

## Contact Card

Name		Sex	M/F
DOB	y/ m/ d	Blood Type	
Address			
Emergency Contact	1		TEL
	2		TEL
Information about foods	<p>① Food Allergies Wheat flour · Milk · Egg · Others ( )</p> <p>② Food that you do not like</p> <p>③ Is there anything that you want to inform us about?</p>		

\*make some copies and use as you need.

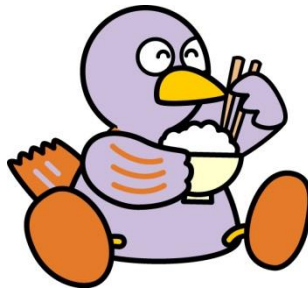
Issued by Higashi Matsuyama Public Health Center March. 2016

# 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.



KOBATON

### \*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 3days 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

### Utencils

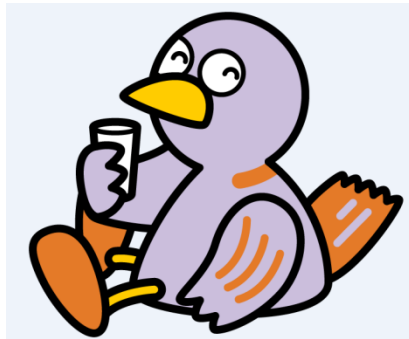
- spoon
- chopsticks
- disposable (paper) plate
- disposable cup
- Plastic bag
- plastic wrap
- aluminum foil
- opener
- wipes

### 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

- 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.

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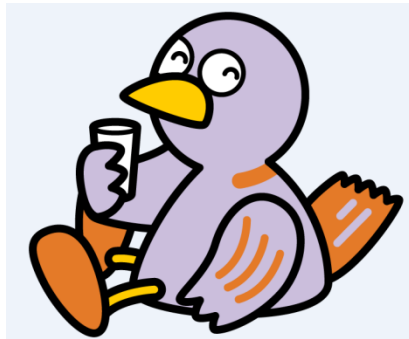
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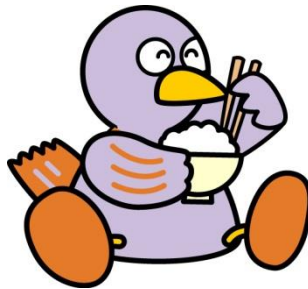
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