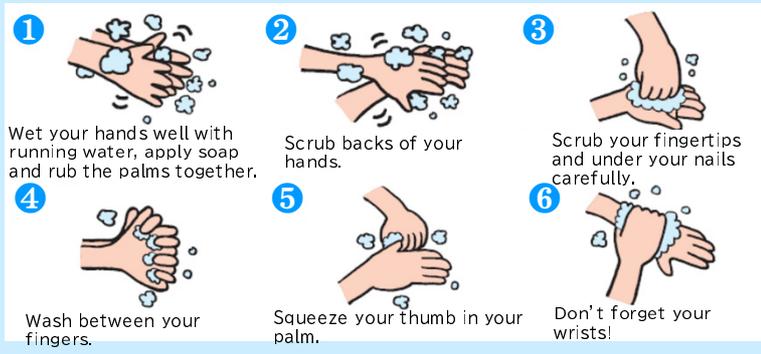


Protect the lives of yourself and the people around you from infection by carefully practicing precautions to prevent catching and spreading the virus.

① Wash/disinfect your hands thoroughly

- When you come home, wash your hands and face first and then take a shower and change your clothes as soon as possible.
- Wash your hands carefully with soap and water for 30 seconds.
- After washing, dry your hands well with a clean towel or a paper towel.

※ When you touch your eyes, mouth or nose with your virus infected hands, the viruses will stick to membrane cells and go into them and multiply. It is said that while viruses can go through the membrane, they cannot penetrate healthy skin but just remain on its surface. Washing with soap is effective as the soap can dissolve the outer envelope of the virus.



② Maintain a 2m (minimum 1m) distance

- When you talk with someone, avoid facing each other directly.
- Even without symptoms, wear a mask, practice cough etiquette, and frequently maintain good ventilation indoors.

※ Beware of heatstroke when you wear a mask in hot and humid weather. Hydrate yourself more often than usual.



③ Do not go out when you have any symptoms

- Take your temperature every morning. Rest at home when you have a fever or any cold-like symptoms.
- Upon meeting high-risk individuals like the elderly or those with chronic diseases, be more strict when checking your health.

Harassment or discrimination against healthcare workers, infected individuals or their family members is extremely intolerable.

Working

- Maintain a distance from others.
- Ventilate rooms and wear a mask in meetings.
- Adopt teleworking and staggered working days/hours
- Promote having meetings and exchanging business cards online.

Shopping

- Go shopping alone or with a minimum number of people when it is not crowded.
- Maintain a distance at the checkout line.

Entertainment/sports

- When you go to a park, choose a less crowded place and time.
- Go jogging or cycling with a minimum number of people and keep your distance.
- Avoid hard exercise that makes you feel short of breath while wearing a mask.

Eating out

- Avoid sharing food with others and order individually.
- Avoid talking as much as possible while eating.

■ To foreigners who are worrying about getting the covid-19 infection:
Enquire with the returnee/contact consultation center (COVID-19 consultation desk) by telephone.

Avoid visiting a general medical facility. The service is generally available only in Japanese.

TEL. 0742-27-1132 FAX. 0742-27-8565 / Open weekdays, weekends and holidays 24 hours

■ To foreign visitors to Japan who want help:

The Japan National Tourism Organization (JNTO) operates a multilingual visitor hotline (in English, Chinese and Korean). Those who are on the hotline can also answer your enquiries about covid-19.

Japan Visitor Hotline 050-3816-2787 (Available 24/7)