

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:

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 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