

Emergency Supplies to include in Emergency Bag in Preparation for Evacuation During COVID-19 in Japan

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Until an effective treatment and vaccine become available, it is expected that COVID-19 will repeatedly come under control and spread again. This situation could continue for the next 1~2 years. Alongside the expanding transmission of COVID-19, our daily lives and the way we associate with our neighbors has changed enormously. The spread of this virus has completely transformed our society. It is highly infectious and potentially devastating for the elderly.

Meanwhile, flooding disasters and earthquakes that strike every year also claim a great many lives.

People who live in dangerous areas have to know how to escape from each kind of catastrophe.

During flooding disasters and earthquakes, the local municipality issues evacuation advisories to the nearest safe place. In such instances, we ask that you include the following sanitary supplies in your emergency bag, to protect against transmitting COVID-19, or to take them with you when evacuating as a way of protecting yourself and your family members.

If governments, medical professionals, local governments, municipalities and each individual citizen can unite in standing together against this national crisis, we believe that we can return to our former way of life. To make this possible, it is best to do what you can now to be ready.

(*This list envisions evacuation during a disaster, and we recommend that these items are placed in advance into an emergency evacuation bag. Please include/exclude items appropriately according to your situation.)

1. Items/equipment that should be included in an emergency evacuation bag during COVID-19:

- ① Masks (if you don't have any, make from kitchen paper and rubber bands)

How to make a home-made mask: <https://www.youtube.com/watch?v=6gF2wuU2e2Q>

- ② Alcohol sanitizer lotion
- ③ Hand soap/bars of soap (for your personal use or your family, not to be shared with other people in the shelter)
- ④ Disposable plastic gloves (to use when touching door-knobs etc. that lots of people have touched)
- ⑤ Disposable plastic aprons or garbage bags (to be used when helping with the running of an evacuation shelter)
- ⑥ Thermometer (Sometimes local governments do not have enough. One you are familiar with using.)
- ⑦ Indoor shoes, or slippers (to stop contact contamination from floor, to stop you slipping over. Grip soles are best.)
- ⑧ Any medication you are taking, (and medication history handbook)
- ⑨ Tissues, wet tissues, paper towels, polythene bags (a larger amount than you normally use).
- ⑩ Drinking water (as much as you can take, and if evacuating in a car, stock plenty in the car).
- ⑪ Portable toilet (You need to be able to go when you need to go. Sometimes shelter toilets are not available).
- ⑫ Written document with names and contact details of relatives etc. who can be notified in an emergency.

END