

Precautionary Measures for COVID-19 infection

Kanagawa Novel Coronavirus Call Center

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0570-056774
045-285-0536

1 Weekdays and Holidays (9:00~21:00)

9 2 3 4

Weekdays (9:00~17:00)

Voice Assistance For:

1

Those experiencing symptoms such as a low-grade fever or mild cough, those concerned they may be infected, or matters related to health and medical care

9

Financial Aid

2

■ Kanagawa Warning Alert
■ Prior Consultation for Large-scale Events

3

Business Consultation

4

LINE COVID-19 Notification System, etc.

Cited from Kanagawa Prefectural website (https://www.pref.kanagawa.jp/docs/ga4/bukanshi/bukan_200114.html#callcenter)

■ Fax consultation is also available (FAX) 045-633-3770 ■

Official Website of the Ministry of Health, Labour and Welfare (English·Chinese)

“About Coronavirus Disease 2019 (COVID-19)” Scan QR code:



Ministry of Health, Labour and Welfare Helpline Service: 0120-565653

(Weekdays and Holidays 9:00~21:00)



Avoid Outings



Avoid Crowded Places



Avoid Close-contact Settings



Avoid Confined Spaces



Maintain Good Ventilation



Coughing Manners



Wash Your Hands

What is our New Lifestyle?

- Wash and Sanitize Your Hands Very Often
- Avoid the “Three Cs”
- Maintain Good Ventilation
- Follow Coughing Manners
- Stay 2 Meters Apart (*at least* 1 m) From Each Other
- Check Your Body Temperature and Health Condition Every Morning

New Lifestyle



Official Website of the Ministry of Health, Labour and Welfare

Yamato City
COVID-19
General Helpline
046-261-8009
(8:30~17:15)

Cited from the website of Ministry of Health, Labour and Welfare

Yamato City continues to gather information and take prompt actions to deal with COVID-19.

Center for Returnees and People with Contact History

0570-056799
045-285-1015

Open 24 hours

Please call if any of the following conditions apply to you.

☆ If you have severe symptoms such as shortness of breath, severe fatigue, or high fever

☆ If you are a high-risk patient (※) with mild cold-like symptoms, such as fever or cough

※ Elderly person / patient with underlying medical conditions, such as diabetes, heart failure, or respiratory disease / patient who requires dialysis / patient who takes immunosuppressants or anti-cancer drugs / pregnant woman (as a precautionary measure)

☆ Other patients experiencing mild symptoms (fever, cough, etc.) for multiple days

※ Please make sure to call if you have symptom(s) lasting more than four days. As COVID-19 symptoms vary depending on the individual, please call immediately if you think your symptoms are severe.

To all parents: For infants and children, examination by a pediatrician is recommended. Please call the Center for Returnees and People with Contact History, or your pediatrician.

• When you wear a mask, please avoid vigorous activity or exercise, and keep adequate distance from other people. It is recommended to occasionally remove your mask and take a break.



Please cooperate in measures against infectious diseases.

The basic measures against infectious disease, as well as the novel coronavirus, are **washing hands** and **“coughing manners”** including wearing a mask.

1. Washing hands

Correct way to wash hands.



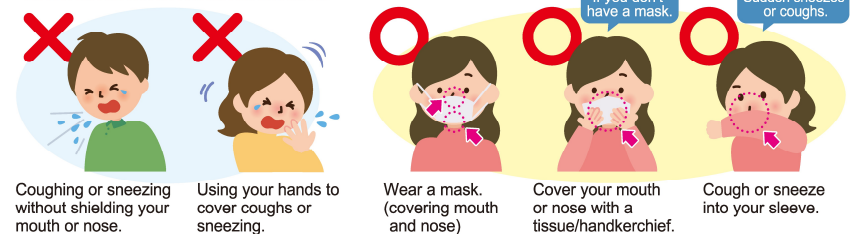
Before washing hands

- Keep your fingernails short.
- Remove wristwatches and rings.

After cleaning with soap thoroughly rinse with water and wipe dry with a clean towel or paper towel.

2. “Coughing manners”

Three “coughing manners”



Correct way to wear a mask.



Ministry of Health, Labour and Welfare Search