

# Chapter 5

## Life in Evacuation Shelters

### Things to Know About Life in Evacuation Shelters

At the designated disaster evacuation site, you will have to live with many people in the same space. It may be very inconvenient due to things like not having any privacy, so it is important to cooperate with and be considerate of each other.

#### Be considerate of the people around you

Everyone there is having a hard time. Be considerate of each other, help people if they need it, and work together.



#### If there is no water

In the event of water cutoff, drinking water will be distributed at designated disaster evacuation sites. There will also be stations for emergency water supply. Have a plastic container or bucket ready for carrying water. Help those who cannot carry the water by themselves.



#### Food

Alpha rice or cookies that have been stored for emergencies, as well as lunch boxes and bread will be distributed at designated disaster evacuation sites. Even if you are not staying at a shelter, you can still go get the food you need. Please help others if they are unable to get food on their own.

#### Daily necessities

Daily necessities such as blankets are provided at designated disaster evacuation sites for those whose homes have been damaged and who cannot carry on their normal life. People who are not staying at shelters can also get those items from the evacuation site if necessary.

#### Make rules and decide on everyone's role in the shelter

Create a shelter management committee under the guidance of the regional emergency leaders and members of the volunteer disaster prevention organizations; make rules and assign everyone a role to make life in the shelter better.



#### Pets are also family members

Pets are also important members of the family. Don't forget to put pet supplies in your emergency kit. Follow the rules and try not to disturb the people around you.



#### If you are sick or injured

If you are sick or injured, there will be first-aid stations set up in the shelters.

##### <The role of the first-aid stations>

Treating the sick or injured  
Coordinating with nearby medical facilities

#### Prevent food poisoning and infections

After a disaster, sanitary conditions deteriorate and create a higher chance of food poisoning and infectious diseases. Eat the food that has been distributed as soon as possible. Wash your hands thoroughly before you eat or cook. If there is no water, use hand sanitizer to clean your hands.

#### Follow the rules and do your part

Follow rules and do your part as assigned by the shelter management committee. Cooperate with each other while thinking about how you can take care of yourself.



#### Mental health is important

When a disaster strikes and people have to stay in a shelter, it can be stressful and mentally challenging for everyone. Maintaining regular sleeping and eating routines and getting your daily life back will help you heal.

If you are experiencing anxiety, go to a first-aid station for a consultation as soon as possible.



#### Think about people with different needs

Think about the needs of others that may be different than your own, such as the needs of the elderly and those with disabilities, and the different needs of men and women. In addition, consider the needs of women and families with children, and do things like setting up laundry drying rooms, changing rooms, and nursing rooms—for women only.