

How to prevent the novel coronavirus

■ What is the novel coronavirus

It is characterized by prolonged fever, sore throat, and coughing (around one week), and many people complain of strong languor (malaise).

Even if infected, it is mild or cured in many cases, but it is considered that there is a higher risk of becoming more severe than seasonal influenza. Be careful as severe cases lead to pneumonia and deaths have been confirmed.

In particular, elderly people and those with underlying diseases may be more likely to become seriously ill.

The novel coronavirus is transmitted by droplet infection and contagious infection. Although it is believed that airborne infection has not occurred, caution is required in conversations between large numbers of people in closed spaces and close distances.

Droplet infection	The virus is released with droplets (sneezing, coughing, spit, etc.) of the infected persons and other people are infected by inhaling the virus through their mouth or nose.
Contagious infection	After the infected persons use their hands to cover sneezing or coughs, they touch the surrounding objects with the hands, and the virus adhere to them. When others touch them, the virus attaches to the hands, and when they touch their mouth or nose with the hands, it is infected through the mucous membranes.

■ What to be careful in daily life

First of all, “Washing hands” is important. Wash your hands with soap or alcohol disinfectant frequently, upon returning home, before and after cooking and before meals.

Please observe “Coughing manners”. If you have coughs or other symptoms, using your hands to cover coughs or sneezing may cause a virus to attach to the object you touch, causing the disease to spread to others through the door knob, etc.

The people with chronic diseases or the elderly people need to take extra care, such as avoiding crowded places as much as possible.

- ✓ Take a break from school or work when you have cold symptoms such as fever;
- ✓ Measure and record your body temperature every day if you have cold symptoms such as fever.

■ Please be careful if you have such symptoms

If you fall under at least any one of the following cases please contact the “Returnee and Contact person consultation center” immediately.

- ✓ Having any strong symptoms such as breathlessness (dyspnea), strong fatigue (malaise), or high fever;
- ✓ Being susceptible persons to severe diseases (*) and having relatively mild cold symptoms such as fever or cough; and
(*): Elderly people, people with underlying diseases such as diabetes, heart failure, respiratory diseases (COPD, etc.), people undergoing dialysis and people using immunosuppressants and anticancer agents.
- ✓ Continuing to have a relatively mild cold symptoms such as fever or cough for anyone other than the above.

(Please be sure to contact the center if you continue to have any of the above symptoms for more than 4 days. There are individual differences in symptoms, so if you think that you have a strong symptom, please contact the center immediately. The same applies to those who need to keep taking antipyretics.)

As a result of consultation at the Center, those with suspicion of the novel coronavirus infection will be introduced a specialized “Returnee and contact person outpatient”. Please wear a mask and visit the medical facility without using public transportation where possible.

The “Returnee and Contact person consultation center” has been set up in all prefectures. For details, see the following URL.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html