

## Information Regarding COVID-19 (Novel Coronavirus)

### What is COVID-19?

- COVID-19 is a type of cold caused by a virus. The illness is characterized by fever, sore throat, extended coughing periods (about a week), and intense fatigue. The incubation period between infection and the onset of symptoms is thought to be from one to twelve days (most cases being five or six days).
- If the infection worsens, it can lead to pneumonia. In some cases patients have died, so please take precautions. Older people and those with underlying medical conditions are thought to be particularly susceptible to severe cases.



### What steps can you take to minimize risk to yourself and others?

- The virus may spread through respiratory droplets landing on surfaces, so washing your hands is important. Wash your hands frequently and thoroughly with soap, and use disinfectant hand sanitizer when returning home from outside, as well as before and after cooking and eating.
- If you have a cough or a sneeze, avoid coughing or sneezing directly into your hand. Instead, use a disposable tissue or cover your nose and mouth with your arm. Wash and sanitize your hands immediately. Touching objects such as doorknobs after you cough could lead to the infection of others. Wearing a mask will help minimize the spread of respiratory droplets.
- Elderly people and those with existing medical conditions should avoid crowded places as much as possible, and take extra care to avoid infection.



### If you are unwell

- If you have a fever or other cold and flu symptoms, do not go to school or work.
- If you have a fever or any cold and flu symptoms, measure and record your body temperature daily.

### When to seek medical advice for COVID-19

Seek medical advice if you have:

- Cold or flu-like symptoms and a temperature of more than 37.5°C, which has continued for more than four days. (Includes situations in which taking fever medication is necessary.)
- Intense fatigue and breathing difficulties.



**Seki Public Health Center 0575-33-4011 (ext. 360)**

The Gifu Foreign Resident Support Center may be able to help with translation support over the phone for those requiring language assistance.

Phone: **058-263-8066** Hours: Mon-Fri 09:30~16:30

More information from the Japanese Government:

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage\\_00032.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html)

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**郡上八幡国際友好協会 GIFA**