



Prevent infections.

Previous findings

Infections spread quickly in shelters and temporary housing.

Recommendation

Follow the "Eight rules to prevent infectious diseases."

In shelters and temporary housing, infections spread quickly through the delivery of food supplies and the use of soup kitchens and communal bathrooms, as well as due to limited living spaces. Standard measures are effective in preventing infections even in the extraordinary environments after a disaster. Follow the "Eight rules to prevent infectious diseases."

■ Eight rules to prevent infectious diseases (TOHOKU INFECTIONS DISEASE CRISIS CONTROL NETWORK, MAY, 2015)

What to do to prevent infection (to the extent possible at your location)

- ① If possible, make sure your meal is thoroughly cooked.
- ② Drink only the water designated for drinking (drinkable water) and use a clean glass/cup.
- ③ Wash your hands before your meal, and after going to the restroom.
(Wash with water or use disinfectant alcohol for hands.)
- ④ Use only the designated area to discard diapers and then wash your hands.

What to do if you have symptoms



- ⑤ Cover your mouth with your hand when you cough or sneeze.
(put on a mask - - if available.)
- ⑥ If you have a fever, sore throat, cough, injury or diarrhea, or if you are vomiting, and especially if others around you have similar symptoms, consult the doctor, nurse or authority.
- ⑦ If you have a fever and/or cough or if you are looking after anyone with such symptoms, wear a mask as much as possible.
- ⑧ If you or someone has any of the following symptoms, appropriate treatment may need to be sought at a medical facility. Please consult the doctor, nurse, or authority.
 - heavy coughing or coughing up yellow sputum.
 - having difficulty breathing or heavy breathing.
 - feeling very weak/exhausted or looking very pale.



Caution

Symptoms among children and elderly people may not appear right away- pay attention and please report if you notice anything unusual health-wise among them.

