

## Let's Take the Necessary Steps to Prevent the Spread of COVID-19



- Please avoid taking unnecessary, frequent trips outside.
- If you develop a fever or cold-like symptoms, stay home and record your body temperature every day.
- Hand sanitizer and hand soap have been distributed to all municipal facilities.
- All city-organized events, lectures and health checks scheduled through **March 15 (Sunday)** have been delayed or cancelled. Municipal facilities have also been closed for the same period.
- All elementary and junior high schools will be closed from **March 4 (Wednesday) through March 10 (Tuesday)**
- Masks have been distributed to all children and students at all elementary and junior high schools.
- Please exercise caution when congregating in groups or crowds.
- When visiting the Fujiyoshida Municipal Hospital please wear a mask and use the hand sanitizer that is available at the entrance. All consultations have been temporarily halted.
- Tax returns will be conducted as scheduled.
- Afterschool activities and preschools will operate normally.

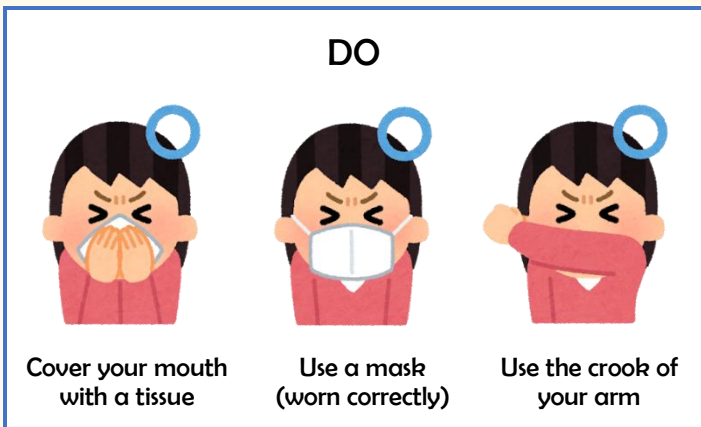
We ask for your cooperation in practicing self-care, hand-washing, gargling, and proper etiquette when coughing and sneezing. In addition we ask that those who feel unwell please avoid school and work, and prioritize recovery in the safety of your home to avoid spread.

FUJIYOSHIDA CITY · COVID-19 PREVENTION TASK FORCE

- ◆ Inquiries: *Kenko-Choju-ka* (Health & Longevity Section): **0555-22-1111**
- ◆ For English please call the International Affairs Desk: **0555-24-1236**

# Basics of Infectious Disease Prevention

## Coughing and Sneezing Etiquette



**!** The most important thing you can do to avoid spread is proper handwashing.

### If you believe you may have been infected

If you have a fever of 37.5°C (99.5° F) or more & cold-like symptoms

1. Stay home from school and work and avoid going outside
2. Take your body temperature every day and keep a record

If your symptoms have persisted for over 4 days

If you are elderly, have diabetes, a heart condition, a respiratory condition or are undergoing dialysis or cancer treatment and your symptoms have persisted for over 2 days

If you are experiencing extreme fatigue or difficulty breathing

Contact the Oversea Returnees & Infected Persons Consultation Center

 **0555-24-9035** (there will be a separate number for late night and emergency calls)

Anyone can have a consultation regardless of having been overseas

If you are suspected of infection

You will receive a medical examination at an undisclosed facility that has been designated for this purpose

If the likelihood of infection is minimal

You should go to your regular practitioner's office and receive a medical examination.