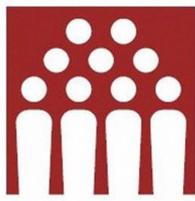




外出控え



密集回避



密接回避



密閉回避



換気



咳エチケット



手洗い

To prevent COVID-19 infections

英語

(Notice from Shizuoka Prefecture West Health Center)

If you get infected with COVID-19, you are required by the law to skip school or work.

For those have been in close contact with patients have to take a break from school or work for 2 weeks, and avoid going out.

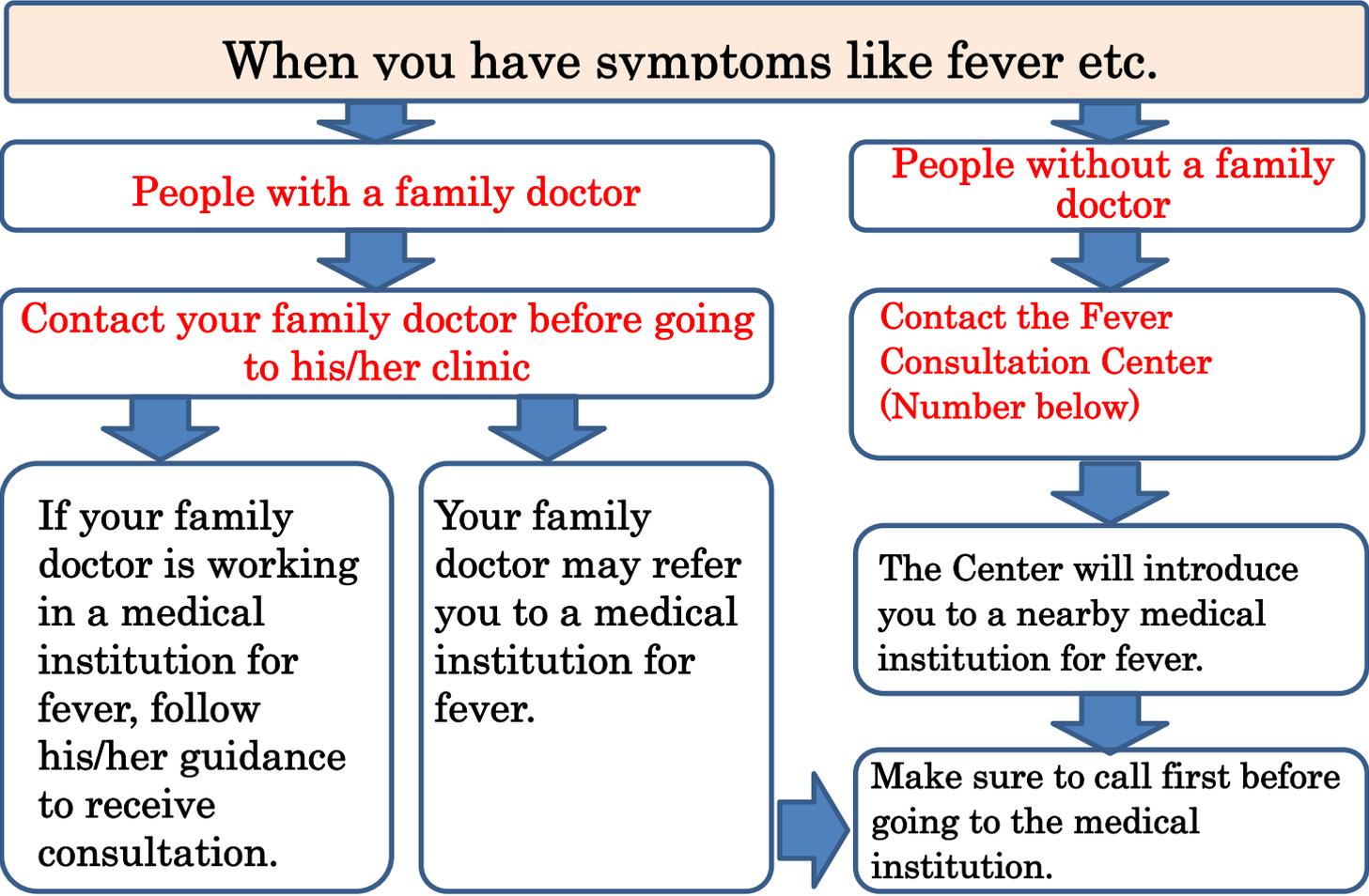
COVID-19 virus enters the body through the mouth, nose, and eyes.

To protect yourself and your family from COVID-19, each and every one of you should be aware of the following:

- 1 To avoid oral transmission
 - When you talk to others, wear masks all the time
 - Make sure to cover your mouth and nose with a mask
 - Do not talk to others when you take masks out and eat or drink
(After you finish eating or drinking, wear masks and talk)
- 2 To prevent you from getting the virus by touching the place where other people touch
 - When entering or leaving the store, when touching a place touched by another person such as a doorknob or strap, or when returning home, disinfect your hands with alcohol, etc. Or wash your hands more than 15 second with soap
- 3 Meet people at a distance of 1 m or more
- 4 Opening windows to get better ventilation

Should you have any concern about COVID-19, you can consult us in foreign languages by calling to the number below. We provide interpretation in 19 languages. It is free of charge and available 24/7.

0120 - 997 - 479



* Be sure to wear a mask when you visit a clinic.

Consultation Center for Fever etc.

Telephone No.

050-5371-0561

(Available 24/7 including Saturdays, Sundays, and holidays)

*For citizens of Shizuoka city, please call 054-249-2221.
For citizens of Hamamatsu City, call 0120-368-567.

[Please also watch these videos on the government internet TV.]

<p>How to wear a mask properly</p> 	<p>How to wash your hands properly</p> 	<p>Avoid eating out with many people loudly</p> 
--	--	---

Share this information with as many people as possible with your SNS

Shizuoka West Health and Welfare Center
 (West Health Center Community Health Care Division)

〒438-8622 3599-4 Mitsuke, Iwata, Shizuoka
 Telephone 0538-37-2793 FAX 0538-37-2224