



Cleanliness information as preparation for disaster



It is highly important to be prepared against disaster on a daily basis in order to protect your life, your family, and your lifestyle from earthquakes, abnormal weather events that have increased in frequency and severity in recent years, and other unprecedented disasters. The purpose of this leaflet is to provide

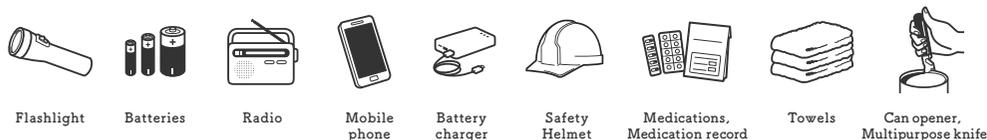
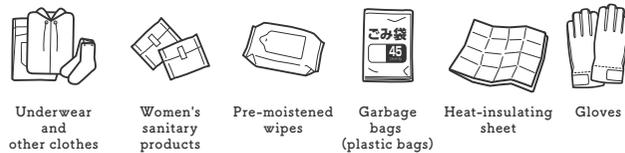
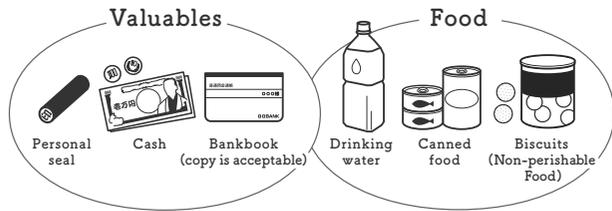
helpful information about disaster preparedness, including creative ideas that help you to become more prepared against disaster and everyday items that can be useful in an emergency, particularly information about cleanliness for evacuees.

Supervised by: Japan Voluntary Organizations Active in Disaster (JVOAD), a specified nonprofit corporation

01 Preparedness in normal times: Prepared against emergencies

Emergency "grab and go" bag

It is important to prepare your own evacuation "grab and go bag" in normal times by pre-packing a backpack with emergency supplies which you think will be necessary for living in an evacuation center, so that you can just grab it and go in case of emergency.



- ※In addition to the above, it is safe to put in a copy of your license, disposable body warmers, portable toilets, writing materials, notepads, etc.
- ※If your family has a baby, you also need to put in the following items. powdered milk (or liquid milk), baby bottles, disposable diapers, water for milk, baby food, baby wipes, baby carrier, toys, mother-and-child health book, etc.

Emergency stockpile for home

Non-food items



How to stockpile food (rolling stock method)

You can always have an adequate amount of food in stock without the risk of it going out of date by making it a point to stock more ingredients and processed food products than necessary, and regularly consuming items from your stockpile and then replacing them with new items.



You are advised to stockpile seven days' worth of supplies.



- Drinking water (about 3L per day for each adult)
- Instant noodles
- Canned food
- Retort food
- Snacks
- Preserved alpha rice etc.

Things which many evacuees found especially useful

Pre-moistened wipes

For cleaning hands and bodies when no water is available.



Plastic bags (checkout bags etc.)

As water bags, disposable toilets, diaper covers, etc.

For many different applications, such as gloves, cooking tools, etc.



Cling wrap

Save the need to wash dishes by covering them with cling wrap before use.



Essential items

Mobile phone (smartphone), battery charger and radio

For collecting important information



Glasses and flashlight (LED lamp)

Improving your visibility will be the key. Goggles can also come in handy when you need to protect your eyes from dust.



Things which will help you at an evacuation center

Slippers

In an evacuation center, evacuees should wear separate slippers for toilet use and for living space use, so as not to prevent dirt and bacteria from getting into the living space from the toilet space.



Earplugs

For keeping out noise and having a good night's sleep (also use an eye mask if possible).



Surgical masks

Preventing virus-laden cough and sneeze droplets from becoming expelled into the air while protecting the wearer from external dust.



Can opener

For opening cans provided as relief supplies.



For affected people who remain in their own houses

Portable gas stove and gas cartridge

For boiling water and cooking.



02 Living in evacuation centers

Hand washing

"Hand washing" is the most important thing for evacuees.

When evacuees are living in groups in evacuation centers or other places, "hand washing" is a decisive factor on which the risk of bacteria and virus infection, food poisoning, etc. depends.

Make sure that your hands are always kept clean.

After washing hands

It is important for each person to use a disposable tissue or paper towel, rather than using the same towel or handkerchief with others, so as to prevent bacteria from spreading.

When to wash hands

- Before eating food and after using the toilet
- Before serving food
- After changing diapers and after working outdoors

When you cannot wash your hands with water

Use pre-moistened wipes or antiseptic solution to keep your hands clean.

Pay special attention to these areas when washing hands

Make sure that your entire hands are washed clean, from the wrists to fingertips.

- Fingertips and under nails
- Between fingers
- Thumbs
- Wrists

● Areas which people often forget to wash well



Back

Palm

Wipe clean, and disinfect, your skin and things around you to thoroughly remove dirt, oil and bacteria
Bioré U
(pre-moistened wipes for hands)



Eliminate bacteria quickly.
Bioré U
(disinfectant for hands)



Designated quasi-drug

Toilet

Keep the toilets clean

Prevention of illness is vital for evacuees. Toilet areas are particularly high-risk places where infection can spread. Here are some keys to effective cleaning to keep the toilets of evacuation centers clean.

Keys to effective cleaning of evacuation center toilets

Wear gloves and a surgical mask

Wear special slippers for toilet use

Do not enter the living area in slippers used in the toilet area so as to prevent bacteria spreading.

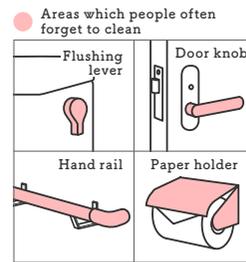
Use a special detergent/cleanser for toilet cleaning

Clean the toilet bowls, floor, etc. using a special detergent/cleanser for toilet cleaning.

Areas which people often forget to clean

Pay attention to the following areas, besides the toilet bowls and floor:

- Flushing lever
- Door knob
- Hand rail
- Paper holder



Other things to keep in mind

- Careful "hand washing" must follow each cleaning.
- Use an air freshener to eliminate toilet and diaper odors (urine and other odors).

For your information:

When you cannot use your home bathroom

You are advised to include a portable toilet in your emergency stock pile in case of a cut in water supply. You can also set up a makeshift toilet using two plastic bags and a urine absorbing material (e.g. newspaper).

※Comply with your municipality's rules when disposing of sewage.



When your face, hands or legs feel dry

The air is often dry in an evacuation center, making people's faces, hands and legs feel dry. Items such as a lotion, moisturizing cream and lip cream will be helpful to protect the skin from dry air. It is also nice for a change to put on makeup, aromatic hand cream, etc.



When your hair and scalp feel dirty

You can clean your scalp and hair by applying dry shampoo or wiping with a slightly-moistened towel to remove dirt from the surface, massaging the scalp with a cotton swab or gauze pad dipped in a little bit of scalp care oil, and then wiping the scalp and hair clean. It is also important to do what you can do to prevent your hair from getting dirty, such as tying your hair into a bun or wearing headwear to protect your hair from dirt and dust.

Product helpful for cleaning buttocks

Spraying SANINA (サニーナ) onto toilet paper and wiping helps protect, and keep clean, skin around the anus and genital area. It also prevents diaper rashes.



Body's cleanliness

How to keep the body clean when water is not available

When a disaster occurs, it is often the case that you cannot have a bath for a while. Here is what you can do to keep your face and body clean when water is not available.

When you are concerned about becoming dirty and smelly

You can wipe your skin clean, for example by using pre-moistened wipes, available in stores, while being careful not to rub the skin hard.

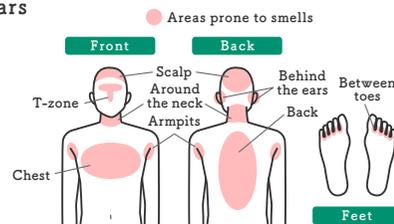
Those with sensitive skins are recommended to choose alcohol-free wipes.

Areas where dirt easily accumulates

- Behind the ears
- Armpits
- Feet (particularly between toes)

Areas prone to smells

- Around the neck
- Behind the ears
- Armpits
- Chest
- Back
- Feet (particularly between toes)
- Scalp
- T-zone
- Genitals



Eliminates sweat odor across your body all day, from your underarms to the tips of your toes

Bioré Z (medicated deodorant spray for the whole body, unscented)

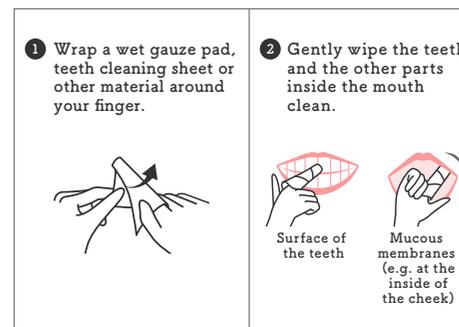


Teeth cleaning

Here is what you can do to clean the inside of your mouth in an evacuation center or at home when water is unavailable.

Neither water nor toothbrush

Hold a wet gauze pad, clean handkerchief, teeth cleaning sheet or other material around your finger and gently wipe the teeth and the other parts inside the mouth clean using the finger, instead of a toothbrush.



Prevent bad breath and wipe the inside of the mouth clean when water is unavailable.

Pyuora (teeth cleaning sheets)



When there is no running water but you have a toothbrush

Brush teeth with the toothbrush and rinse mouth with a small amount of tea or other liquid. When you have a liquid toothpaste or mouth wash, use it before and after brushing teeth.

Before brushing
Liquid toothpaste with no rinsing with water needed

Pyuora (liquid toothpaste)



Quasi-drug

After brushing
Clearclean (mouthwash liquid)



Quasi-drug

Living space

Staying in an evacuation center for an extended period of time can lead to mounting mental stress and health problems. It is important to have a good living and sleeping environment for a good night's sleep.

Measures for a better living space

Against cold

- Cover cold and hard floors with materials that have heat-retaining and cushioning properties, such as special sheets or cardboard, and make sure that people have things to cover their bodies, such as blankets or sleeping bags.
- Wear slippers so as not to get cold feet.
- Warm your body by putting your feet into a bag packed with newspaper.



Privacy

It is essential to secure appropriate privacy for both sexes, particularly for changing clothes, breastfeeding babies and having a rest. Set up partitions made of cardboard or other material as needed. Ideally, they should be high enough to block the view from the outside when seated and low enough to be seen over when standing.

Against heat

- Take necessary preventive measures against heatstroke, such as blocking light to keep the living space in shade and providing as much ventilation as possible. Use fans to cool down.
- Repel mosquitoes and other insects that can get inside through doors and windows left open due to hot weather using insect-repelling sprays, (battery-powered) mosquito repellent devices, etc.

Wipe away sticky sweat and the causes of odor in a refreshing way, while also lowering the surface temperature of your skin

Bioré (pre-moistened wipes for the whole body, unscented)



Extra-large sheet for wiping sweat can be wrapped around your neck. With lots of cooling water, it helps you feel nice and cool for a long time. Each sheet is individually packed, making them easy to carry around.

Bioré (pre-moistened wipes for the whole body, unscented)



Make it a more comfortable place to live in

Clean the space regularly

Clean your space and make your bed every day, so that you can maintain cleanliness and keep regular hours. Cleaning wipes that allow for noise-free easy wiping without the need for power sources are highly recommended.

Catch even micro dust!
Quickle Wiper (cleaning wipes; dry type)



Remove dust, hair, greasy or grainy marks, and even germs in one stroke
Quickle Wiper (cleaning wipes; pre-moistened type)



Deodorant measures

It is recommended to use a fabric freshener etc. to prevent odors from your clothes, bedding or other stuff from annoying people around you.

Freshen up clothes, fabric products and the air
Resesh (fabric and air freshener)



Sleep goods

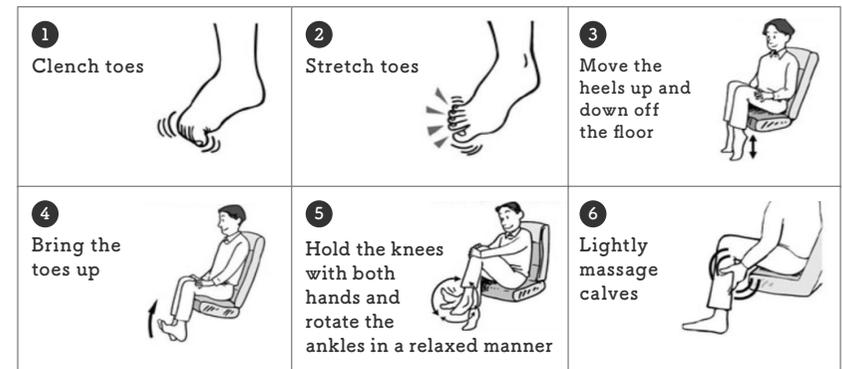
You can give yourself a better sleep environment by wearing earplugs and an eye mask (something to shield your eyes from light).



Take some light exercise!

People often have to remain seated for many hours when they are living in an evacuation center or car, which increases the risk of "economy class syndrome," such as respiratory distress and shock. To prevent economy class syndrome, it is advised to drink water frequently, and do some light exercise and stretching.

For your information: Exercises to prevent economy class syndrome



Source: Official website of the Ministry of Health, Labour and Welfare (<http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000170807.html>)

03 Useful Kao products for disasters

When no water is available

Wipe hands and mouth clean

Bioré U
(pre-moistened wipes for hands)



Alcohol-free type Alcohol type

Remove sticky sweat and odor

Bioré
(pre-moistened wipes for body)



Wipe away sticky sweat and the causes of odor in a refreshing way, while also lowering the surface temperature of your skin

Bioré (pre-moistened wipes for the whole body)



Extra-large sheet for wiping sweat can be wrapped around your neck. With lots of cooling water, it helps you feel nice and cool for a long time. Each sheet is individually packed, making them easy to carry around.

Bioré (pre-moistened wipes for the whole body)



Prevent sweat odor across your whole body

Bioré Z
(medicated deodorant spray)



Quasi-drug

Prevent rashes and sores around the anus and genital area, diaper rashes and inner thigh chafing

Sanina
(medicated cleaner for buttocks)



Quasi-drug

Clean and sanitize hands, fingers and skin

Bioré U
(disinfectant for hands)

A portable version is also available.
※ Those who are alcohol-hypersensitive or with sensitive skin must not use this product.



Designated quasi-drug

Clean teeth

Pyuora
(teeth cleaning sheets)



Before brushing

Pyuora
(liquid toothpaste)



Quasi-drug

After brushing

Clearclean
(mouthwash liquid)



Quasi-drug

When water is available

Wash hands and fingers

Bioré U
(forming liquid hand soap)



Quasi-drug

For shoulder stiffness and lower back pain

Alleviate stiff shoulders and lower back pain

MegRhythm
(Steam Thermo Patch)



General medical device

Skincare

Four in one: "lotion," "emulsion," "serum" and "mask"

Bioré
(skin care liquid after washing the face)



A body emulsion that reinforces the skin barrier against environmental factors and fully hydrates the skin



Curel
(moisture body lotion) Quasi-drug

Moisturizing spray for your whole body. It even works for your back, your waist, and other areas that are hard to care for.



Curel
(moisture body spray) Quasi-drug

Relaxation

Bathe the eye area in warm steam, helping the user ease into relaxation

MegRhythm
(Steam Eye Mask)



Release plenty of warm steam. Refresh your spirits with a pleasant aroma that spreads around you instantly

sonae
(steam aroma cup)



Feel the flow of hydration within your mouth. Enjoy a long-lasting fizzy sensation wherever and whenever, without the need for water.

sonae
(tablets for throat and mouth)



Living space

For cleaning the floors and living space of an evacuation center

Quickle Wiper
(cleaning wipes; dry type)



Quickle Wiper
(cleaning wipes; pre-moistened type)



When you are concerned about odors from clothes, air, bedding, etc.

Resesh
(fabric and air freshener)



Remove dirt, germs and odor from the toilet

Toilet-Heiter
(bleaching agent for toilet)



A sanitizing, odor-eliminating and bleaching agent for kitchen towels, children's mugs, baby bottles, etc.

Kitchen-Heiter
(bleaching agent for kitchen use)



When you are concerned about odors from clothes, air, bedding, etc.

Resesh
(fabric and air freshener)

