

# Protecting Against the Novel Coronavirus

## What is the Novel Coronavirus?

The Novel Coronavirus is a virus that causes respiratory illness. **Common symptoms are: fever, sore throat, and coughing (lasting for around one week); and a lack of energy (lethargy).**

The incubation period is from 1 to 12.5 days; most cases last for between 5 to 6 days.

The virus can be transmitted through respiratory droplets and indirect contact.

Respiratory Droplets	The virus can spread on droplets from sneezing, coughing, and saliva. People can become infected if virus-carrying droplets enter through the mouth, nose, or other orifices.
Indirect Contact	If an infected person covers his/her hand while sneezing or coughing, the virus can then contaminate any surface he/she touches. The virus can be transmitted by touching your mouth, nose, or eyes after touching a contaminated surface.

In more severe cases, infection can cause pneumonia and even death. It is thought that the elderly and those with pre-existing conditions are more susceptible to severe symptoms.

## Protect Yourself

Regular handwashing is most important. Wash your hands frequently with soap or alcohol-based disinfectant spray when: returning home, before and after cooking.

Practice respiratory hygiene. Cover your mouth and nose with your bent elbow or a tissue when coughing or sneezing. By covering your mouth with your hands, you can transmit your sickness through touching doorknobs and other surfaces.

It is advised that the elderly and those with pre-existing conditions avoid crowded areas and exercise caution.

**Please stay home from school or work if you have a fever or other cold symptoms.**

Measure and record your body temperature daily if you have a fever or other cold symptoms.

# Attention

Consult with a health consultation center below if you have the following symptoms:

Sick with a fever of 37.5 °C or higher for 4 or more days. (This includes if you are taking antipyretics)

Extreme fatigue (lethargy) and/or shortness of breath (difficulty breathing)

※ **If the above symptoms persist for around 2 days for the elderly and those with pre-existing conditions**

If there is a possibility that you may have contracted the virus, you will be referred to a specialist medical facility. Please wear a mask, and avoid using public transport when visiting the designated facility.

## Health Consultation Center

○ Weekdays (9 AM – 5:30 PM)

Health Center	Telephone	Health Center	Telephone
Chikusa	052-753-1982	Atsuta	052-683-9683
Higashi	052-934-1218	Nakagawa	052-363-4463
Kita	052-917-6552	Minato	052-651-6537
Nishi	052-523-4618	Minami	052-614-2814
Nakamura	052-481-2295	Moriyama	052-796-4623
Naka	052-265-2262	Midori	052-891-3623
Showa	052-735-3964	Meito	052-778-3114
Mizuho	052-837-3264	Tempaku	052-807-3917

○ Weekdays (5:30 PM – 9 AM) / Weekend & Holidays (9 AM – 9 AM)  
(Staff will be on call from 8 PM – 9 AM)

Health Center	Telephone
Naka (After Hours)	052-241-3612

## Ministry of Health, Labor, and Welfare

MHLW Consultation Service - Telephone: 0120-565653 (Toll Free)

Hours: 9 AM – 9 PM (Every day, incl. Sat., Sun. & holidays)

For the hearing impaired or those with difficulties communicating via phone - FAX: 03-3595-2756