

List of Contacts for Consultation



LFA Japan

LINE Official Account

@ray8171u



Consultation Center during natural disasters.
Add the account to your friend list before a natural disaster actually occurs!

LFA JAPAN is connected with many patients associations Japan-wide.
Please contact us when you become in need of help during a natural disaster. We will cooperate with a patient association near you and inform you of the location of the reception base for relief supplies. **Consultation available only during natural disasters.*

<Email address> lfa.saigai@gmail.com

<URL> lfajp.com You can download Food Allergy ID Card for children, and read stories about natural disaster survivors experiences.



LFA Living with Food Allergy

LFA is an association based in the Kansai region for people with food allergies and their families supporting each other. We provide consultation services, share allergy-related information, give lectures, hold children's meetings and online meetings.

<URL> lfa2014.com

Reference:

<URL> <http://www.jspaci.jp>

Japan Society of Pediatric Allergy and Clinical Immunology

You can download pamphlets and posters about managing children's food allergies during natural disasters. You can also download a handbook for disaster relief medical staff on managing children's food allergies.



You can consult a doctor specialized in allergies about child's allergy-related conditions (such as asthma, nasal allergies, atopic dermatitis, food allergies) by email. Consultation services are available only during natural disasters. Please email your name, address, phone number, (age), (gender) to receive consultations.

Consultation Center during Natural Disasters

**Consultation available only during natural disasters.*

<Email address>

sup_jasp@jspaci.jp

How to Survive Natural Disasters

A Handbook Created by Moms of Children with Food Allergies



LFA Living with Food Allergy

I am afraid that people with food allergies **may not be able to get food** they can eat in case of **natural disasters**...



Wait.

Are you prepared yourself?

You cannot expect somebody will have allergy-safe food prepared for you.

Through our surveys, many concerns were heard, such as:

“I have worries but I am not sure what to prepare.”

You have worries but you don't have an allergy-safe stockpile??

Whenever we hear news of natural disasters, we have a heartache thinking of our fellows in need. “There probably are people who cannot eat bread, yogurt, or cooked meals distributed at evacuation shelters...”

Nothing changes just by being worried. You never know when a natural disaster will happen.

Then, by learning from those who have experienced natural disasters, you will be able to take your own measures.

However, taking your own measures will not be enough. We have thus decided to offer places where people can seek **“Help”** .

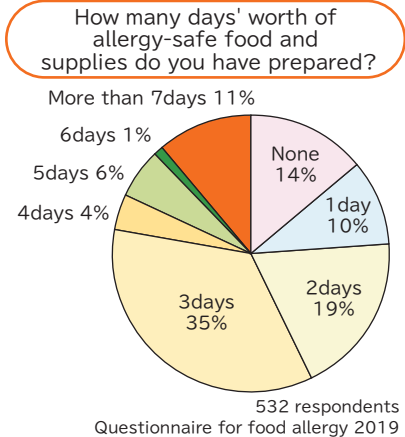
There are something we can do, such as helping to look for aid or introducing support organizations.

We hope that this handbook will connect allergy groups and communities throughout Japan, as well as local communities, companies, and administrations, and ultimately raise food allergy awareness among our whole society.

This handbook was created by 16 moms of LFA who have children with food allergies (2 to 20 years of age) based on their own ideas and advice from leaders of other allergy groups.

We hope you can learn what to prepare because of who you are from this handbook.

May 2019



Things You Should Know First

In Order To Survive A Disaster:

Self-Help : Between-Neighbors Help : Public Help

7 : 2 : 1

Self-help

You help yourself

Between-Neighbors help

Neighbors help each other.

Public-help

Support or aid from central or local governments.

To protect yourself, being prepared is important.

Self-help is especially important for people with food allergies.

Self-help

Let's check now!

- Water for 7 days
- Food for 7 days
- Medications for 7 days
- Cookware (portable gas stove and gas canister)
- Power supply (battery, power source, cell batteries)
- Go-bag for children



Between-Neighbors Help means neighbors helping each other. It is especially important for people with food allergies to bond with their local communities.

Between-Neighbors help



- Let neighbors know that your child has food allergies.
- Join local evacuation drill.
- Contact local disaster relief volunteer groups.
- Join neighborhood association activities such as festivals.
- Become a member of local food allergy community. Note: It is important to be regularly involved in community activities, rather than rushing in to seek help only in an emergency!!

Your action is the first step to make your local community comfortable to live in. If you are hoping for a change, speak up!

Look for support centers before a natural disaster occurs.

Public Help



- Check to see if the local government has emergency food stocks for people with food allergies.
- Check if there is a local place you can seek advice in case of an emergency.
- Have contact information of local municipal offices, social welfare offices, and hospitals.

How many boxes were you able to check?
Let's take the necessary steps
in reference to the following pages.

What You Should Do on a Daily Basis.

Build "children's own ability to protect themselves" and "grown-up's ability to protect children".

Children's 3 abilities to protect themselves

- 1 Know their own allergy**
 - Your child should recognize he/she cannot eat specific foods.
 - Make your child promise not to eat any foods until hearing OK from you or other guardians.
- 2 Explaining their allergy to other people**

Your child should be able to tell other people about their allergy in a correct manner using phrases like below:
「わたし/ぼくは、OOのアレルギーだから、たべられません」
- 3 Understand what medicines to take**

Let your child learn the name of medicines and what they are for (oral meds, inhaler, ointment, epi-pen, etc.).

Grown-up's 3 abilities to protect children

- 1 Learn "what emergency food and their ingredients are stocked at local government" and "how local government handles emergency situations."**
(where to contact to seek help such as a natural disaster-handling section or a social-welfare-related department in your local government)
- 2 Make sure how much your child can eat without having allergic reactions.**
Knowing allergen thresholds, such as "cross-contamination* cause symptoms", "No problem with soy sauce?", "Shared cookware such as chopsticks or ladle are not OK?," will help you appropriately decide whether to eat or not hot meals served at shelters.
→ Your child may be able to have more chances to eat hot meals served at shelters.
→ Your child can reduce the chance of eating allergen by mistake, and lower the risk of having anaphylactic shock.
- 3 Consider the scenario where you are not with your child.**
Help other adults be aware of your child's food allergies, including what store-bought foods your child can eat.







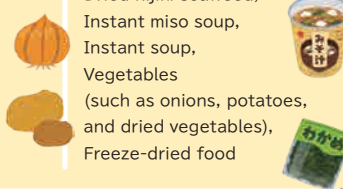
* Cross-contamination:
An allergen is inadvertently transferred from a food containing an allergen to a food that does not contain the allergen.

Stock food you can eat without worry in case of natural disasters.

Utilities such as water, electricity, and gas may be cut off when a natural disaster occurs, so stock food that doesn't require cooking or heating, and is ready to eat. You will be able to cook everyday food if you have a portable butane gas stove and gas canisters.



◆ Examples of Food Stock ◆

	Staple Food	Main Dish	Side Dishes, Condiments, and Snacks
Ready-to-serve food (no cooking necessary)	Ready-to-serve rice, Ready-to-serve porridge pouch, Ready-to-serve risotto, Preserved alpha rice (require water), Hardtack (emergency survival biscuits), Canned bread, Cereals 	Ready-to-serve pouches (such as curry and hamburger steak), Canned meat, fish, or beans (such as canned chicken breast and canned tuna), Fish sausages, Tofu, Soy milk 	Ready-to-serve pouch soup, Canned fruits or vegetables, Fruit or vegetable juice, Dried fruits, Nori seaweed, Salted plums, Pickles, Miso, Salt, Soy sauce, Sugar, Jelly drinks, Snacks (such as candy), Yokan (sweet bean jelly), and Ramune candy 
Food you can cook with fire or with hot water	Pre-washed rice, Instant rice, Dried noodles, Rice flour, Mochi 	Dried wakame seaweed, Dried hijiki seaweed, Instant miso soup, Instant soup, Vegetables (such as onions, potatoes, and dried vegetables), Freeze-dried food 	

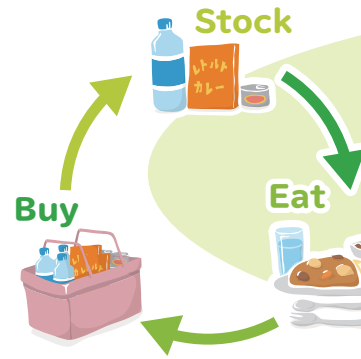
For Babies

Powdered infant formula, Bottled water for infant formula, Baby bottles, Paper cups, Measuring cups, Kettle, Ready-to-serve baby food pouches according to your baby's age



Prepare a combination of staple food (carbohydrates), main dishes (protein), and your usual side dishes. Eating balanced meals will prevent constipation that often develops in times of natural disasters. Eating favorite food will help your child relax and feel comfortable.

Have you heard of Rolling Stock Method?



Do you have canned tuna, canned or dried fruits at home? These nonperishable foods can be used as emergency food supplies. Long term survival foods are not only for emergencies. Keep a stockpile of allergy-safe food and replenish the supply each time you go through them. This is the concept of Rolling Stock Method. When you find allergy-safe food on sale, buy extra and add it to your stockpile. It is important that you never run out of stock.

Because we may not be able to eat certain foods, it is important that we always keep our stockpile full of allergy-safe foods.

Tips on Food at times of a natural disaster


- Are you getting tired of eating preserved Alpha Rice? Just add canned mackerel into the alpha rice and mix. You can enjoy the change in taste and it will also be good source of protein.
- Cooking in a Plastic Bag A method of using a plastic bag to cook food. Put ingredients into a plastic bag, mix the ingredients, and put the bag in boiling water to cook.



Cooking without using heat

Tuna and Hijiki Seaweed Side Dish

Ingredients: Hijiki seaweed (dry-pack), canned tuna, canned corn.



Put all ingredients into a plastic bag and mix.

Recommended!



! If you want to boil food inside a plastic bag, be sure to use **HDPE (high-density polyethylene)** plastic bags that can withstand high temperatures. If not, the plastic might melt while cooking!

School Lunch Experience during Natural Disaster



When a level 5 or 6 earthquake occurred, there were areas where electricity and gas were cut off, and the damaged school kitchen was closed for repair. During that time, emergency menus were provided in schools. Take a look at the actual menu provided on the right! Only because you cannot eat bread, you will not be getting 2 onigiris (rice balls) because the school barely has enough onigiris for everyone. Basically, if there is something you cannot eat on the menu, you need to bring a replacement dish from home. This is why we need to always keep extra allergy-safe foods in stock.

"Kan-i Kyu-shoku"

Thursday, June 21 Bread Rice ball Milk Strawberry jam	Friday, June 22 Bread Rice ball Milk Orange jello
Monday, June 25 Bread Rice ball Milk Sweet potato	Tuesday, June 26 Sealed pouch curry Milk Warabi Mochi Jello

Sample menu actually served

Prepare your special "Go-Bag"!



Have a Go-Bag in place so that you can just grab and go out in case of an emergency. Just pack the items within the orange line in addition to general items to be included in a Go-Bag! Refer to the sample on the next page to make Go-Bags of all family members!

Must-have items

- This handbook**
- Food Allergy ID card** (please use page 15)
- Card case** (to carry allergy emergency contact card)
- Underwear and socks**
- Foods you can eat without cooking for 3 days**
- Water** (2 bottles of 500 mL)
- Medication for food allergies for 7 days** e.g., anti-histamine, oral steroid, epi-pen
- A copy of Okusuri-techo** (a prescription history record you receive at a pharmacy)

◆Atopic Dermatitis◆ (see page 10)

- Medications for 7 days** e.g., anti-histamine, moisturizer, steroid ointment, protopic ointment
- Wet wipes confirmed safe for your child's skin**
- Bottled Water** For skincare. Reuse the plastic bottle by refilling it with water.
- A shower nozzle cap for plastic bottle**
- Underwears and clothes you usually wear**
- Bathing items** e.g., soap and towel
- Nail clipper** to prevent from breaking skin by scratching

◆Asthma◆ (see page 11)

- Medications for 7 days** e.g., inhaler, spacer, dry powder inhaler, transdermal patch
- Disposable surgical masks** to protect from dust at evacuation shelter
- Towel** Put on a pillow or blanket that your face touches at bedtime to prevent inhalation of dust.
- Action plan** Self-management plan on how to deal with your conditions. Refer to the website below for an action plan sheet ([Japanese only](http://bit.ly/2TV2Yqx)).

Environmental Restoration and Conservation Agency
<http://bit.ly/2TV2Yqx>



General items to be included in Go-Bag

- Flashlight or headlight
- Portable radio
- Extra cell batteries
- Hard hat
- Whistle
- Cotton work gloves
- Portable cell phone charger
- Wet wipes
- Tissue paper
- Toothbrush
- Disposable surgical mask
- Portable toilet
- Notebook and oil-based marker
- Aluminum blanket
- Raincoat
- Plastic bags (large and small sizes)
- Cash (include small changes)
- Plastic wrap
- Water container
- Multitool (all-purpose knife)
- Disposable body warmer (Kairo in Japanese)
- First-aid kit

Recommended



大衛株式会社
ママとベビーの水だけ
ぬれコットン 100 包入



和光堂
赤ちゃんのための
水だけコットン

Sample Emergency Go-Bags

Child's Go-Bag



Always pack an Allergy ID Card and medications in your child's bag.

Adult's Go-Bag



Pack diapers and clothes in compression space saver bags.

Tips for packing a Go-Bag



- ❗ Use a backpack – you will have both hands free.
- ❗ One Go-Bag per person. Each Go-Bag should be packed according to the person's age and health condition.
- ❗ Pack emergency foods that you like.
- ❗ Pack your child's Go-Bag with your child to make sure that he/she can carry it by him/herself.
- ❗ Remember! Check your bag twice a year (March and September).

Atopic Dermatitis

What will be your biggest worries?



When your skin condition gets worse, it may worsen food allergy symptoms.

Are you prepared?

Pack an Emergency Go-Bag (see "Atopic Dermatitis" page 8)

Advice from people with firsthand experience of natural disasters

- ★Apply more moisturizers to prevent dry skin.
- ★When your skin condition seems to be getting worse, use steroids that are stronger than usual ones. Also consider taking anti-itch medications.
- ★In summer, folding fans and instant cold packs will be very useful. Instant cold packs instantly refresh you when squeezed or shaken. (Instant cold packs do not require a freezer.)

Can't take a shower! What should I do?

Did you know?

The chlorine concentration level of water in water tankers may be high. You can lower chlorine level by leaving water in a bucket overnight.

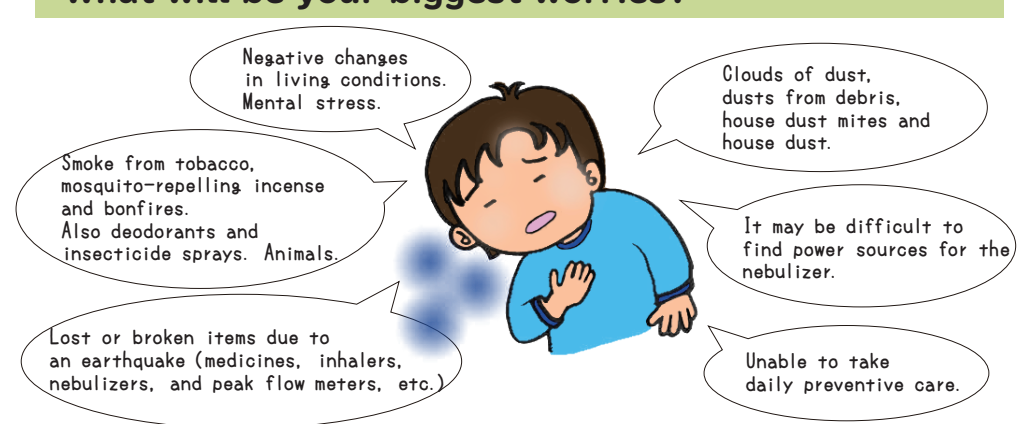
Put a shower nozzle cap on a plastic water bottle and use it like a shower!

It is important to wash away sweat and dust. You will need a container to get water from a water tanker or other supply sources. Many people often forget to include a water container in their Go-Bag. Many people said, "I had to stay in line for hours with my child for water because I only had a small water bottle."

If you have atopic dermatitis, always consider ways to get water. Prepare yourself with a foldable water container bottle or tank.

Asthma

What will be your biggest worries?



Are you prepared?

Pack an Emergency Go-Bag (see "Asthma" page 8)

Advice from people with firsthand experiences with natural disasters

There is dust everywhere!

Wearing a mask is a must! Pack extra masks, not just in your Emergency Go-Bag, but also in your everyday bag! Wearing several layers of masks is more effective! Use a towel if you don't have a mask.



Use a spacer or make a hole in the bottom of a paper cup to use it as a spacer.

Inhalers

エアゾール吸入器



Ask if you can be given priority to use emergency electricity in the facility. If you use nebulizers, be sure to have extra batteries and a charger. If you have a car, a car power inverter can be very useful! If possible, practice using the pMDI (pressurized metered dose inhaler) which does not require a power outlet.

It is difficult for small children to spray and breathe with the right timing. A paper cup can be a handy tool! Make a hole in the bottom of a paper cup, and place the inhaler through the hole to use as a spacer.



※Show this page to people

cooking and distributing the food.

炊き出しについて

ご協力をお願いします



- 使った食材を **全部** 貼り出してください(調味料も含む)
- 食品の空き容器を再利用しないでください
- 子どもに食べ物を与えるときには、保護者に確認してください

子どもも大人も食物アレルギーの人が増えています。

特に多いのが **卵・小麦・乳** で、

えび・かに・そば・落花生 も

アレルギーが出やすい食べ物です。

アレルギーはわがままや好き嫌いではなく、体質です。

症状はその人によって異なります。

ごく微量であっても重い症状が出てしまうこともあります。

逆に中身を確認すれば食べられることもあります。

本人や家族が表示ラベルを見て判断できます。



⚠️ これを使うとあぶない ⚠️

- 使い捨て容器を丁寧に洗っても油脂や成分がわずかに残ります。牛乳パックをまな板代わりにしたり、空き容器を調理に使ったりしないでください。
- 調理器具は金属製のものを使い、毎回洗剤で洗ってください。
- おにぎりを作る際、違う味付けを同じ調理器具や手袋でにぎらないでください。



使った食材は **全部** 貼り出してください



手前に置いていただくと
確認しやすいです



- ① 使用した食材や調味料は **全て** 紙に書き出してください
- ② 表示パッケージ・裏表示ラベルを箱や袋ごと貼りだしてください
- ③ ラベルをはがせない物は、見やすい場所に置いてください

- 自分の目で、食べられるかどうか判断できます
- 炊き出し中の手を止めて確認してもらわずに済むので、炊き出し作業もスムーズになります

よろしくお願いいたします



それでも食べられないこともあります。
重度のアレルギーの場合、炊き出しではどうしても
食べられないこともあります。

そのときは、**調味料を入れる前に
ひと声かけていただいたり、
食材を分けてもらえたり**できませんか。

自分で調理することで、食べられます。

Food Allergy ID Card

Free Download



Always keep a Medical ID Card in your child's bag, school bag, and Emergency Go-Bag.

2 types of printable IDs are available for free download at LFA's website (lfajp.com). You can make enlarged copies of the card shown at the bottom of this page and the card shown on the right-hand page. Not only will this ID card serve as a sign to let people know that the child has food allergy, you can also write information required for immediate and accurate treatment in an emergency.

What we can do is to seek ways to help everyone get a better understanding of food allergies.

Food Allergy ID Card (Large)

Visit lfajp.com, download "Food Allergy ID Card (Large)" and print it on A4 paper. You can also make enlarged copies (approx. 200% to make A4 size) of the right-hand page and fill it in. Cut along the solid line in the middle of the paper, and fold along the dotted lines (Pic①). Fold and assemble (Pic②).



Food Allergy ID Card (Small)

Visit lfajp.com, download "Food Allergy ID Card (Small)" and print it on A4 paper. You can also make enlarged copies (approx. 200%) of the card below. Fill it in, cut along the solid line, fold in half along line ①, and then fold along line ②.




Phone	Additional Info	Family Doctor	Name
Address	Medications	Sex M · F	
	Allergies	Age	Date of Birth

①

Emergency Contact:

Name	(Relationship)
Phone	

②



アレルギーがあります

[If separated from your family member:]		[Family Contact Info:]	
Nearest Evacuation Shelter	Phone	Name	Relationship
Evacuation Shelter 1	Phone	Name	Relationship
Evacuation Shelter 2	Phone	Name	Relationship
Phone	Phone	Name	Relationship
Family Meeting Place	Phone	Name	Relationship

[Family Doctor:]

Hospital

Address

Phone

LINE Official Account

LFA Japan
email address: lfj.saigai@gmail.com

Japanese Society of Pediatric Allergy and Clinical Immunology
Email: sup_jasp@jspaci.jp

※ Write your name, address, phone, (age), (gender) in your email.

[Do you carry an EpiPen?]
Yes No

Storage Place of EpiPen:

[Previous experience of anaphylactic reaction:]
Yes No

[Medication:]



アレルギーがあります



I have allergies.

SOS

In an emergency, please do the following:
● Contact a family member

[Personal Information:]

Name Gender M · F

Date of Birth Age

Address

Phone

Emergency Contact:

[Type of Allergy:]
food allergy, drug allergy, asthma, atopic dermatitis
Others

[Causes:]
eggs, dairy, wheat, shrimp/prawn, crabmeat, buckwheat, peanuts
Others

[Symptoms:]
hives, vomiting, diarrhea, asthma, trouble breathing
Others

Learn about your Region

Do you know about "KYO-TEN"?
It means "Base".

Disaster Base Hospital

Hospital designated to provide urgent medical care to critically injured patients during a disaster.

Allergy Disease Medical Base Hospital

Each prefecture has a designated hospital(s) where people with allergy diseases can receive appropriate medical care equally regardless of their living areas.

Base to receive allergy-safe relief supplies during a disaster.

The base may be set up at an Allergy Medical Base Hospital, regional hospitals, social welfare offices, children's centers, etc.



DO you know the difference between "HINAN-BASHO" and "HINAN-JYO"?

Hinan-jyo(ひなんじょ) means "Evacuation Area".

An area or a building to evacuate from imminent danger of a disaster.

Hinan-basho(ひなんばしょ) means "Evacuation Shelter".

A place which provides a secure living environment for evacuees and allow them to live temporarily.

You must go to an Evacuation Area when a disaster occurs.

Local governments may have different names for evacuation area and shelters. They may set up a place which functions as both. Learn beforehand the names and locations of these evacuation areas and shelters in your region.

How to use 171

How to use NTT Disaster Emergency Message Dial

To record a message: Dial your home phone number and record a message.

Dial **171** → Press **1** → Enter phone number starting with the area code.

To playback a message: Dial phone number of the person in the disaster-stricken area and listen to the recorded message.

Dial **171** → Press **2** → Enter phone number starting with the area code.

"How to Use" available in English on website



<https://www.ntt-west.co.jp/dengon/english/way/>



<https://www.ntt-east.co.jp/en/saigai/voice171/index.html>

Emergency Contacts

Name	Gender M · F	Date of Birth
Address		Phone
Emergency Contact		Do you carry an EpiPen? Yes · No
Allergic to: wheat, eggs, dairy, shrimp/prawn, crabmeat, buckwheat, peanuts		
Other info: about allergies, school, etc.		

List of friends and relatives who have good understanding of allergies:

Name	Address/Phone
Name	Address/Phone

Family Doctor

Hospital	Address/Phone
Hospital	Address/Phone

Nearest Disaster Base Hospital

Search "allergy kyoten hospital"

Nearest Allergy Medical Base Hospital

Phone of Municipal Office

Check which section of the city hall/ward office public health nurses belongs to. Public health nurses will be visiting evacuation shelters during natural disasters. Also check the location of your local social welfare office.

Nearest Evacuation Shelter

Point to show what you can't eat

わたしは、 I can't eat because of

しょくじせいげん dietary restrictions

しょくもつあれるぎー food allergies

しゅうきょう religious

たべられません。 reasons.

7 items of mandatory labeling



たまご egg (hen)



にゅう milk (cow)

I have an EpiPen / epinephrine. **エピペン** をもっています。



こむぎ flour



えび shrimp/prawn



かに crabmeat



ピーなっつ peanut



そば buckwheat

21 items of recommended labeling



あーもんど almond



あわび abalone



いか squid/cuttlefish



いくら salmon roe



おれんじ orange



かしゅーなっつ cashew



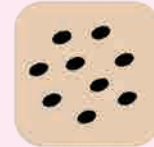
きういふるーつ kiwifruit



ぎゅうにく beef



くるみ walnut



ごま sesame



さけ salmon



さば mackerel



だいず soy



とりにく chicken



ばなな banana



ぶたにく pork



まつたけ pine mushroom



もも peach



やまいも mountain yam



りんご apple



more foods

かい shellfish



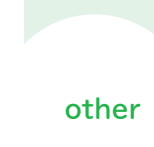
さかな fish



なっつ るい tree nut



ぜらちん gelatin



other

どうぶつ animal



ぜんそく asthma



あとぴー atopic

Useful Apps during Disasters

Google Translate

<https://translate.google.co.jp/>



iPhone
App Store



Android
Google Play



- Text translation: Translate between 108 languages by typing
- Offline: Translate with no internet connection (59 languages)
- Instant camera translation: Translate text in images instantly by just pointing your camera (90 languages)
- Photos: Take or import photos for higher quality translations (50 languages)
- Conversations: Translate bilingual conversations on the fly (43 languages)
- Handwriting: Draw text characters instead of typing (95 languages)
- Phrasebook: Star and save translated words and phrases for future reference (all languages)

NHK WORLD-JAPAN

<https://www3.nhk.or.jp/nhkworld/>



iPhone
App Store



Android
Google Play



NHK WORLD-JAPAN provides the latest information on Japan and Asia through television, radio and online to a global audience. It is the international service of Japan's public broadcaster NHK.

Safety tips

<https://www.rcsc.co.jp/safety>



iPhone
App Store



Android
Google Play



This Application notifies a user with EEW, Tsunami Warnings, Volcanic Warnings, Weather Warnings, Heat illness Warnings and Civil Protection Information issued in Japan. It is a free application developed under the supervision of Japan Tourism Agency. The Application provides various functions useful for foreign tourists in Japan. The application is available in 15 languages: English, simplified and traditional Chinese, Korean, Spanish, Portuguese, Tagalog, Indonesian, Vietnamese, Nepali, Thai, Khmer, Burmese, Mongolian, and Japanese.

Summary of "0000JAPAN"

- 1) This is the service some leading telecommunication companies provide their internet circuit for free of charge.
- 2) Your mobile telecommunication devices can be connected to the mobile phone carrier au, softbank, docomo, etc. for free of charge by using FREE Wi-Fi

- named "0000JAPAN".
- 3) Because of its name, "0000JAPAN" is indicated at the top of the Wi-Fi list on your mobile devices.
- 4) Just tap "0000JAPAN" for internet connection. No passcode is required.

Medical Vocabulary and Phrases



I feel **dizzy**.
めまい が します。

I'm **not feeling well**.
きぶん が よくありません。



I have a **running nose**.
はなみず が できます。



My nose is **stuffed up**.
はな が つまって います。



I have a **sore throat**.
のど が いたいです。



I have a **cough**.
せき が できます。



I have **itchy eyes**.
め が かゆい です。



I have **rashes**.
じんましん が できています。

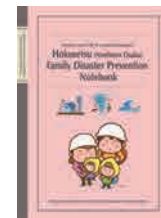


I have **diarrhea**.
げり を しています。



I **accidentally ate** a food I'm allergic to.
ごしょく しました。

My **allergies are acting up**.
アレルギーしょうじょう が できました。



Hokusetsu(North Osaka)Family Disaster Prevention Notebook

Reference:

What should you do when an earthquake strikes? This "Notebook" will help you get fully prepared. English copy available for free download.



<http://oyakobousai.com/wp-content/uploads/2019/10/902d66bdd09284b3bbcfa398dfab8844.pdf>