

## **Regarding the new strain of Coronavirus (COVID-19)**

### Regarding the guide for consultation of strain of Coronavirus

#### **1. Notes**

- Please refrain from going to school or office and stay inside in case you have any fever and cold symptoms.
- Please take your temperature and note them every day in case you have a fever and cold symptoms .

#### **2. The guide for consulting with a consultation center**

- If you have any of the following symptoms, please consult immediately with the consultation center for people with potential exposure to COVID-19:
  - ☆ In case you have a strong feeling of weariness (fatigue), shortness of breath (difficulty breathing), and a fever of 37.5 or above.
  - ☆ In case you have some serious sickness (※) and symptoms of cold like a fever and coughing.
    - ※Corresponds to a senior citizen, people who have diabetes, heart failure, respiratory disease, artificial dialysis, anti-cancer therapy and so on.
  - ☆ Otherwise in case you have mild symptoms of cold like a fever and coughing continuously. (Symptoms differ individually. If you have a fever and continue coughing more than 4days, or you have to continue to have an antipyretic, please be sure to have a consultation.)
- You can have a consultation at the Consultation Center(a name of a center differs regionally). In some regions, doctors' hall and public health center have a consultation desk.

<For pregnant women>

Please also consult with the consultation center if you are pregnant. If you are pregnant, your symptoms could become more severe than those before you got pregnant.

<For parents with children>

Please consult as guided as above. There is no confirmed case of severe symptoms of children.

- Please consult a doctor when you have a possibility of influenza as usual, because the number of patients from other disease is predominantly large under the present situation.

#### **3. Requests**

- Please consult a medical institution recommended by a health center. Please avoid from consulting many medical institutions.
- Please wear facemask in addition with washing hands and keeping “ Cough etiquette”  
“Cough etiquette” : It refers to the way you cover your mouth and nose with a tissue, handkerchief, or the edge of a sleeve to avoid spreading germs to other people.

#### 4. A list of the Coronavirus Consultation Centers

ほけんしょめい 保健所名	でんわばんごう 電話番号	がいたう しちょうそんめい 該当する市町村名
ひがし ちほう ほけんじょ 東地方保健所	017-739-5421	ひらないまち いまべつまち よもぎむら そとがはまち 平内町、今別町、蓬田村、外ヶ浜町
ひろさき ほけんじょ 弘前保健所	0172-33-8521	ひろさきし、くろいしし、ひらかわし、 にしめやむら、ふじさきまち、おおわにまち、いなかだてむら、いたやなぎまち 弘前市、黒石市、平川市、西目屋村、藤崎町、大鱈町、田舎館村、板柳町
さんのへ ちほう ほけんじょ 三戸地方保健所	0178-27-5111	さんのへまちごのへまち たっこまち なんぶちよう はしかみちよう しんごうむら おいらせちよう 三戸町、五戸町、田子町、南部町、階上町、新郷村、おいらせ町
ごしょがわら ほけんじょ 五所川原保健所	0173-34-2108	ごしょがわらし し あじがさわまち ぶかうらまち つるだちよう なかどまりまち 五所川原市、つがる市、鱒ヶ沢町、深浦町、鶴田町、中泊町
かみとうさん ほけんじょ 上十三保健所	0176-23-4261	とわだし みさわし のへじまち しちのへまち ろくのへまち よこはあよう とうほくまち ろっかしむら 十和田市、三沢市、野辺地町、七戸町、六戸町、横浜町、東北町、六ヶ所村
むつ ほけんじょ むつ保健所	0175-31-1388	し おおままち ひがしどおりむら かざまうらむら さい むら むつ市、大間町、東通村、風間浦村、佐井村
あおもりし ほけんじょ 青森市保健所	017-765-5280	あおもりし 青森市
はちのへし ほけんじょ 八戸市保健所	0178-43-2291	はちのへし 八戸市

**We will assist you with consultation at "The Coronavirus Consultation Centers".**

Tel No	017-718-5147	Date/Time	Japanese 10 : 00~17 : 00 Others 10:00 ~ 14:00
Languages	Japanese Tuesday ~ Saturday Vietnamese → Tuesday / English Wednesday・Saturday Chinese Wednesday・Friday / Korean Thursday		

**Contact Global Lounge of Aomori International Association**

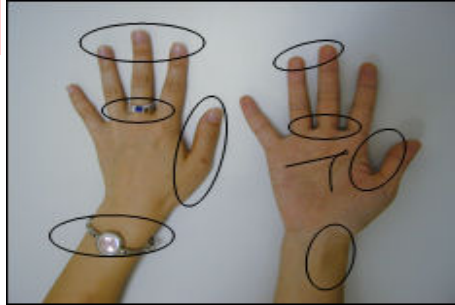
# Wash Your Hands Regularly

Lather with soap and wash your hands as shown below:

## Before washing

- ◆ Are your nails cut short?
- ◆ Have you removed your rings and watch?

Check !



## Places where dirt easily remains

- ◆ Finger tips
- ◆ Between fingers
- ◆ Around the thumb
- ◆ Wrist
- ◆ Wrinkles on your hand

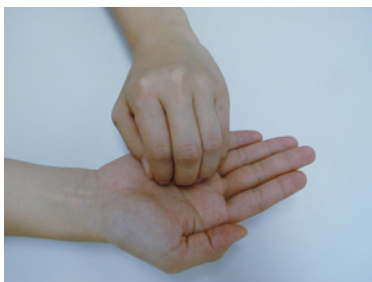
(1) After creating a lather with the soap, thoroughly wash the palms of your hands



(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