

# Protecting Foreign Residents from COVID-19 in Fukuoka City

Could your everyday life and way of acting be putting you and those around you at risk from COVID-19?

It is important to take measures to prevent spread of infectious diseases. However, it is equally important to respect the culture and traditions of your home country. It is therefore crucial to stay up to date with accurate information to prevent the spread of COVID-19, and to act in a way that protects you and the people around you from the disease.

## 1) Basic Measures to Prevent the Spread of COVID-19

- The most important preventative measures are to:

- ① Maintain social distancing
- ② Wear a mask
- ③ Wash your hands



- Specifically:

- Maintain 2-meters-distance where possible (at least 1 meter) from other people.
- Avoid talking face on to people where possible.
- Wear a mask when you cannot maintain social distancing. Even if you have no symptoms of the virus you must still wear a mask.
- Wash your hands and face as soon as you get home after going out.
- Wash your hands thoroughly for around 30 seconds with water and soap (you can also use hand sanitizer).



## 2) Getting Checked at a Medical Facility

People who display symptoms of COVID-19 must be tested and treated as soon as possible in order to prevent the spread of the virus.

By testing for the virus and treating infected people as soon as possible it is possible to prevent the further spread of the virus and prevent people including yourself from developing severe symptoms.

You should not rely on over-the-counter medicines. Even if your symptoms have improved, these medicines cannot cure COVID-19 and you can still spread the virus to the people around you.

If you feel unwell or have come into contact with someone who has the virus, call the number below or telephone your closest medical facility.



### COVID-19 Multilingual Hotline

**092-687-5357** (24 hours a day)

Consultation service is free. (Call charges apply)

If you have come into close contact with someone with the virus or show symptoms of the virus, you must arrange to be checked by a doctor. If the doctor decides you require tests, you will have to pay for some parts of the initial examination. However, do not worry, the tests themselves are free of charge.

If you do test positive for COVID-19 and must stay at a hospital or hotel, your stay will be free of charge, excluding some minor daily necessities.

If you need to go to hospital for examination and need language help, you can call the telephone interpreting service below (available in 18 languages).

Please call from the hospital you are being examined at if you want to use the telephone interpreting service.

### Fukuoka City Medical Interpreting Call Center

**092-733-5429** (24 hours a day)

Interpreting service is free. (Call charges apply)



### 3) Daily Habits

Some everyday greetings and habits such as shaking hands, hugging and kissing can unknowingly spread the disease to those we greet.

Eating together in large groups also can risk spreading the disease. Sharing meals on large plates, sharing drinks, and sharing chopsticks and cutlery greatly increase the chance of spreading the virus.

The COVID-19 pandemic is causing people around the world to rethink their daily habits. It is important for each and every individual in Japan to rethink their daily habits to reduce the risk of catching and spreading the virus.

### 4) Wear a Mask at All Times

Masks are very effective at limiting the amount of virus particles that you breathe in and also reducing the amount of virus particles breathed out and transmitted to other people.

Masks are now readily available at your nearest pharmacy or supermarket.

You must wear a mask when you go out or talk to people.



### 5) Events and Gatherings of Family and Friends

As we approach the New Year period, New Year events will be held around Fukuoka City.

New Year is a special time of year for many cultures, and opportunities for families and friends to have parties will increase over the festive period.

It is therefore important to prevent the 3C's: Closed spaces with poor ventilation; Crowded places with many people; and Close-contact with people as much as possible during New Year gatherings as there will be a greater risk of the virus spreading.

Take basic preventative measures and do not attend any events or parties if you feel unwell.



## 6) Communal Living

People living in school dormitories, share houses and other communal living spaces are more at risk of catching the virus, due to living in close proximity with others in an enclosed area over a long period of time.

When using communal areas, wear a mask to reduce the risk of catching the virus or spreading the virus to others in the communal house.

Ventilate your room often, keep your room humidified and clean your house regularly to lower the risk of spreading the virus.

Also, to prevent the virus from being carried into the communal areas of your residence, wash your hands and gargle as soon as you get home after going out.



Check the following websites for multilingual information on COVID-19.

① Fukuoka City COVID-19 Information

[https://www.city.fukuoka.lg.jp/shicho/koho/health/covid19\\_01.html#fdi](https://www.city.fukuoka.lg.jp/shicho/koho/health/covid19_01.html#fdi)



② Fukuoka City COVID-19 Information for Non-Japanese Speakers

[https://www.city.fukuoka.lg.jp/soki/kokusai/shisei/covid19\\_fo.html](https://www.city.fukuoka.lg.jp/soki/kokusai/shisei/covid19_fo.html)



③ Ministry of Health, Labour and Welfare (Available in 11 languages)

<https://www.covid19-info.jp>



Find COVID-19 and travel information for U.S. citizens in Japan on the U.S. Embassy & Consulates in Japan website:

<https://jp.usembassy.gov/category/alert>



注意喚起情報（日本語URL）

<https://jp.usembassy.gov/ja/category/alert-ja/>

