

# Information: About COVID-19

英語 Ver.

## To. All Shizuoka-city citizens

Please don't be too worried, and please proactively take normal infectious disease prevention measures, such as pay attention to cough etiquette and wash your hands often.

### 1 . Establishment of returnees and contacts consultation center

The consultation center is hereby established for arranging patients with suspected COVID-19 with the following symptoms ( ①-⑤ ) for treatment at designated medical institutions as soon as possible.

- ① People who have fever or respiratory symptoms  
and had close contacts with COVID-19 patients in the last 14 days.
- ② People who have fever and respiratory symptoms and had been to or had close contacts with the people had been to Hubei Province or Zhejiang Province in the last 14 days.  
※Close contacts: cohabitation, long-term contact (same flight, etc.)
- ③ People with cold symptoms or fever of 37.5 degrees or more for more than 4 days.
- ④ People with symptoms of malaise or dyspnea.
- ⑤ The following people who have the above symptoms.  
Elderly people, People with underlying diseases (diabetes, heart failure, respiratory disease, etc.),  
People on dialysis, People taking immunosuppressive drugs or anticancer drugs, Pregnant women

#### **【Establishment of returnees and contacts consultation center】**

**☎ 054-249-2221      OPEN : 7days/24hours**

*When visiting a medical institution, please wear a mask and wash your hands and cough etiquette thoroughly.*

### 2 . Other consultations

Please call the following numbers as to other information about COVID-19.

**☎ 054-249-3172      OPEN : 8:30AM-5:15PM / Monday through Friday**

### 3 . Be careful in daily life

There are two types of new coronavirus: droplet infection (sneezing, coughing, brim, etc.) and contact infection (touching surrounding objects with a virus-carrying hand due to sneezing, etc.).

Hand washing is important for prevention.

When returning home or before meals, wash your hands frequently with soap and disinfect with rubbing alcohol. If you have a cough, follow the cough etiquette.

### 4 . Other prevention measures

If you have a underlying diseases or the elderly, take extra precautions, such as avoiding crowded places as much as possible. In addition, please also maintain enough sleep and balanced diet to increase your immunity.

本資料は、2020年2月19日、静岡市保健所 保健予防課より発行された「市民向けリーフレット」を参考にし、『SMIG 実行委員会』が、在住外国人の方が情報弱者となってしまう事を防ぐ目的で作成しております。  
本資料の内容に関する問い合わせ：054-249-3172（静岡市保健所保健予防課）  
本資料の意識等に関する問い合わせ：054-208-2700（SMIG 実行委員～静岡市の医療のグローバル化を目指して～）