



## Special Issue on Novel Coronavirus Infection Control Measures

This article is about the novel coronavirus infection and the countermeasures that Chiba City is taking. Exercise enough caution against the infection, be calm, and do not be misled by incorrect information.

※Information accurate as of March 2<sup>nd</sup>. For recent information, please check the homepage.

Search for ちばし しんがた  
千葉市 新型コロナウイルス

### 1. What is the Novel Coronavirus?

It is a disease characterized by symptoms such as fever, strong coughing that lasts more than a week, and severe fatigue. If symptoms become severe, it could develop into pneumonia.

It is said that the incubation period from infection until symptoms start appearing can be anywhere between 1 to 12.5 days (usually from 5 to 6 days), and infection can occur via either droplet infection or contact infection.

#### (1) Droplet Infection

Airborne droplets (the saliva, sneeze, cough, etc.) of an infected person carry the virus with them, and can infect someone else if they inhale the virus via their mouth or nose.

#### (2) Contact Infection

When an infected person coughs or sneezes into their hands, the virus transfers onto things around them that they touch. If another person touches those items, the virus transfers to their hand and when they touch their mouth or nose, they can get infected via their mucous membrane.

【Questions】 Infectious Disease Control Division ☎238-9966

### 2. Things to be careful of in your daily life

#### (1) Get enough rest, sleep, and eat balanced, nutritious meals

Make sure to get enough rest, sleep, and eat balanced, nutritious meals to improve your stamina and resistance to the virus.

#### (2) 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.

### (3) Follow sneezing etiquette

When you sneeze or cough, cover your mouth and nose with something such as a tissue and turn your face away from the people around you. Throw the used tissue away in the garbage immediately. The virus will stick to your hands if you cough or sneeze into them, and there is a possibility that it can transfer to another person via door knobs, etc., so be sure to follow sneezing etiquette.



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

### (4) Regarding the usage of masks

Currently, there are many people wearing mask as a preventative measure. However, in order to effectively prevent the spread of the disease, it is important that people suspected of having a cold or infectious disease wear masks.



### (5) In order to prevent infection, should I not go outside?

The recent closing of schools and facilities is a measure done to prevent the risk of large-scale transmission to the population. There is no need to worry about infections outside in parks or school yards as long as there is no close contact.



### (6) I'm nervous that I've come in contact with an infected person

Unless you've been in close contact with an infected person, or been in a room with poor ventilation with an infected person, there is no need to worry.

People who have come into contact with a sick person should go (with their family members) to a health center for an examination. Those who need it will have their health monitored. For those who are not eligible for health monitoring, there is no need to restrict themselves nor their family members by avoiding going outside, etc.



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## 3. If you think you have become infected

If you have a fever, or symptoms of a cold, stay home from work.

People with the following symptoms should consult with a Coronavirus Consultation Center.

- ① You have had cold symptoms, or a fever of 37.5 degrees or over for 4 days or more (includes people who need to continue to take antipyretics)
- ② You have strong feelings of fatigue/weakness, or have difficulty breathing
- ③ You have had the symptoms mentioned above for about two days and you are elderly, pregnant, have diabetes, have heart failure, have underlying respiratory disease, are on dialysis, etc.,

**Coronavirus Consultation Center** ☎238-9966 9:00-17:00 (includes weekends and holidays)

\*Currently, there is an overwhelming amount of diseases other than the novel coronavirus. If you are concerned that you have influenza or other diseases, please consult your family doctor as usual.

At this time, there are no reports that children are likely to become severely ill, so please monitor and treat them as you usually would when they are sick.

【Questions】 Infectious Disease Control Division ☎238-9966

#### 4. Closing of City Facilities

Some facilities of Chiba City will be closed or partially closed.

Duration: Tuesday, March 3-Monday, March 16

There are also some events that have been cancelled or postponed. Up-to-date information can be found on the homepage, or by contacting the organizer.

For more details, search for ちばし しんがた  
千葉市 新型コロナ イベント.

#### 5. Closing of Municipal Schools, etc.

##### (1) Duration Period

Elementary and Junior High Schools = Tuesday, March 3-Monday, March 16

High Schools = Tuesday, March 4-Monday, March 16

Note that special education schools, childcare facilities, etc. will be open as usual.

##### (2) Hosting of children during the break (only via pre-application)

###### ① Schools

Eligibility: 1<sup>st</sup>-4<sup>th</sup> year elementary school students that cannot stay at home because their guardians are working; students that are enrolled in special assistance classes

Date and Time: Weekdays, 8:00-14:30

\*From the viewpoint of infection prevention, age and other factors have been considered, as there is a need to control the number of people

###### ② Kodomo Rooms, after school programs

Eligibility: Children enrolled in Kodomo Rooms or after school programs

Date and Time: Weekdays from 14:30. Closing hours and operations on Saturdays are as usual.

#### 【Questions】

Schools	School Affairs Division	☎245-5927	FAX246-6424
Kodomo Rooms	Healthy Child Development Division	☎245-5177	FAX245-5995
After school programs	Lifelong Learning Promotion Division	☎245-5957	FAX245-5992

## 6. Consultations

### (1) Chiba City International Association “Consultation Services for Foreign Residents”

☎245-5750

Consultations in foreign languages (English, Chinese, Korean, Spanish, Vietnamese) are available.

Please call to confirm when you can consult in your desired language.

Dates and Times : 9:00-19:30, Monday to Friday

9:00-16:30, Saturdays

※Not open on Sundays or holidays

### (2) Citizens' Telephone Consultation Desk ☎238-9966

Dates and Times: 9:00-17:00 (includes Saturdays, Sundays, and holidays)

For those with hearing impairments, those who cannot consult via the phone

Email : kansensho.PHO@city.chiba.lg.jp

### (3) Consultation Desk of the Ministry of Health, Labour, and Welfare

☎0120-565653 (toll-free number)

Dates and Times: 9:00-21:00 (includes Saturdays, Sundays, and holidays)

For those with hearing impairments, those who cannot consult via the phone

FAX 03-3595-2756

\*There may be occasions where you cannot get through to (1)~(3). Please wait a while before trying to call again.

## 7. 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

