

Information Regarding the new strain of Coronavirus

Ehime prefecture has set up consultation centers for individuals who have potentially been exposed to COVID-19.

If you have any of the following symptoms, please contact the consultation center for people with potential exposure to COVID-19:

- You have had cold symptoms or a fever of 37.5°C or over for four days or more.

(including when you need to continue to take an antipyretic)

- You have a strong feeling of weariness (fatigue) or shortness of breath (difficulty breathing).

* Please also consult with the consultation center if you are a senior citizen or have an underlying disease, and you have had the symptoms mentioned above for about two days.

If the consultation center suspects that you have been infected with the virus, it will introduce you to a medical institution where medical services for people with potential exposure to COVID-19 are available. Please visit the medical institution, wearing a facemask, and refrain from using public transportation.

Telephone Consultations for people with potential exposure to COVID-19:

089-909-3483 (Open 24 hours including weekends and holidays)

Telephone Consultations Regarding General Information on COVID-19:

089-909-3468 (Open 24 hours including weekends and holidays)

*Please call this number if you DO NOT have the symptoms above.

Consultation Hotline of Ministry of Health, Labour and Welfare:

0120-565653 (9:00 am – 9:00 pm, Toll free)

■What is the Coronavirus?

The new strain of Coronavirus (COVID-19), first discovered in China in December 2019, is an infectious virus that affects the respiratory system. It is reported to cause coughing, fevers and pneumonia. The virus is transmitted through coughing/sneezing and direct contact with contaminated surfaces.

■Preventing the spread of infection

Individual actions to prevent infection:

- After going outside, wash your hands and gargle
- Disinfect your hands using an alcohol-based disinfectant
- Avoid visiting crowded areas
- Keep rooms humid and well ventilated
- Lead a regular lifestyle, and get enough rest
- Eat a balanced diet and drink plenty of fluids



Preventing Infection through proper “Coughing Etiquette”:

- If you have symptoms of coughing or sneezing, wear a mask
- If you don't have a mask, when you sneeze or cough, do so into a tissue or the crook of your elbow
- Same as for the common cold or the flu. We strongly recommend everyday preventative actions to help keep the virus from spreading.

Further information on the New Coronavirus (Easy Japanese, English)

<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>