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# February 20, 2020

[PDF linked file] 新型コロナウイルスを防ぐには

## **How to prevent COVID-19 (*shingata korona virus*)**

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What is COVID-19 (*shingata korona virus*)

It is a kind of viral cold.

It is characterized by fever, pain, and prolonged cough (around one week). Many people with the virus complain of severe lack of energy (malaise).

The incubation period from infection to onset of symptoms is thought to be 1 day to 12.5 days (often 5 to 6 days).

The new coronavirus is said to be transmitted by droplet infection and contact infection.

Droplet infection: The virus is absorbed through the nose or mouth of someone when an infected person coughs or sneezes.

Contact infection: After an infected person covers their sneeze or cough with their hand (for example), the virus could end up left behind on whatever they touch with that hand. When someone else touches that same surface, the virus can attach to their and and be transmitted through the mucous membranes when that person touches their nose or mouth.

\*Be careful that severe cases causing pneumonia and deaths have been confirmed.

In particular, elderly people and people with underlying conditions may be more likely to become seriously ill.

Ways We Can Be Cautious in Daily Life

First of all, wash your hands.

Frequently wash your hands with soap or alcohol disinfectant. Please do so when you return home, before and after cooking, and before meals, etc...

If you are coughing and you cover your cough or sneeze with your hand, when you then use that same hand to touch doornobs or other things, you risk spreading the virus to others.

Please use good etiquette (please use a mask, tissue, handkerchief, or sleeve to cover your mouth and nose when coughing or sneezing).

If you have a pre-existing illness, or if you are an elderly person, you should be careful to avoid places with large crowds.

#### If You Fall Into These Categories, Please Exercise Caution

If you have the following symptoms, please contact the kikoku-sha sesshoku-sha center (帰国者・接触者相談センター)

- Symptoms of a cold or fever of 37.5 degrees or more, lasting 4 days or more. (The same applies to those who have been taking fever reducing medicine for 4 days or more)
- Those who have severe lack of energy (malaise) or breathlessness (dyspnea)
- Elderly people or those with underlying illnesses who are in the condition described above - please contact the kikoku-sha sesshoku-sha center (帰国者・接触者相談センター) after about 2 days

The contact information for the kikoku-sha sesshoku-sha center (帰国者・接触者相談センター) in Tokushima is listed below. Scroll down to see the addresses and phone numbers of all of the centers in our prefecture.

If you plan to go, please wear a mask and avoid using public transportation.

External link:

<https://www.pref.tokushima.lg.jp/ippanokata/kenko/kansensho/5034012>

In Tokushima City: kikoku-sha sesshoku-sha center

(帰国者・接触者相談センター)

Address: 徳島市新蔵町 3 丁目 80 Goggle Map: <https://goo.gl/maps/aTbuYmB75TmuK3xi8>

Phone number: 088-602-8907