

## Health and Safety

Keep your host family address and your delegate identification with you in your wallet. When you are with your host family, don't go off alone. If you want to explore the neighborhood or to go shopping, you can ask someone when they might have the time to go with you. When you are at Camp, stay with your host and lodge members or other campers. When you are in Tokyo at the end and beginning of the exchange, stay with your chaperone or with Labo Staff. Don't go outdoors without him or her. There may be delegates from the Nihongo program or other exchange programs who are out walking around. Please don't follow them without checking first with your chaperone.

Japan, like Alaska, has earthquakes, and the country is prepared. Your host family knows what to do and you should follow their example. An earthquake alert may be broadcast on the television set and your host mother might quickly open the door (so it doesn't jam if the house settles) and then motion to you to get under the table, just like you learned in school. During a flood, people head away from the water, to buildings higher than four stories, and to hills. Interesting fact: you can often spot a hill by the trees, as temples and shrines are on hills and the trees are sacred and protected from being cut down.

Eat well while you are in Japan. Please don't be a "picky eater". A diet of snack food and sweets will make you sick. Take your vitamins.

Japan is a very clean country, but it's always a good idea to wash your hands and use hand sanitizer. One strategy some travelers use to avoid picking up extra germs is to "leave no fingerprints" by opening doors with their wrist, should rcreb1 (l) 1]Trce-1 (g) -1[(sn) -1 (ack) -1 ( ) 1 (fo) -1 (o) --1 -1 (e1 (s )t (o)(d) -1 (d) -2

protect your knees, ears and the back of your neck. Drink lots of water when it is hot and let your host family know if you are suffering from the heat. If you feel sick, you may be getting “sunstroke”. If your urine is really yellow, you

Stay busy.

Sit on the deck or porch and just watch and listen. Don't talk for awhile.

