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| 番号 | 見出し／本文 | 英語 |
| 45 | 日頃、薬を飲んでいたみなさんへ | For people on daily medication |
| 避難所で生活しているみなさんの中には、日頃から、薬を飲んでいた人がいると思います。避難する時に、ほとんどの人が薬を持ちだすことはできなかったと思います。持病があり、日頃薬を飲んでいた人は、近くの医療スタッフに伝えてください。特に脳卒中や脳梗塞（のうこうそく）、心臓病、糖尿病などになったことがある人は、早めに医療スタッフに相談しましょう。薬の専門的な名前がわからなくてもいいです。これまで、お医者さんから受けた注意事項を覚えていたら、それを伝えてください。なるべく早く、薬を飲み始めることが大切です。 | It is likely that some people who are staying at evacuation shelters are on daily medication.Most of them might not have been able to bring their medication to the shelter when they were being evacuated.If you are one of these people, please be sure to tell the medical staff that you are suffering from an illnesses or condition that requires daily medication. Especially people who have had a stroke, cerebral infection, heart trouble or diabetes should notify the medical staff immediately of their condition. It doesn’t matter if you don’t know the specific name of your medication. Please tell the medical staff at the shelter the medical advice you received from your doctors, if you can remember. It is important to restart taking your medication as soon as possible.  |