

To individuals who have had close contact with COVID-19 patients

## ～ Please make preparations before a natural disaster occurs ～

For those who have had contact with a covid-19 patient, there might be an incubation period. If the disease develops it may spread to others. To prevent this from happening, it is important to limit contact with others as much as possible during this period.

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 spread of infection at evacuation sites, please pay close attention to the precautions listed below. 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 the medical observation period has ended, 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. (For reference: Gifu Prefecture's Mountains and Rivers Hazard Zones Map: <https://kikenmap.gifugis.jp/>)

- Seeking refuge upstairs at home (vertical evacuation).
- Evacuating to a relative's or friend's house without using public transport.
- Evacuating to a designated evacuation shelter (provided by municipalities) without using public transport.
- 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. Preparations: 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, you should take into account your medical observation period and prepare additional provisions for this length of time, along with masks and disinfecting wipes, etc.
- (2) Keep items you will need during your medical observation period (thermometer, mobile phone, etc.) in a convenient place so that you may take them with you when evacuating.
- (3) Keep your car's fuel tank full.
- (4) Check weather conditions using sources such as the Japan Meteorological Agency's website and aim to evacuate early.



Contact Information: Gifu Prefecture Tono Public Health Center

T E L : 0 5 7 2 - 2 3 - 1 1 1 1

F A X : 0 5 7 2 - 2 5 - 6 6 5 7