



## Beware of humidity and dust in prefabricated temporary housings.

### Survey findings

Increased prevalence of allergic diseases after the GEJE.

### Recommendation

Watch for indoor air quality in temporary housings.

In a survey of children in the areas affected by the Great East Japan Earthquake, an increase in the prevalence of allergic diseases was observed. Disaster experience was associated with atopic dermatitis among boys, and with asthma among girls. Take measures to prevent indoor moisture and condensation when designing or moving into prefabricated temporary housing. Frequent airing out of futons (bedding), regular ventilation and cleaning of rooms, and the avoidance of moisture sources in the room can be useful when dealing with these issues.

#### Nation-wide health survey of nursery pupils

Subjects: **122,751** pupils  
 from **3,465** nurseries  
 Born in 2004: 53,747  
 Born in 2006: 69,004

#### Prevalence of allergic diseases

<Atopic dermatitis>-----  
 Among pupils unaffected by the disaster: **3.4%**  
 Among pupils affected by the disaster: **4.8%**  
 (1.4% increase)

<Asthma>-----  
 Among pupils unaffected by the disaster: **3.3%**  
 Among pupils affected by the disaster: **6.3%**  
 (3% increase)  
 \*Statistically significant difference

There is a high risk of mold growing on the ceiling or under a futon/mattress in a prefabricated temporary housing unit (especially in bedrooms)



#### How to prevent mold and mite in prefabricated temporary housing units

Take extra care in the bedroom!

#### ① Inhibit dew formation and moisture in the house.

- Air the futon regularly.
- Do not use anything that may generate increased moisture.
- Ventilate rooms periodically.

#### ② Clean rooms frequently

- Clean rooms with a vacuum cleaner at least once a week.
- Wipe floors before vacuuming them.

#### ③ Maintain a clean bedroom.

- Vacuum bedclothes at least once a week.
- Avoid placing stuffed toys or cushions around the bedroom.
- Do not use carpets and leave wooden flooring intact.



**When cleaning rooms, be sure to keep the windows open for ventilation, and cover your mouth with a mask and towel.**

#### ※ Reference

- ・ Health Labour Sciences Research "Research on preventing asthma deaths and encouraging self-management in patients with bronchial asthma" Ken Ohta, National Hospital Organization Tokyo National Hospital, Naomi Tsurikisawa, National Hospital Organization Saitama National Hospital
- ・ "Research on allergy risk assessment of fungi in emergency living environments in areas affected by the Great East Japan Earthquake and on prevention and hygiene control" Maiko Watanabe, National Institute of Health Sciences

