

# In Order to Prevent the COVID-19 Infection

Please refrain from going abroad and visiting areas under a state of emergency<sup>※</sup> in Japan in order to avoid higher risks of infection.

※Tokyo, Saitama, Chiba, Kanagawa, Osaka, Hyogo and Fukuoka Prefectures

## Preventive Measures in Everyday Life

### ○Washing Your Hands

•Wash your hands frequently **when you come home, before and after preparing and eating meals.**



### ○Coughing Etiquette

**When you cough or sneeze**

- Wear a mask.
- During times when you do not have a mask, **cover your mouth and nose** with a tissue.
- If the above is not possible, cover your mouth and nose **with your sleeve or clothes.**
- Stay away** from those around you.



○Those with chronic illnesses and the elderly should take extra precaution and avoid crowded places as much as possible.

○When you do not feel well (have a cough, fever, etc.), give yourself some rest in order to not develop symptoms or pass them on to others.

○Avoid the following conditions which raise the risk of infection:

- ① **Closed spaces with poor ventilation** × ② **Crowded places with many people** × ③ **Close-contact settings such as conversations in close-proximity** ×



○Avoid conversations, especially in a loud voice, or singing in a crowded or close-proximity setting.

○The above conditions are more likely to occur in nighttime entertainment areas. Avoid nightclubs, bars, karaoke, and live houses.

○Community infections have occurred in indoor sport settings, such as ping pong or fitness studios where people tend to breathe more than usual. The risk of contracting infection rises during these circumstances. If even one of the above conditions applies, take preventive measures like washing your hands and following coughing etiquette more thoroughly than usual.

**To foreigners with a fever or other cold-like symptoms and who have been abroad (especially to infected areas)※.**

Enquire with the returnee/contact consultation center (COVID-19 consultation desk) instead of visiting a general medical facility. (The service is generally available only in Japanese.)

TEL. 0742-27-1132 FAX. 0742-22-5510 / Weekdays 8:30~21:00 Weekends and holidays 10:00~16:00

※The Infected areas are as follows:

Iceland, Ireland, Albania, Armenia, Andorra, Israel, Italy, Iran, Indonesia, UK, Ecuador, Egypt, Estonia, Australia, Austria, the Netherlands, Canada, South Korea, North Macedonia, Cyprus, Greece, Croatia, Kosovo, Democratic Republic of the Congo, Cote d'Ivoire, San Marino, Singapore, Switzerland, Sweden, Spain, Slovakia, Slovenia, Serbia, Thailand, Taiwan, the Czech Republic, China (including Hong Kong and Macao), Chile, Germany, Commonwealth of Dominica, Turkey, Denmark, New Zealand, Norway, the Vatican, Panama, Hungary, Bahrain, the Philippines, Finland, France, Brazil, Bulgaria, Brunei, US, Vietnam, Belgium, Bosnia and Herzegovina, Bolivia, Portugal, Poland, Malta, Malaysia, Monaco, Moldova, Morocco, Montenegro, Mauritius, Latvia, Lithuania, Liechtenstein, Luxemburg, and Romania

**To foreign visitors to Japan who want help:**

The Japan National Tourism Organization (JNTO) operates a multilingual visitor hotline (in English, Chinese and Korean). Those who are on the hotline can also answer your inquiries about the novel coronavirus.

**Japan Visitor Hotline 050-3816-2787 (Available 24/7)**

Nara Prefecture (Disease Control Division, Medical Policy Bureau, Welfare and Medical Department / Comprehensive Disaster Prevention Office, Office of the Governor, General Affairs Department)