

## Regarding the new strain of Coronavirus

### ■What is the Coronavirus?

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

### ■About the creation of “Consultation Centers for Returning Travelers and Persons in Contact” and “Outpatient Clinics for Returning Travelers and Persons in Contact”:

- A “Consultation Center for Returning Travelers and Persons in Contact” 「帰国者・接触者相談センター」 (*kikokusha/sesshokusha sōdan sentā*) has been created at each health care center (*hokenjo*) in Shimane Prefecture. These centers provide consultation to people suspected of having COVID-19; they also help people to receive a medical exam at an “Outpatient Clinic for Returning Travelers and Persons in Contact” (i.e. medical institutions that are prepared to accept people suspected of having COVID-19). When going to a medical exam, please wear a mask and avoid using public transportation.
- About Consultation Centers for Returning Travelers and Persons in Contact (Shimane Prefectural Government webpage):  
<https://www.pref.shimane.lg.jp/medical/yakuji/kansensyo/other/topics/bukan2020.html>

### ■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

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

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



### ■Telephone Consultations Regarding the New Coronavirus are available as below:

Consultation Center	Shimane Multicultural General Consultation “One-Stop Center” (Shimane International Center) Website <a href="https://www.sic-info.org/sic/post-15791/">https://www.sic-info.org/sic/post-15791/</a>		
Telephone Number	070-3774-9329	Reception Hours	Monday~Friday 9:00~17:00
Supported Languages	English, Chinese, Korean, Vietnamese, Nepalese, Indonesian, Tagalog, Thai, Portuguese, Spanish, Burmese, Khmer (12 languages)		

# Wash Your Hands Regularly

Lather with soap and wash your hands as shown below:

<p style="text-align: center; color: red; font-weight: bold;">Before washing</p> <ul style="list-style-type: none"> <li>◆ Are your nails cut short?</li> <li>◆ Have you removed your rings and watch?</li> </ul> <p style="color: blue; font-weight: bold;">Check !</p> 		<p style="text-align: center; color: red; font-weight: bold;">Places where dirt easily remains</p> <ul style="list-style-type: none"> <li>◆ Finger tips</li> <li>◆ Between fingers</li> <li>◆ Around the thumb</li> <li>◆ Wrist</li> <li>◆ Wrinkles on your hand</li> </ul>
---	--	---

**(1) After creating a lather with the soap, thoroughly wash the palms of your hands**



**(2) Wash the back of your hands**



**(3) Carefully wash your finger tips and around your nails**



**(4) Wash between your fingers**



**(5) Wash your thumbs in a twisting action as below**



**(6) Don't forget to wash your wrists**



Rinse the soap off with running water and dry your hands with a clean towel