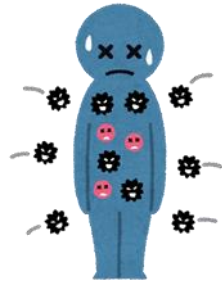


FOR THE PREVENTION OF INFECTIONS

BEWARE OF INFECTIONS FROM CONTAMINATED WATER AND DRIED SLUDGE.

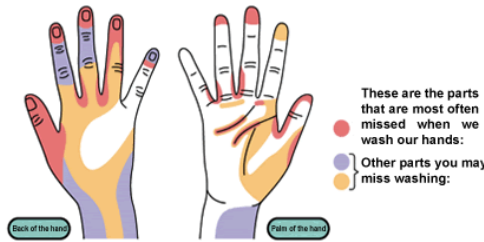


Bacteria and mold can easily grow and quickly multiply in disaster affected areas where houses have been flooded. We should assume that there will be more germs than usual.

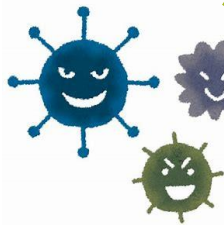


Hand-washing is essential to prevent infections. Since there are parts where the germs are likely to remain, wash hands thoroughly.

The parts that are often missed when we wash our hands



These are the parts that are most often missed when we wash our hands:
 ● Other parts you may miss washing:



If germs enter your body, there is an increased possibility that you will get **fever**, be **coughing**, have **diarrhea** and **vomiting**.

If you have such symptoms, consult your health care provider immediately.



Disinfect your hands with alcohol, when you return home after going out.

Alcohol disinfection is the most effective way. Rub the alcohol into your skin mindfully.

Dry mud **dust** may harm your lungs, bronchi and throat. It might cause pain in your eyes. Wear a **mask** and **glasses** to avoid inflammation.

It is important to keep your immune system strong.

Then, what can we do to maintain a strong immune system?

To prevent dehydration and heat stroke:

- Drink fluids throughout the day
- Drink ORS (Oral Rehydration Solution)
- Use wet towels and ice packs
- Don't try to stand the heat
- Move to cooler places during the daytime.
- Drink a glass of water before going to bed

Original Japanese version supervised by:
Ikuko Takakuwa (nurse)

Be careful about your meals to prevent food poisoning:

- Eat distributed meals as soon as you get them. You may have to throw food away if it is bad.
- Sit on a chair if you can, chew well, and remember to drink water at mealtimes.
- These things can help prevent constipation.
- Eating umeboshi (pickled plums) is recommended as effective for preventing summer tiredness or heat stroke.

Good Stress Management

Right now, you may have a lot of troubles and concerns. At such a time, **don't try to endure** everything silently. You may feel better if you have someone to talk to. **Take it easy. Don't push yourself too hard.** To keep your immune system strong, **mental health** is very important.

*Refer to the "Three tips to relax": Japanese version only