

# Precautionary Measures for COVID-19 infection

## Kanagawa Novel Coronavirus Call Center

045-285-0536

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

②③④ Weekdays  
(9:00-17:00)

For②Only

045-285-0637

Weekdays  
(17:00-21:00)  
Holidays  
(9:00-21:00)

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

② Matters related to the current state of emergency and special measures (i.e. closure or stay-at-home requests)

③ Matters related to business management, financing, and relief funds

④ Other

## Center for Returnees and People with Contact History

045-285-1015(24H)

- ① Cold-like symptoms / fever (above 37.5°C) for more than 4 days / continuously taking fever reducer
- ② Severe sense of fatigue/ Shortness of breath (In case of elderly people/pregnant women/patient with primary disease: have above symptoms for more than 2 days)

Latest Information (Official Website of the Ministry of Health, Labour and Welfare)

“Announcement for COVID-19 infection”  
(English · Chinese) Scan QR code:



For Inquiries, please call Yamato City  
Medical Checkups Division (046-260-5662)

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

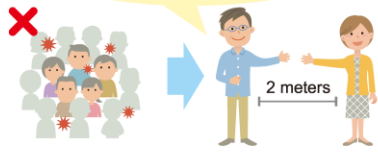
Please refrain from any nonessential and non-urgent outings during the declaration of an emergency situation, and cooperate to prevent the spread of infection.

Stop the spread of COVID-19

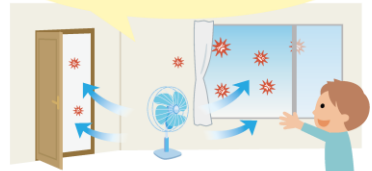
## Avoid Closed spaces, Crowded places, and Close-contact settings!

• Even in open spaces, be mindful of other Cs. We should aim for "Zero C."

Make enough space with others.



Open doors and windows. Ventilate frequently.



Avoid exercise with many people even outdoors.

Walking or running in a small group is fine.



Make space in restaurants.

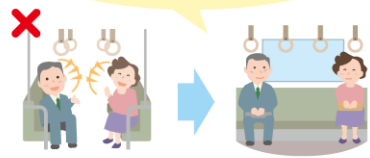
- Avoid dining in a large group
- Leave one empty seat between you
- Sit diagonally across the table



Wear a mask when talking.



Refrain from talking inside the train or elevator.



## 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.



1 After thoroughly wetting your hands with running water, apply soap and rub the palms well.



2 Rub the back of your hands up and down.



3 Thoroughly rub the fingertips and nails.



4 Wash between your fingers.



5 Twist and wash your thumbs with the palms of your hands.



6 Don't forget to clean your wrists.

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

### 2. "Coughing manners"

Three "coughing manners"

- Observe the manners on a train, at work, school or wherever people gather.



Coughing or sneezing without shielding your mouth or nose.



Using your hands to cover coughs or sneezing.



Wear a mask. (covering mouth and nose)



Cover your mouth or nose with a tissue/handkerchief.



Cough or sneeze into your sleeve.

Correct way to wear a mask.



1 Ensure both your nose and mouth are covered.



2 Place the rubber string over your ears.



3 Cover up to your nose so there are no gaps.

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Prime Minister's Office of Japan

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Ministry of Health, Labour and Welfare



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