

## Consulting/seeking treatment regarding the novel Coronavirus

**Be certain to share this information with people close to you**

### ■What is the Coronavirus?

The new strain of Coronavirus (COVID-19), is an infectious virus that affects the respiratory system. It is reported to cause coughing, fevers, loss of sense of taste, and pneumonia. The virus is transmitted through coughing/sneezing and direct contact with contaminated surfaces.

### ■If you have symptoms such as a fever, do not go to places like school or work.

- Before undergoing examination, call and consult with your regular physician (the doctor you usually consult with)
- If you do not have a regular physician, consult by phone with the Akita Novel Coronavirus Medical Consultation Center (Call Center)

### ■Preventing the Spread of Infection

#### Individual actions to prevent infection:

- After going outside, wash your hands
- Disinfect your hands using an alcohol-based disinfectant
- Avoid visiting crowded areas
- Keep rooms at a proper humidity and well ventilated
- Wear a mask



#### Further information on the New Coronavirus in multiple languages

<https://www.pref.akita.lg.jp/pages/archive/47169>



#### Telephone Consultations Regarding the New Coronavirus are available as below:

Contact	Akita Novel Coronavirus Medical Consultation Center (Call Center)	Date/Time Tel No	Every day 00:00~24:00 018-866-7050
			Every day 08:00~17:00 018-895-9176
Languages	Japanese		Every day 08:00~17:00 0570-011-567

#### It is possible to consult in foreign languages:

Contact	Akita Prefecture Consultation Center for Foreign Residents	Date/Time	Thursday 13:00~17:00 ※Reservations are required for consultation in Tagalog or Vietnamese
Languages	English · Chinese · Korean · Tagalog · Vietnamese	Tel No e-mail	018-884-7050 soudan21@aiahome.or.jp

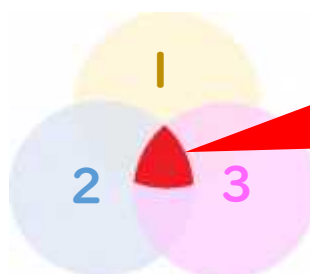
構成：（一財）自治体国際化協会、編集：秋田県外国人相談センター

## To all international residents of Akita Prefecture

### ~Important notice for preventing COVID-19 outbreaks~

### Avoid the “Three Cs”!

- ① **Closed spaces** with poor ventilation.
- ② **Crowded places**  
with many people nearby.
- ③ **Close-contact settings**  
Such as close-range conversations.



The risk of occurrence of clusters is particularly high when the “Three Cs” overlap!

※In addition to the “Three Cs,” **item used by multiple people** should be cleaned with disinfectant.

1. **Avoid the three C's: Closed spaces, Crowded places, and Close-contact settings.**
2. **Act under the assumption that you are infected.**
3. **If you experience symptoms such as fever, fatigue, etc., or if there is something unusual about your sense of taste or smell, please call a doctor or the Akita Novel Coronavirus Medical Consultation Center as soon as possible.**

### Say "NO!" to corona harassment

We are seeing slander and harassment on social networking sites, bullying based on unconfirmed information, etc., directed towards infected persons, their families, medical institutions, other related persons, and so on.

These activities infringe upon people's rights.

Please take calm action based on correct information.