

# Prevention Measures against Coronavirus Disease 2019 (COVID-19)

## About COVID-19

< Common symptoms and risk of developing severe >

**Often, fevers or respiratory symptoms may persist for around one week, and many patients complain of strong fatigue.**

Those infected often present only mild symptoms, which will heal in many cases. The severity of the novel coronavirus disease is not as great as infectious diseases with extremely high mortality rates, but it does have the higher risk than seasonal influenza. **The risks of developing severe symptoms are particularly high among the elderly and patients with underlying diseases.**

<The routes of transmission >

The routes of transmission are generally through droplets and contacts. It is not thought to be caused by airborne infections.

In addition, under certain circumstances, such as when talking to many people at a short distance in confined spaces, there is the risk of spreading the infection even without coughing or sneezing.

## Precautions in daily life

- First of all, **washing hand** is important. Wash your hands frequently with soap or alcohol when you return home, before or after cooking, before eating, etc.
- When you have symptoms such as coughs and sneezes, please cover your mouth and nose. If you cover coughs and sneezes with your hands and touches objects around you with those hands, there is a chance of spreading virus via those objects, please observe the **"coughing etiquette"**.
- **Seniors and persons with chronic diseases are advised to take extra precaution and avoid visiting packed places** and using public transportation as much as possible.

**Do not go to office or school, especially if you have symptoms such as fever.**

If you have cold symptoms such as fever, measure and record fever everyday.

## Be careful if you have following symptoms

If you have any of the following symptoms, please consult with the consultation center for people with potential exposure to COVID-19:

- You have had cold symptoms or a fever of 37.5°C or over for four days or more.

(including when you need to continue to take an antipyretic)

- You have a strong feeling of weariness (fatigue) or shortness of breath (difficulty breathing).

**\* Please also consult with the consultation center if you are a senior citizen or have an underlying disease, and you have had the symptoms mentioned above for about two days.**

If the consultation center suspects that you have been infected with the virus, it will introduce you to a medical institution where medical services for people with potential exposure to COVID-19 are available. Please visit the medical institution, wearing a facemask, and refrain from using public transportation.

The consultation centers for people with potential exposure to COVID-19 are set up in each prefecture.

For further information, please refer to the following URL or QR cord.(in Japanese)

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19-kikokusyasessyokusya.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html)



## Medical institutions offering assistance in foreign languages

You can find the medical institutions offering assistance in foreign languages on the following website.

[https://www.jnto.go.jp/emergency/jpn/mi\\_guide.html](https://www.jnto.go.jp/emergency/jpn/mi_guide.html)