

# CITY INFORMATION しほう

Iwakuni City Hall at 1-14-51 Imazu-machi, Iwakuni City, Yamaguchi-ken

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2020ねん 3がつ 1にち

a/o Feb.18 Health Promotion Section, Iwakuni City

2がつ 18にち げんざい いわくにし けんこうすいしんか

## Prepare for COVID-19! しながた コロナ ウイルス かんせんしょう に そなえて

### What one can do to counter the spreading of virus?

ひとりひとり が できる たいさく を しっておこう

It is very important to take the same preventive measures you would normally use against infectious diseases such as common cold and flu like washing your hands and practicing “coughing-etiquette”.

**What is COVID-19?** しながた コロナ ウイルス かんせんしょう って どんな びょうき?

**Q What is this novel coronavirus disease?** しながた コロナ ウイルス かんせんしょう とは?

It's an infectious disease caused by a new coronavirus with no confirmed case of infection to human before.

**Q What is coronavirus?** コロナ ウイルス とは?

It's an infectious virus to animals and human. There have been 6 known types to this day that are infectious to human. Among them, SARS-CoV (Severe Acute Respiratory Syndrome Coronavirus) and MERS-CoV (Middle East Respiratory Syndrome Coronavirus) are known to cause grave respiratory disease while others would cause minor disease such as common cold even if infected.



**Q How do you get infected?** どうやって かんせん するの?

Currently, you get infected by respiratory droplets and/or physical contact.

●**Infection by respiratory droplets** ひまつ かんせん

The virus in droplets spreads from sneezing, coughing or spitting of an infected person.



Other person takes in the virus through mouth or nose and become infected.

### ●Infection by physical contact せつしょく かんせん

An infected person puts his hand over the mouth when coughing or sneezing.



The hand touches something around him and leaves the virus on it.



The other person touches it and the virus transmits to his hand.



The hand touches his mouth or nose and he gets infected through mucous membrane.

### **Call Centers on COVID-19** そうだん まどぐち

#### ●Iwakuni Health and Welfare Center

Tel:29-1523

Operation hours 0900-1700(Except Sat, Sun, Holiday)

#### ●Yamaguchi Prefecture Health Promotion Division

Tel:083-933-3502

Operation hours 0900-1700

#### ●Ministry of Labor/Health/Welfare

Tel:0120-565653

Operation hours 0900-2100

**Scan this for the latest information**

さいしん じょうほう は こちら

※ Available in English, Chinese and Korean.



## How can you counter the spreading of COVID-19?

ひとりひとり が できる しんがた コロナ ウイルス かんせんしょう たいさく は？

We'd like to call on aged people and people with a chronic disease to avoid crowded area to the maximum extent practicable.

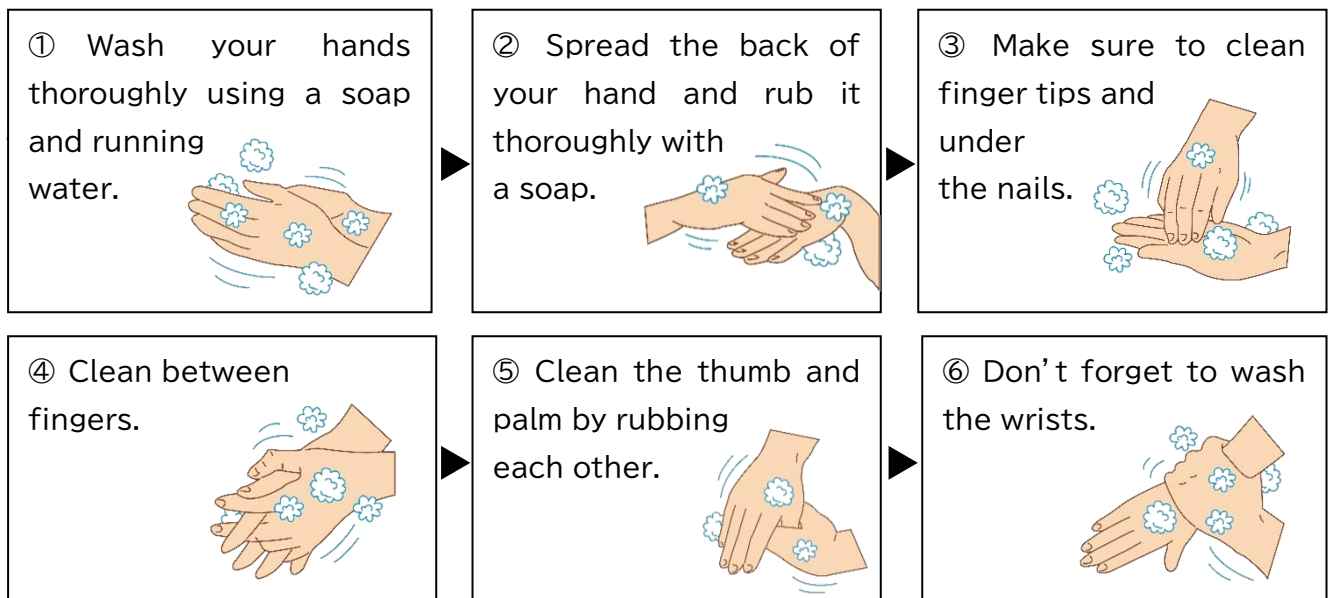
### **In order not to get infected by novel coronavirus**

“Hand washing” is absolutely essential. After you return home from outings, before and after cooking or before meals, make it a rule to wash your hands with a soap or alcohol-based hand sanitizer.

#### ●Hand washing てあらい

A virus may have transmitted to your hand by touching a door knob, a hanging strap and what not. Please try to wash your hands whenever your return home from outside, before or after cooking or before meal.

- ① Wash your hands thoroughly using a soap and running water.
- ② Spread the back of your hand and rub it thoroughly with a soap.
- ③ Make sure to clean finger tips and under the nails.
- ④ Clean between fingers.
- ⑤ Clean the thumb and palm by rubbing each other.
- ⑥ Don't forget to wash the wrists.



● **Before washing hand** て あらい の まえに

- Clip the nails.
- Take off a watch or a ring.

● **Daily health care** ふだん の けんこう かんり

Try to sustain the immune system high by taking enough sleep and well-balanced meals on a daily basis.

● **Keep the appropriate humidity level** てきせつ な おんど を たもつ

Dry air lowers the defense mechanism of mucous membrane. A humidifier can keep the room air moist (preferably with 50-60 % humidity level).

**In order not to transmit the virus to others** ほかの ひとに うつさない ために

● **Coughing etiquette** せき エチケット

When you need to sneeze or cough, wear a mask or cover your nose and mouth with a tissue paper to avoid the virus contained droplets from landing on others.

● **Proper way to wear a mask** ただしい マスク の ちやくよう



Illustration: GOJ on-line PR



## Japan-US Exchange Strengthened through Music

おんがく を つうじて ふかめた にちべい こうりゅう

Japan-US Friendship Concert in Iwakuni was held at Iwakuni City Culture Center, Feb. 8. An accumulative 200 students from schools on base and local schools from the neighboring municipalities to the base participated in the concert. Yuu-Nishi Elementary School, Yuu Junior High School and Marifu Daiko Team represented the Iwakuni city. Students have spent hours practicing together at facilities both off and on base, introducing each other at the get-together after practice sessions to strengthen Japan-US friendship.

