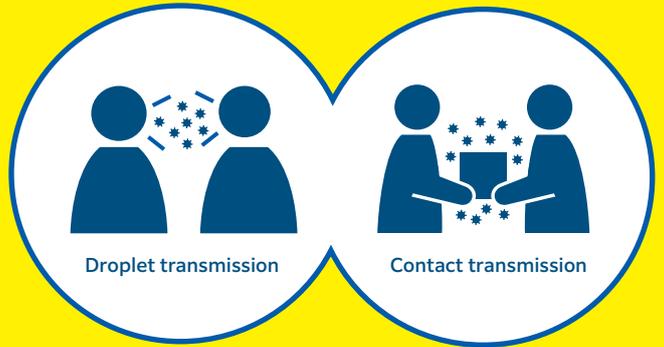


Preventing COVID-19 and stopping its spread



Scan here for the Ministry of Health, Labour and Welfare's "COVID-19 Multilingual Guide" website

* Japanese, English, Chinese, Korean, Portuguese
<https://www.covid19-info.jp/>

What should I do in my everyday life?

COVID-19 is an infectious disease caused by a coronavirus called SARS-CoV-2. It mainly causes symptoms such as fever and/or cough. In general, it is spread through droplet and contact transmission. In particular, keep the following in mind.

Avoid the "Three Cs" (Closed spaces, Crowded places, and Close-contact settings), and use the COVID-19 Contact-Confirming Application (COCOA) to learn the possibility that you have had contact with someone who has been tested positive.

Download COCOA here



Google Play App Store



Avoid closed spaces



Avoid crowded places



Avoid close-contact settings

If you have cold symptoms such as fever, do not go to school or work, refrain from going out, and measure and record your body temperature every day.



Refrain from going out



Measure and record your temperature every day

If you have an underlying disease (pre-existing condition) with a change in symptoms, or if you are concerned about a disease other than COVID-19, please contact your home doctor by phone.



First of all, call your home doctor.



What should I do if I think I might have COVID-19?

See the reverse side.

What should I do if I think I might have COVID-19?



Do not go to a medical institution right away; consult Call center first. Visit our website for details.

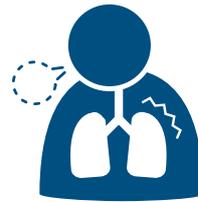


*A doctor will determine if you need to be tested or not.

● **At the very least, please contact Call center in any of the following situations. For information on your local call centers, visit the website above.**

● **You have severe symptoms such as breathing difficulty, intense tiredness (fatigue), or high fever**

Symptoms vary from person to person. If you feel the symptoms are severe, contact Call center immediately.



Breathing difficulty



Fatigue



High fever

● **If you are at high risk of becoming severely ill* and have relatively mild cold symptoms, such as fever and cough**

* Elderly; people with underlying conditions such as diabetes, heart failure, or respiratory diseases (COPD, etc.); people on dialysis; and people taking immunosuppressive agents or anti-cancer drugs

● **Other than the above, people have been having relatively mild cold symptoms, such as fever and cough, that are persistent**

Symptoms vary from person to person. If you feel the symptoms are severe, contact Call center immediately.

Please be sure to contact Call center if symptoms last for four or more days.

The same applies to people who have to keep taking medicine for fever.



Children



Pregnant women

● if you are pregnant or have children, please visit our website.



● **Consultations may be accepted by medical institutions and clinics in some areas in addition to the call centers.**

● **If you receive instructions from a local government, a public health center or a quarantine station, please follow them.**

What should I be careful about when having an exam at a medical institution?

Please make sure the following when going for a medical examination.

● Unless directed by a doctor, please refrain from visiting more than one medical institution, because there have been cases where doing so has caused the spread of infection.

● When visiting a medical institution, please wear a mask, wash your hands and fingers thoroughly, and follow proper cough etiquette*.

* When coughing or sneezing, use a mask, tissue paper, handkerchief, sleeve or the inside of your elbow to cover your mouth and nose.



Can I contact in my own language?

Some languages are supported. For information on local call centers, please visit our website.

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