

To Prevent Getting COVID-19

To Protect Yourself and Others from COVID-19

Stay home except to go out to hospitals, offices, and shops to get daily necessities.

Go home early after finishing your work and errands.

Stay away from poorly ventilated spaces.

Stay out of crowded places.

Avoid close contact with people



To Prevent Getting Sick

Remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.


Wear a facemask when you need to go out in public.

Wash your hands often with soap and water.

Use a hand sanitizer that contains alcohol.



In case you have a fever, cough, or other symptoms of COVID-19 **NEVER go to work or school.**


 Those showing any of these signs need to seek emergency medical care immediately.

- Shortness of breath or difficulty in breathing

- Severe sense of fatigue

- High fever

- Four or more days continued symptoms of a fever or cough

 Those at high-risk for severe illness from COVID-19 need to seek emergency medical care immediately.

- Elderly people

- People with diabetes

- People with chronic lung disease or serious heart condition

- People with chronic kidney disease undergoing dialysis

- People immunocompromised from cancer or other medical treatment

- Pregnant women

※ Even though above-mentioned conditions are not applied to you, but you feel anxious, you can have a consultation. Refer information below.

Consultation Service Information

[To Get Consultation Services on COVID-19](#)

Related Link

[【外国人の方へ\(やさしいにほんご\)】新型\(しんがた\)コロナウイルス\(COVID-19\)について](#)