

To individuals infected with covid-19
planning to be admitted to the hospitals or other health facilities

～ Please make preparations before a natural disaster occurs ～

While planning to be admitted to the hospitals or other health facilities, it is important that you avoid contact with others to prevent the spread of the disease. It is the same in the case of seeking refuge from an unexpected natural disaster. Therefore, in order to secure safe evacuation and to prevent further spread of the disease at evacuation sites, please pay close attention to the precautions listed below while waiting to be admitted. Also, please note that at such evacuation sites in your area we will ask for your name, address, contact phone number and other information to better provide service. The information obtained will be handled strictly in accordance with Gifu Prefecture Personal Information Protection Ordinance.

※ Protection of personal information will also be abided by municipalities. After individuals concerned are admitted to the hospitals or other health facilities, such information will be quickly destroyed.

1. Consider where you will evacuate to: Look at hazard maps, etc. to consider where you will evacuate to, and inform the public health center of your decision. (Please refer to Gifu Prefecture's Mountains and Rivers Hazard Zones Map) →



- Seeking refuge upstairs at home (vertical evacuation).
- Sheltering inside your vehicle. (※)

※ Sheltering inside your vehicle is not recommended due to the risk of deep vein thrombosis. However, if it is your only option, be sure to take the following precautions:

How to prevent deep vein thrombosis (from the Ministry of Health, Labour and Welfare's website)

- (1) Do some gentle exercises and stretches occasionally.
- (2) Drink plenty of fluids.
- (3) Refrain from drinking alcohol. If possible, refrain from smoking.
- (4) Wear loose-fitting clothing and keep your belt loose.
- (5) Do exercises such as raising and lowering your heels, and gently massaging your calves.
- (6) Raise your legs when sleeping.

2. Preparation: Think about the location you will be evacuating to, and make the following preparations.

- (1) Normally, it is recommended that you have a three-day supply of food, drink and household medicines ready in preparation for a natural disaster. However, it would be better to include additional provision such as masks and disinfecting wipes, etc.
- (2) Keep a thermometer and cell phone within easy reach to take with when evacuating.
- (3) Keep your car's fuel tank full.
- (4) Check weather conditions using sources such as Japan Meteorological Agency's website and aim to evacuate early.



3. Others: If you plan to evacuate to location other than home please notify the Public Health Center of Gifu Prefecture beforehand.



Contact Information: Gifu Prefecture Tono Public Health Center

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