

# In Order to Prevent the Novel Coronavirus Infection

Please take the same preventive measures that you would take against a cold or the seasonal influenza such as coughing etiquette and washing your hands.

## Preventive Measures in Everyday Life

### ○Washing Your Hands

- Wash your hands frequently **when you come home, before and after preparing and eating meals.**

### ○ Coughing Etiquette

**When you cough or sneeze**

- Wear a mask.
- During times when you do not have a mask, **cover your mouth and nose** with a tissue.
- If the above is not possible, cover your mouth and nose **with your sleeve or clothes.**
- Stay away** from those around you.



- Avoid gathering in large groups in poorly ventilated and crowded spaces.**
- Those with chronic illnesses and the elderly should take extra care and avoid crowded places.

**○When you do not feel well (have a cough, fever, etc.), give yourself some rest in order to not develop the symptoms or pass them on to others.**

**To foreigners with a fever or other cold-like symptoms and who have had contact with any of the infected areas ※.**

Enquire with the returnee/contact consultation center instead of visiting a general medical facility. (The service is generally available only in Japanese.)

TEL. 0742-27-1132 FAX. 0742-22-5510 / Weekdays 8:30~21:00 Weekends and holidays 10:00~16:00

※The Infected areas are as follows:

○China: Hubei and Zhejiang Provinces

○South Korea: Daegu Metropolitan City, Cheongdo County in Gyeongsangbuk-do Province, Gyeongsan, Andong and Yeongcheon Cities, Chilgok, Uiseong, Seongju and Gunwi Counties

○Iran: Gilan, Qom, Tehran, Alborz, Isfahan, Qazvin, Golestan, Semnan, Mazandaran, Markazi, Lorestan Provinces

○Italy: Veneto, Emilia-Romagna, Piedmont, Marche, Lombardy, Valle d'Aosta, Trentino-Alto Adige, Friuli-Venezia Giulia, and Liguria Regions

○San Marino

○Switzerland: Ticino and Basil-Stadt Cantons

○Spain: Basque Country, Navarra, Madrid and La Rioja Provinces

○Iceland

**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 inquiries about the novel coronavirus.

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