# Contact Card

<table>
<thead>
<tr>
<th>Name</th>
<th>Sex</th>
<th>M・F</th>
<th>DOB</th>
<th>Blood Type</th>
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<tbody>
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<tr>
<td>Address</td>
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<tr>
<td>Emergency Contact</td>
<td>1</td>
<td>TEL</td>
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<td>2</td>
<td>TEL</td>
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## Information about foods

1. **Food Allergies**
   - Wheat flour • Milk • Egg • Others
   - ( )

2. Is there any food that you need to mention when taken with medicine?
   - ( )

3. Is there anything that you want to inform us about?
   - Ex: disease under treatment, medications
   - ( )

*make some copies and use as you needed.*

Issued by Higashi Matsuyama Public Health Center March. 2016
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*
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 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
- instant rice · rice porridge
- tinned food (fish · meat · vegetables)
- goods for nursing care
- food for an emergency (suited to your condition)

**Cooking utensil**

- 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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2. TEL

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