<table>
<thead>
<tr>
<th><strong>Name</strong></th>
<th><strong>Sex</strong></th>
<th><strong>M/F</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>DOB</strong></th>
<th><strong>y/m/d</strong></th>
<th><strong>Blood Type</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Address</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Emergency Contact</strong></th>
<th><strong>TEL</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Information about foods</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>① <strong>Food Allergies</strong> Wheat flour • Milk • Egg • Others ( )</td>
</tr>
<tr>
<td>② <strong>Food that you do not like</strong></td>
</tr>
<tr>
<td>③ <strong>Is there anything that you want to inform us about?</strong></td>
</tr>
</tbody>
</table>

*make some copies and use as you need.*

Issued by Higashi Matsuyama Public Health Center March. 2016
Save and Relief❤Meals for Disaster

<Infant >

These days we are often forced into a life at a refuge by natural disasters such as an earthquake.

It is important that we prepare to cope with a disaster. Let’s start saving food for an emergency at home today.

*One point memo
If your baby has an allergy, you had better prepare extra food as much as your baby needs.

*keep in maternity record book.
At the time of a great disaster, it takes about 3 days until relief supplies arrive to the disaster area. In the case of a disaster, please prepare enough food and drinking water (at least 3 days). Then keep the goods for an emergency in a backpack for your convenience.

**Food • Water**

- Water 2 ℓ/day
- Packed Rice • instant rice
- baby formula • bottle
- baby food
- special food for kids who have allergies

**Utensils**

- spoon
- chopsticks
- disposable (paper) plate
- disposable cup
- Plastic bag
- plastic wrap
- aluminum foil
- opener
- wipes

**Useful goods**

- soft tooth brush (suitable for all ages)
- body wipe
- baby wipe
- towel
- disinfection solution
- household medicine
- newspaper
- straw
- favorite toys
- maternity record book
Life at the refuge

①try to have meals at the same time, and going to bed and waking up early.

②Be careful not to eat too many lollies and snacks.

③Please let staff know, when you or your kids are unwell or have problems sleeping.

④Wash your hands before meals.

Caution!
Please check the ingredients on package of products if you have a food allergy.
At the time of a great disaster, it takes about 3 days until relief supplies arrive to the disaster area. In the case of a disaster, please prepare enough food and drinking water (at least 3 days). Then keep the goods for an emergency in a backpack for your convenience.

**Food • Water**

- Water 2 ℓ/day
- Packed Rice • instant rice
- Baby formula • bottle
- Baby food
- Special food for kids who have allergies

**Utensils**

- Spoon
- Chopsticks
- Disposable (paper) plate
- Disposable cup
- Plastic bag
- Plastic wrap
- Aluminum foil
- Opener
- Wipes

**Useful goods**

- Soft toothbrush (suitable for all ages)
- Body wipe
- Baby wipe
- Towel
- Disinfection solution
- Household medicine
- Newspaper
- Straw
- Favorite toys
- Maternity record book
Life at the refuge

① try to have meals at the same time, and going to bed and waking up early.

② Be careful not to eat too many lollies and snacks.

③ Please let staff know, when you or your kids are unwell or have problems sleeping.

④ Wash your hands before meals.

Caution!
Please check the ingredients on package of products if you have a food allergy.
### Contact Card

<table>
<thead>
<tr>
<th>Name</th>
<th>Sex</th>
<th>M/F</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DOB</th>
<th>y/ m/ d</th>
<th>Blood Type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
</tr>
<tr>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Information about foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>①Food Allergies Wheat flour・Milk・Egg・Others ( )</td>
</tr>
<tr>
<td>②Food that you do not like</td>
</tr>
<tr>
<td>③Is there anything that you want to inform us about?</td>
</tr>
</tbody>
</table>

*make some copies and use as you need.*

Issued by Higashi Matsuyama Public Health Center March. 2016
Save and Relief❤Meals for Disaster

<Infant>

These days we are often forced into a life at a refuge by natural disasters such as an earthquake.

It is important that we prepare to cope with a disaster. Let's start saving food for an emergency at home today.

*One point memo

If your baby has an allergy, you had better prepare extra food as much as your baby needs.

*keep in maternity record book.