

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

### ■What is the new 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)

#### ■ Multilingual Contact Center

AMDA Medical Information Center

<https://www.amdamedicalcenter.com/>



#### Multilingual Consultation Centers in Japan

(Japanese/easy Japanese/English)

[http://www.clair.or.jp/j/multiculture/association/consultation\\_list.html](http://www.clair.or.jp/j/multiculture/association/consultation_list.html)



#### ■ Further information on the new coronavirus (Easy Japanese / English)

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

(Regarding the disease, financial support, status of residence, etc.)



#### ■ Preventing the spread of infection

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

#### Individual actions to prevent infection

- After going outside, wash your hands and gargle
- Disinfect your hands using an alcohol-based disinfectant
- Avoid 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

#### Telephone Consultations Regarding the new coronavirus are available as below:

Tel No

Date/Time

day

:

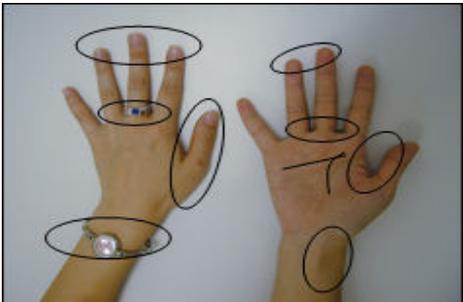
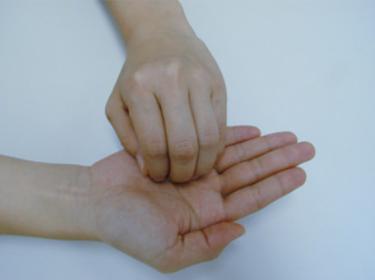
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Contact

# Wash Your Hands Regularly

Lather with soap and wash your hands as shown below:

|  |  |   |
|--|--|---|
| <p><b>Before washing</b></p> <ul style="list-style-type: none"> <li>◆ Are your nails cut short?</li> <li>◆ Have you removed your rings and watch?</li> </ul> <p><b>Check !</b></p>  |    | <p><b>Places where dirt easily remains</b></p> <ul style="list-style-type: none"> <li>◆ Finger tips</li> <li>◆ Between fingers</li> <li>◆ Around the thumb</li> <li>◆ Wrist</li> <li>◆ Wrinkles on your hand</li> </ul> |
| <p><b>(1) After creating a lather with the soap, thoroughly wash the palms of your hands</b></p>   | <p><b>(2) Wash the back of your hands</b></p>  |   |
|    |   |   |
| <p><b>(3) Carefully wash your finger tips and around your nails</b></p>  | <p><b>(4) Wash between your fingers</b></p>  |   |
|   |  |   |
| <p><b>(5) Wash your thumbs in a twisting action as below</b></p>   | <p><b>(6) Don't forget to wash your wrists</b></p>                                   |   |
|   |  |   |
| <p><b>Rinse the soap off with running water and dry your hands with a clean towel</b></p>  |  |   |