

Coronavirus

Wear a mask /Wash your hands

Since December 2019, many cases of the coronavirus have been reported in Wuhan City, Hubei Province, China. Japanese authorities also detected this new virus in Japan and are taking preventive measures. **There is no need to worry too much, but considering it is the flu season, please make sure to wear a mask and wash your hands frequently to protect yourself from getting sick.**

Those who visited Hubei Province or those in contact with them

This new virus has an incubation period of 1-14 days. It is recognized that the virus can be spread during the incubation period. It is important to monitor your physical condition for at least 14 days after you visited Hubei Province or contacted anyone with symptoms.



Typical Symptoms of the coronavirus

fever (over 37.5°C), cough or hard to breathe, muscle pain, malaise



If you have such symptoms,

Make sure to wear a mask. Make a phone call to a medical institution immediately and follow the instruction from the institution. **Don't fail to mention that you visited Hubei Province or had contact with someone who had been there.**

How to protect yourself

Collect information on the coronavirus

We don't know much about this new virus at this point. What we can do is collect updated information from the media or reliable sources and avoid visiting areas where the infection has been reported.

Wash your hands and gargle

Wash your hands with soap and keep them clean with alcohol, etc., especially before eating and after going out.



Coughing

Cover your mouth and nose with your sleeve, a mask, a handkerchief, or a tissue to protect others from getting sick



Avoid being in the crowd

The risk of infection is high in enclosed spaces such as trains and buses. Wear a mask when going out.

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