

## Regarding the new strain of Coronavirus(COVID-19)

### ■What is the Coronavirus?

The new coronavirus (COVID-19) is an infectious virus that affects the respiratory system. The virus can cause symptoms such as coughing and fever, and can lead to serious symptoms. Generally, the virus is transmitted through coughing/sneezing (droplet infection) and direct contact with contaminated surfaces (contact infection).

### ■Please contact a “Coronavirus Consultation Center” (for returnees and people in contact with those infected) or your family doctor if you have any of the below symptoms:

- The elderly and those with underlying health conditions who have relatively mild symptoms such as a fever and/or cough.
- Those who have heavy physical fatigue, trouble breathing or a high fever.
- Those who have none of the above symptoms, but have persistent mild cold symptoms such as a fever and cough.

If it appears that you may have coronavirus, the center will introduce you to medical facilities that are able to treat you. Please wear a mask and make your way to the medical facilities, where possible without using public transport.

**A list of the Coronavirus Consultation Centers (for returnees and people in contact with those infected).**

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19-kikokusyasessyokusya.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html)

INFORMATIONS BICHU PUBLIC HEALTH CENTER 「Returnee・Contact Center」

086-434-7072 (Monday~Friday 9:00~17:00)

086-226-7869 (Monday~Friday 17:00~21:00, Sat, Sun, Holidays 9:00~17:00)

086-434-7024 (Monday~Friday 21:00~ 9:00, Sat, Sun, Holidays 17:00~ 9:00)



### ■Preventing the Spread of Infection

**Please refrain from going to work or school if you have symptoms such as a fever or cold**

#### Individual actions to prevent infection:

- After going outside, wash your hands and gargle
- Disinfect your hands using an alcohol-based disinfectant
- Avoid visiting crowded areas places with poor ventilation and places where people converse in close proximity to one another
- Keep rooms at the appropriate humidity and well ventilated
- Lead a regular lifestyle, and get enough rest
- Eat a balanced diet and drink plenty of fluids



#### Preventing Infection through proper “Coughing Etiquette”

- If you have symptoms of coughing or sneezing, wear a mask
- If you don't have a mask, when you sneeze or cough, do so into a tissue or the crook of your elbow

**Further information on the New Coronavirus (Easy Japanese, English)**

<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>



Informations at Soja City Hall

Health Care Division 0866-92-8259

Human Rights Urban Development Division 0866-92-8242

# Wash Your Hands Regularly

Lather with soap and wash your hands as shown below:

## Before washing

- ◆ Are your nails cut short?
- ◆ Have you removed your rings and watch?

Check !



## Places where dirt easily remains

- ◆ Finger tips
- ◆ Between fingers
- ◆ Around the thumb
- ◆ Wrist
- ◆ Wrinkles on your hand

(1) After creating a lather with the soap, thoroughly wash the palms of your hands



(2) Wash the back of your hands



(3) Carefully wash your finger tips and around your nails



(4) Wash between your fingers



(5) Wash your thumbs in a twisting action as below



(6) Don't forget to wash your wrists



Rinse the soap off with running water and dry your hands with a clean towel