

## Regarding the new strain of Coronavirus

### ■What is the Coronavirus?

The new strain of Coronavirus (COVID-19), first discovered in China in December 2019, is an infectious virus that affects the respiratory system. It is reported to cause coughing, fevers and pneumonia. The virus is transmitted through coughing/sneezing and direct contact with contaminated surfaces.

### ■If you have been to Hubei Province/Zhejiang Province within the last two weeks, or have come into contact with someone who has, please take extra care and follow the steps below:

- If you develop a cough or fever, contact a health center
- Follow the instructions of the health center, wear a mask and book an appointment at a medical facility
- When you visit, inform staff that you have recently visited Hubei/Zhejiang province.

### ■Preventing the spread of infection

#### 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
- Keep rooms humid 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>

### Telephone Consultations Regarding the New Coronavirus are available as below:

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Tel No 0299-66-2114 Date/Time Mon.~Fri. 8:30AM~5:15PM

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<b>Contact</b> Itako Health Care Center
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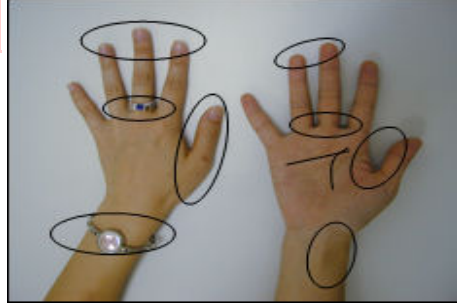
# Wash Your Hands Regularly

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