

# Protect the lives of both yourself and the people around you from infection by carefully practicing precautions to prevent catching and spreading the virus.

## ① Wash/disinfect your hands thoroughly

- When you come home, wash your hands and face first and then take a shower and change your clothes as soon as possible.
- Wash your hands carefully with soap and water for 30 seconds.
- After washing, dry your hands well with a clean towel or a paper towel.

※ When you touch your eyes, mouth or nose with your virus infected hands, the viruses will stick to membrane cells and go into them and multiply. It is said that while viruses can go through the membrane, they cannot penetrate healthy skin but just remain on its surface. Washing with soap is effective as the soap can dissolve the outer envelope of the virus.



## ② Maintain a 2m (minimum 1m) distance

- When you talk with someone, avoid facing each other directly.
  - Even without symptoms, wear a mask, practice cough etiquette, and frequently maintain good ventilation indoors.
- ※ Beware of heatstroke when you wear a mask in hot and humid weather. Hydrate yourself more often than usual.



## ③ Do not go out when you have any symptoms

- Take your temperature every morning.
- Rest at home when you have a fever or any cold-like symptoms. Where possible, stay in a separate room from other family members.
- Upon meeting high-risk individuals like the elderly or those with chronic diseases, be more strict when checking your health.

### Working

- Maintain a distance from others.
- Ventilate rooms and wear a mask in meetings.
- Adopt teleworking and staggered working days/hours
- Promote having meetings and exchanging business cards online.
- Avoid talking as much as possible when you take off your mask for eating/drinking.



### Recreational activities/sports

- When you go to a park, choose a less crowded place and time.
- Go jogging or cycling with a minimum number of people and keep your distance.
- Avoid hard exercise that makes you feel short of breath while wearing a mask.



### Eating with others

- Avoid sharing food with others and order individually.
- Do not attend if you have any symptoms (fever, fatigue, sore throat, etc.) or if in the past few days you visited a high-risk place of infection.



### Shopping

- Go shopping alone or with a minimum number of people when it is not crowded.
- Maintain a distance at the checkout line.



### How to throw away used masks/tissues

- Do not touch them directly with your hand (Place the garbage bag into a garbage can).
- Put a mask/tissue in a small bag or wrap with paper before putting it in a garbage bag.
- Make sure that the garbage bag will not tear. Tightly seal the bag and throw it away.
- Wash your hands right away.



- If you have a fever or other symptoms, first consult with a local doctor by phone.
- If there is no doctor nearby, or if regardless of your symptoms you suspect you are infected, please consult with the COVID-19 Testing Consultation Desk by phone.

COVID-19 Testing Consultation Desk (former returnee/contact consultation center)  
 TEL. 0742-27-1132 FAX. 0742-27-8565 / Open 24 hours every day; Available only in Japanese

### ■ To foreign visitors to Japan who need help:

The Japan National Tourism Organization (JNTO) also responds to inquiries about COVID-19.

**Japan Visitor Hotline 050-3816-2787 / Open 24 hours every day**

**Available in English, Chinese and Korean**