning. Also, infections like the common cold and flu are easily spread. The first step to prevent infection is washing hands. Let's do what we can to stop the spread of disease.

### Avoid Food Poisoning

- If running water is available, be sure to wash your hands with soap **before cooking and eating**. (If running water isn't available, use a wet wipe or alcohol-based hand sanitizer installed at the emergency center.)
- As for processed foods like canned food, eat them as soon as possible after opening.

### To Those who Handle Food

- **Wash hands** before helping  
(Read the above note)
- Confirm expiration dates.
- Store food in a cool and dark place.
- In case of diarrhea or nausea, stop working.

#### When Cooking...

- Make a rice ball with a kitchen wrap. (Picture above)
- Lay the kitchen wrap under bowls or dishes to avoid dirtying them.
- Thoroughly cook all food.
- Wash cooking utensils and keep them clean.



### To Prevent Infection

#### ① Wash Your Hands

- If running water is available, be sure to wash your hands with soap often.
- Use alcohol-based hand sanitizer if water is not available (especially after using the toilet and before eating).



#### ② Gargle

- If potable running water, bottled-water or water from a supplied car is available, gargle often.



#### ③ Wear a Mask

- When masks are in short supply, those who have a cold should get first priority.

### Control Nutrition Intake (in case of diarrhea or nausea)

- ① Drink fluids often to prevent dehydration  
【Ex.】 Water, tea, fruits juice, sport drinks
- ② Eat soft food which is easy to digest  
【Ex.】 Rice porridge, canned food(boiled)
- ③ Eat vitamins/mineral-dens foods often  
【Ex.】 Vegetables, fruits, vegetable/fruits juice

#### When you feel ill...

If you have a fever, cough, diarrhea, nausea or stomachache, inform the emergency shelter staff as soon as possible.

