



Special Issue on Novel Coronavirus Infection Control Measures ②

This is an article with information regarding the novel coronavirus.

Of the currently confirmed cases in Japan, 80% of them are not transferred to another person.

Additionally, 80% of people with confirmed symptoms experience light symptoms. Exercise enough caution against the infection, be calm, and do not be misled by unreliable information.

※Information accurate as of March 3rd. For recent information, please check the homepage.

1. Be Careful of Lack of Exercise!

If you stay indoors at home for a long period of time, you move your body less, your physical strength starts to worsen, and the risk of falling/bone fractures increases.

Try to go out and do light exercise such as walking when your body is in good condition. If you avoid crowded places or poorly ventilated places, there is no need to worry about infection.



Move your body, even a little bit, every day!

Simple Strength-Training Exercises You Can Do at Home

(1) Heel Raises 1 set, 10 times

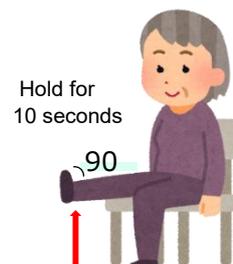
- ① Hold the back of a chair, and stand up straight with your legs open slightly.
- ② As if making your body taller, raise your heels.



(2) Leg Lifts 5-10 times each leg

- ① Sit on the chair with your back straight.
- ② With your ankle bent at a 90° angle, slowly raise it from the floor.

- The number of times to do the exercises is only an estimate. Change it according to your stamina and the condition of your body.
- Generally, each action lasts 4 seconds. Do the action slowly for 4 seconds, and take 4 seconds coming back from it.
- Use a sturdy and firm chair.



【Questions】 Health Support Division ☎238-9926

2. Things to be Careful of in Your Daily Life

(1) Wash Your Hands

Wash your hands frequently with soap when you get return home from outside, before and after cooking, before eating, etc. Hand sanitizer is also effective.

(2) Check Your Health

Check your temperature every day and check your health.

***People with chronic illnesses and the elderly should avoid places with large crowds as much as possible and exercise extra caution.**

There have been cases reported where several people have been infected in places that have poor ventilation or large gatherings of people, such as:

- ① Live music venues
- ② Gyms
- ③ Buffet-style restaurants, etc.

(3) Citizens' Telephone Consultation Desk ☎ 238-9966

9:00-17:00 (includes Saturday, Sundays, and holidays)

*There may be occasions where you cannot get through. Please wait a while before trying to call again.

For those with hearing impairments, or those who cannot consult via the phone, etc. can send an email to the following address. Your enquiry will be accepted there.

E-mail: kansensho.PHO@city.chiba.lg.jp

【Questions】 Infectious Disease Control Division ☎ 238-9966

3. To Those Struggling due to Suspension of Business, etc. Due to the Coronavirus

The country, via business operators, has plans to support those who are having living difficulties due to suspension of business, etc. because of the novel coronavirus.

Meanwhile, in Chiba City, a new loan system has been established in order to respond quickly to people with children in school who are not eligible for the “Subsidies for Elementary School Closures, etc.” from the nation or who temporarily do not have enough funds to tide them over until aid from the nation arrives.

(1) Support Systems from the Country

① Employment Adjustment Subsidies

Partial subsidies for salaries, leave allowance, etc. are available for business owners who have been forced to reduce their business operations due to the effects of the novel coronavirus and have temporarily suspended work for their workers but want to keep their workers employed.

Limit 8,330 yen (per person, per day)

② Subsidies for Elementary School Closures, etc.

There are plans to support workers who have been affected by the temporary school

closures due to the coronavirus by setting up a subsidy system for companies that made their workers take paid leave.

Limit 8,330 yen (per person, per day)

Special Labour Consultations Services

General Labour Consultation Services, Employment Environment and Equal Employment Office, Chiba Labour Bureau

☎221-2303 **Hours** 8:30-17:15 (weekdays only)

【Questions】 Employment Promotion Division ☎245-5278

(2) Support Systems from the City

Emergency Livelihood Loans Following the Temporary Closure of Elementary Schools, etc. (new loan system)

Eligibility: Households that meet all the conditions below

- ① Are experiencing a temporary decrease in income and are having financial difficulties because of suspension of work or loss of employment following the temporary closure of elementary schools and other facilities* between February 27 and March 31, 2020.
- ② Have a child or children enrolled in elementary school, etc.
- ③ Have an address in Chiba City (have been living there for 6 months or more)
- ④ Not receiving welfare
- ⑤ Total income of all family members for the year 2018 is less than the amount specified in the table below

Number of Household Members	2	3	4	5 and more
Total Amount	4.3 million yen	6.2 million yen	7.3 million yen	An additional 300,000 yen for every extra person

*Elementary schools and other facilities

Elementary schools, compulsory education school (elementary school courses only), special assistance schools (until high school), after school children's clubs (such as Children's Rooms, etc.), kindergartens, daycare centers, certified childcare centers, etc.

Loan Limit Within 200,000 yen (Deferment Period: 2 months)
Loan Interest Rate No Interest (Repayment Period: 12 months)
Joint Guarantor Not Necessary

【Questions】 Regional Welfare Division ☎245-5158

(3) Other Support Systems
Small Emergency Loans

A system from the council of social welfare that supports households with low income who need urgent and temporary financial support by providing necessary living expenses (loan limit: 100,000 yen/no interest). Please enquire for more details.

【Questions】 Chiba Council of Social Welfare

Chuo Ward Office	☎ 221-2177
Hanamigawa Ward Office	☎ 275-6438
Inage Ward Office	☎ 284-6160
Wakaba Ward Office	☎ 233-8181
Midori Ward Office	☎ 292-8185
Mihama Ward Office	☎ 278-3252

4. For Your Reference

The Chiba City International Association's homepage and the Chiba City homepage are being updated with recent information regarding the novel coronavirus.

Chiba City International
Association HP



Chiba City HP



Public Relations Division
Twitter



Ministry of Justice HP

