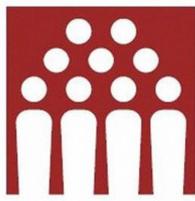
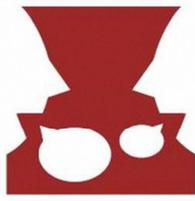




外出控え



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

When you have symptoms like fever etc.

People with a family doctor

Contact your family doctor before going to his/her clinic

If your family doctor is working in a medical institution for fever, follow his/her guidance to receive consultation.

Your family doctor may refer you to a medical institution for fever.

People without a family doctor

Contact the Fever Consultation Center (Number below)

The Center will introduce you to a nearby medical institution for fever.

Make sure to call first before going to the medical institution.

* 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.]

How to wear a mask properly



How to wash your hands properly



Avoid eating out with many people loudly



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