

Regarding the New Coronavirus

■ What is coronavirus?

The new strain of coronavirus, first discovered in China in December 2019, is an infectious virus that causes a disease of the respiratory system (called COVID-19). Reported symptoms of COVID-19 include coughing, fever, and pneumonia. The virus is transmitted through coughing, sneezing, and direct contact with contaminated surfaces.

■ About the creation of “Consultation Centers for Returning Travelers and Persons in Contact” and “Outpatient Clinics for Returning Travelers and Persons in Contact”:

- A “Consultation Center for Returning Travelers and Persons in Contact” 「帰国者・接触者相談センター」 (*kikokusha/sesshokusha sōdan sentā*) has been created at each health care center (*hokenjo*) in Shimane Prefecture. These centers provide consultation to people suspected of having COVID-19; they also help people to receive a medical exam at an “Outpatient Clinic for Returning Travelers and Persons in Contact” (i.e. medical institutions that are prepared to accept people suspected of having COVID-19). When going to a medical exam, please wear a mask and avoid using public transportation.
- About “Consultation Centers for Returning Travelers and Persons in Contact” (Shimane Prefectural Government webpage):

<https://www.pref.shimane.lg.jp/medical/yakuji/kansensyo/other/topics/bukan2020.html>

■ 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 “cough etiquette”

- If you have symptoms such as coughing or sneezing, wear a mask
- If you don't have a mask, when you sneeze or cough, use a tissue or your elbow

Further information about the new coronavirus (Easy Japanese, English)

<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>



■ Telephone consultation regarding the new coronavirus is available as below:

Consultation Center	Shimane Multicultural General Consultation “One-Stop Center” (Shimane International Center) Website: https://www.sic-info.org/sic/post-15791/		
Telephone Number	070-3774-9329	Reception Hours	Monday~Friday 9:00~17:00
Supported Languages	English, Chinese, Korean, Vietnamese, Nepalese, Indonesian, Tagalog, Thai, Portuguese, Spanish, Burmese, Khmer (12 languages)		

Wash Your Hands Regularly

Lather with soap and wash your hands as shown below:

<p style="text-align: center; color: red; font-weight: bold;">Before washing</p> <ul style="list-style-type: none"> ◆ Are your nails cut short? ◆ Have you removed your rings and watch? <p style="color: blue; font-weight: bold;">Check !</p> 		<p style="text-align: center; color: red; font-weight: bold;">Places where dirt easily remains</p> <ul style="list-style-type: none"> ◆ Finger tips ◆ Between fingers ◆ Around the thumb ◆ Wrist ◆ Wrinkles on your hand
<p>(1) After creating a lather with soap, thoroughly wash the palms of your hands</p>	<p>(2) Wash the back of your hands</p>	
		
<p>(3) Carefully wash your finger tips and around your nails</p>	<p>(4) Wash between your fingers</p>	
		
<p>(5) Wash your thumbs in a twisting action as below</p>	<p>(6) Don't forget to wash your wrists</p>	
		
<p style="color: magenta; font-weight: bold;">Rinse the soap off with running water and dry your hands with a clean towel</p>		