

## A Request to the Citizens of Joetsu City Regarding the Novel Coronavirus

February 26, 2020

### 1 Please be diligent in protecting against infection

- ① Wash your hands with soap, or use disinfectant.
- ② Gargle.
- ③ Keep up cough etiquette.
- ④ Avoid unnecessary contact with persons who have a fever or a cough.
- ⑤ Refrain from non-essential trips outside, esp. to crowded places, as well as travel.

### 2 What to look out for

- ① Cold symptoms or fever above 37.5°C (99.5°F) lasting over at least 4 days.  
(Same if you continue to need fever medication.)
- ② Extreme fatigue or shortness of breath.
- ※ Older persons and those with an underlying condition should seek medical attention after 2 days.

### 3 If you exhibit any of the above symptoms

- ① Stay home from school or work, and avoid going outside.
- ② Check with your physician, or the “MHLW Hotline” and follow recommendations.

Ministry of Health, Labour and Welfare, Novel Coronavirus Hotline  
Tel. 0120-565653 (free)  
On call: 9am to 9pm, 365 days a year

**Keep Calm and Exercise Due Diligence**

Joetsu City Citizen Help Desk 025-526-5111 (ext. 1748)