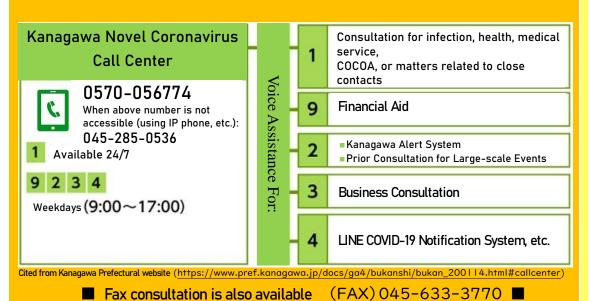
# Precautionary Measures for COVID-19 Infection

# COVID-19 Infection Hotline (Kanagawa)



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 Close-contact Settings



Avoid Confined Spaces



Maintain Good Ventilation



## What is our New Lifestyle?

- Wash and Sanitize Your Hands Frequently
- 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





Official Website of the Ministry of Health, Labour and Welfare

General Helpline 046-261-8009 (8:30~17:15)

Yamato City COVID-19

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.

## Medical Consultation Booking Center (Kanagawa)

### Medical Consultation Booking Center



For patients with at least one of the following symptoms: Fever, cough, sore throat 0570-048914 (9:00~21:00) When above number is not accessible (using IP phone, etc.): 045-285-1015

LINE has launched the official account "COVID-19 Personal Support" on 11/9 (Mon)



Cited from Kanagawa Prefectural website

(https://www.pref.kanagawa.jp/docs/ga4/bukanshi/bukan\_200114.html#callcenter)

If you have symptoms, e.g. fever, and cannot visit your local primary care clinic, this account will help you make an appointment at a medical institution.

OThis service is for the following:

Anyone experiencing symptoms such as a fever, cough, or sore throat

Consultation for anyone suspected for COVID-19 infection: The prefectural Center for Returnees and People with Contact History has closed. Currently, the COVID-19 Infection Hotline is available 24/7, and provides consultation services at night and during holidays.

• 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.



After thoroughly wetting your



Wash between your fingers.

Rub the back of your hands up



Twist and wash your thumbs with the palms of your 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"



Coughing or sneezing mouth or nose.



without shielding your

Using your hands to cover coughs or



Wear a mask. (covering mouth and nose)



Observe the manners on a train, at work,

Cover your mouth or nose with a



into vour sleeve.

#### Correct way to wear a mask.



nose and mouth are



string over your ears.





Ministry of Health, Labour and Welfare

