

Preventing the Spread of COVID-19

- Wash your hands with soap or clean your hands with an alcohol-based hand sanitizer including between your fingers.
Wash your hands especially after going back home from outside or before touching your eyes, nose or mouth.
- Practice proper coughing hygiene* when coughing or sneezing.
*Cover your nose & mouth when coughing or sneezing with a mask, tissue, handkerchief, sleeve, or the crease of your elbow
- Take preventive measures such as avoiding public transportations or crowded places where possible.
- Sleep well and maintain a balanced diet to keep your immune system strong.
- Dry air decreases the protective function of your throat's mucous membrane. Keep your room at an appropriate humidity of 50–60% with a humidifier or other methods.

Call for advice if you have any worries or concerns about COVID-19.

Advice on COVID-19 & Preventing It's Spread

Multilingual Hotline for Non-Japanese Speakers:

092-687-5357

24-hour service in 18 languages

Immediately contact your doctor or the hotline especially if

- you display any one of these severe symptoms: breathless, severe fatigue or a high fever
- you are a vulnerable person* or are pregnant and display comparatively mild cold-like symptoms, such as fever or cough
*You are classed as vulnerable if you: are elderly; have a pre-existing illness such as diabetes, heart disease or chronic obstructive pulmonary disease (COPD); undergo dialysis; are taking immunosuppressants or anti-cancer drugs
- none of the above applies, but you have comparatively mild symptoms but persistent cold-like symptoms such as a fever or a cough

(Consult the hotline if your symptoms persist for more than four days. Immediately consult the hotline if you display severe symptoms.)