

Coronaviruses are rapidly spreading from China to the rest of the world. Symptoms include fever, cough, headache, and fatigue, which are similar to those of a cold. The cause is unknown, and there is no vaccine or treatment. However, most people who are infected do not become seriously ill and recover. People who are elderly or have diabetes, heart disease, lung disease, or kidney disease may become seriously ill, so you need to be careful. Pregnant women also need to be careful. The infection rate of children is low. The incubation period is said to be 2 to 12.5 days. Therefore, if there is a possibility of infection, we will rest for 14 days and see how it goes. For the next two weeks or so, the Japanese government is taking special measures to prevent person-to-person transmission. Last weekend, the Japanese government asked people to refrain from gathering at events and to close public facilities and schools. (Nursery school, kindergarten and after school care are not closed.)

It is an emergency measure to prevent medical services from collapsing due to a rapid increase in the number of infected people. The government is also working to strengthen the inspection system.

The important thing now is to prevent each person from getting infected.

The action to do without fail

- Wash hands with soap for 30 seconds after going out. It is better to gargle and wash your face.
- Wash hands after coughing or sneezing, before cooking, eating, and after using the toilet.
- Try not to go out, and wear a mask when you go out.
- Not only hands, but also parts that are often touched by hands, such as door knobs, switches, keys, cell phones, handrails, tables, toilets, and remote controls (TVs and air conditioners), should be sterilized by alcohol disinfection at least once a day.
- Please take a day off from work when you feel sick such as having a fever. (Protect yourself, your family, and your company.)
- If you have a fever, take your temperature and record it every day.

**Fever above 37.5 °C for 4 days (2 days for the elderly) or when breathing is difficult or dull**

You don't go to the hospital right away, but you take an antipyretic and rest at home. (Because there is a possibility of infection in the hospital.)

If a family member is sick, stay in a separate room and open the windows every 1-2 hours during the day to ventilate. If there is a sick person in your family, please do not share dishes and towels, and wash them separately.

If you want to go to the hospital or have an examination

Call "Kikokusha/Sesshokusha Consultation Center" in Ibaraki Prefecture or the health center of your home jurisdiction.

**029-301-3200 (Weekdays 9 – 21 o'clock)      If Japanese conversation is difficult, find an interpreter.**

If you need an examination, you will go after receiving the instruction of which hospital to take the examination. If the test shows that "positive" you will be hospitalized. Even if it is "negative", I have to rest at home for a while.

We also help with interpreting at the NPO Commons. You can also consult.  
Telephone number: 070-2303-7408 (Portuguese) 070-2303-7416 (English, Japanese)



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