

September 2023 Issue

Iwata Elem. PTA Communication

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Disaster Preparedness Training - September 10, 2023
(Sunday)

The Iwata Campus Disaster Preparedness Training was held. Participants learned about the use of fire extinguishers and AEDs, disaster preparedness with pets, emergency toilets, disaster food, the importance of medication records, and first aid techniques. Various booths were set up, including a smoke experience, earthquake simulation using a shaking vehicle, and manhole toilets. Approximately 500 participants gathered and enjoyed a serious learning opportunity about disaster preparedness. A heartfelt thank you to all the staff who contributed to making this training possible.



We had a morning assembly and disaster preparedness training. Many middle school volunteers participated.



Registration Process: Verification of Name, Address, Age, Contact Information, etc., followed by Temperature Check.



Fire Extinguisher Training:
Can You Put Out the Fire Effectively?



AED and CPR Procedure
Confirming How to Use an AED
1-2-3, Chest Compressions!



Food Truck Selling Sweet Potatoes, Takoyaki, Shaved Ice, Fried Chicken, and Juices.



Bowsai Man Z brought Hassy-kun along with them!



First Aid - Left Arm Injury!
Secure it like this for peace of mind.



Earthquake Experience
Magnitude 7 is dangerous. !!

Disaster Toilet We conducted a coagulation experiment.



Toyohashi City Pharmacists Association's Medication Record Booth



Medication records also come in handy during disasters!



Middle school students also lent a helping hand.

Recycled School Supplies Sales Corner In the air-conditioned science classroom!

Recycled School Supplies Sale

The total sales amount for this event was 6,500 yen.



The income will be carefully used to cover the necessary expenses for the children's school life. We would like to express our heartfelt thanks to everyone who contributed to the event.



Feedback from Participants

- I believe that being able to actually touch and experience what needs to be done in case of emergency is especially beneficial for children.
- During the AED experience, I learned about CPR and how to respond effectively, which was very informative.
- There were various booths, and it was great to learn about disaster preparedness. I want to remember this experience.
- Participating in the disaster training became an opportunity for my family to discuss our plans for emergencies.
- The importance of medication records became clear at the pharmacists' booth. The children were delighted to receive balloons.
- I want to learn how to react quickly in case of an earthquake, even though it's not a child's experience.
- I would like to be taught how to secure furniture and equipment, among other things.
- I'm interested in learning about apps for communication and information during disasters.
- I want to learn about flood prevention measures, especially when heavy rain occurs.
- I would like to see fire trucks and ambulances.

Thank you for your feedback. We hope to incorporate your suggestions into next year's training.

Report

I attended the Japan PTA Hiroshima Conference on August 25th (Friday).



Respect for the Aged Day

Q: What percentage of people aged 65 and over are there in the Iwata School District?

A: It accounts for 26% of the district's population. For those aged 75 and above, it's 13.6% of the district's population. If you have any concerns or notice any elderly individuals who seem worried or are experiencing issues like leaving laundry out for days, piling up mail or newspapers, or always wearing the same clothes, please don't hesitate to contact the Comprehensive Consultation Service for the Elderly or the Community Comprehensive Center for assistance.

The contact for the Iwata School District is the Co-op Toyohashi North Community Comprehensive Center (TEL: 65-8567).

Worker: Mika Nakayama

Social Welfare

Let's ask the medication expert.



Q: What kind of medication is good to have during disasters?

A: What you absolutely need are the medications prescribed by your doctor that you take regularly. It's reassuring to have about a week's supply of these medications on hand. As part of your disaster preparedness, it's advisable to have essential items, including medications, prepared. If you receive new medication, it's a good practice to continue taking your old medication while gradually transitioning to the new one. The shelf life of medications varies depending on the type and storage conditions, but most medications have a shelf life of 1 to 3 years. You can confirm the expiration date when you receive your medication from the pharmacy. Please be aware that powdered or syrup medications may have shorter shelf lives.

Other medications you may want to have on hand in case of disasters:

Types:	Effects:	Comments:
Stomach Medicine	Stomachache, Stomach Discomfort, Diarrhea, Constipation, Abdominal	People who are prone to stomach discomfort should always have it on hand. Excessive stress and fatigue can easily disrupt digestive health, and the risk of food poisoning and other gastrointestinal issues is higher during disasters.
Multi-symptom Cold Medicine	Cold-related symptoms	Multi-symptom cold medicine provides relief from various cold symptoms such as cough, runny nose, headache, joint pain, and more.
Fever and Pain Reliever	Headache, Body Aches, Fever, Sore Throat, Minor Injuries	Fever and pain relievers like aspirin or ibuprofen are essential for those who experience frequent headaches. They can also provide relief from injury-related pain.
Antiseptic Solution	Wounds, Scrapes	Even minor wounds or scrapes can become infected if bacteria enter, so it's advisable to prepare them alongside antiseptic solution.
Adhesive Bandages	Wounds, Scrapes	
Topical Ointment	Insect Bites, Itchiness	These items can address issues like insect bites, itching, hives, and more.
Mouthwash	Oral Hygiene	Products like Mondamin can be very useful when you are unable to brush your teeth. They can help prevent tooth decay and mouth ulcers.
Cooling Patches	Heat Relief, Heat Stroke Prevention, Pain from Bruises	Cooling patches are convenient for preventing heatstroke and alleviating pain from injuries such as bruises.

Additionally, it's a good idea to include items such as vitamin supplements, nutritional supplements, bandages, gauze, eye drops, and contact lens supplies in your emergency kit. Having a medication record book can be very convenient during disasters. While it's not easy to remember the names of all the medications you usually take perfectly, having your medication record book with you during a disaster can make it easier to obtain the necessary medications. If you have regular prescriptions, be sure to have it with you.

Pharmacist: Yoshiteru Yanagisawa