

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 Is there any food that you need to mention when taken with medicine? ()</p> <p>③ Is there anything that you want to inform us about? Ex: disease under treatment, medications ()</p>			

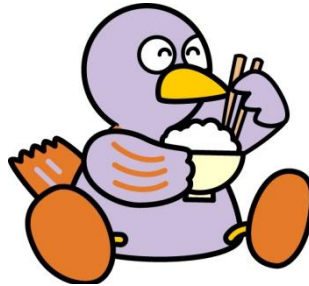
*make some copies and use as you needed.

Save and Relief♥Meals for Disaster

<Adult>

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

It will be better to prepare special meals for family members with certain physical conditions.

* Please keep in your health 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
- instant rice · rice porridge
- tinned food (fish · meat · vegetables)
- goods for nursing care
- food for an emergency (suited to your condition)

Cooking utencil

- spoon chopsticks disposable plate · cup
- plastic wrap Foil Can opener
- plastic bag wipes

Goods for convenience

- tooth brush denture cleanser
- stabilizer for dentures
- brush for denture glasses
- surgical mask household medicine
- towel tissues medicine notebook

Life at the refuge

- ① let staff know if you are a person that needs special consideration which is necessary for meals, or you feel anxiety about sleep and health.
- ② taking moderate exercise such as a Radio gymnastics exercise.
- ③ Wash your hands before meals.



Caution!

Please check the ingredients on packages of products if you have a food allergy.

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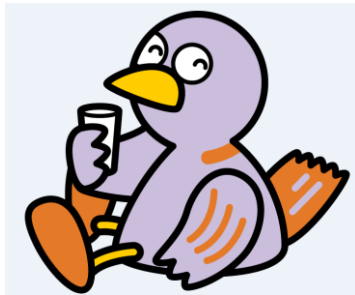
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