

Prepare for emergency!

Stockpile food and daily necessities in case you become infected with COVID-19 and have to recuperate at home.

Example of a household stockpile (for two adults for one week)

## Food Stuffs

### ◆ Essentials

- Water 2 l x6 bottles x4 boxes
- Sports drinks, rehydration solution 500ml x7 bottles



### ◆ Food for main dishes

- Retort foods e.g.) 18 packs of curry, beef bowl
- Canned food (meat, fish) 18 cans



### ◆ Staple food(energy, carbohydrates)

- Rice 2kg x2 bags (about 75 grams per person) ※Buy one more bag when one is consumed
- Dried noodles (SOMEN, UDON, SOBA, pasta, etc.) e.g.) 2 bags of SOMEN noodles (300 g/bag) 2 bags of pasta (600 g/bag)
- Cup noodles 6 cups
- Packed rice 6 packages
- Other(as needed by your family) : milk, cereals, etc.



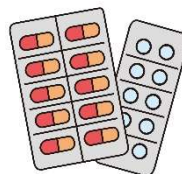
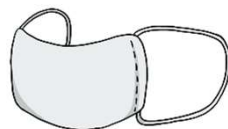
### ◆ Food for side dishes

- Vegetables that last e.g.) onions, potatoes
- Seasonings e.g.) sugar, salt, soy source, noodle soup, etc.
- dried plums, seaweed, dried WAKAME, etc.
- Instant MISO soup, instant soups
- Vegetable juice, fruit juice, etc.
- Chocolates, biscuits, and snacks



## Daily Necessities

- Regular medicines  Over-the-counter medicines (antipyretic and analgesic)
- Garbage bags  Tissue paper  Toilet paper
- Sanitary products  Hand soap  Mask
- Alcohol sanitizer
- Sterile wet wipes
- Detergent, etc.



Ogaki City Novel Coronavirus Response Headquarters