



Preventing the Spread of COVID-19

- Wash your hands with soap or clean your hands with an alcohol-based hand sanitizer including between your fingers.
Wash your hands especially after going back home from outside or before touching your eyes, nose or mouth.
- Practice proper coughing hygiene* when coughing or sneezing.
*Cover your nose & mouth when coughing or sneezing with a mask, tissue, handkerchief, sleeve, or the crease of your elbow
- Take preventive measures such as avoiding public transportations or crowded places where possible.
- Sleep well and maintain a balanced diet to keep your immune system strong.
- Dry air decreases the protective function of your throat's mucous membrane. Keep your room at an appropriate humidity of 50–60% with a humidifier or other methods.

Call for advice if you have any worries or concerns about COVID-19.
If you have a fever or cough, or display symptoms of a cold, you must call your doctor or the Multilingual Hotline for Non-Japanese Speakers for advice before visiting.
Do not go directly to your doctor.

Advice on COVID-19 & Preventing It's Spread

Multilingual Hotline for Non-Japanese Speakers:
092-687-5357

24-hour service in 19 languages

Check the Fukuoka City's website for the latest information.
https://www.city.fukuoka.lg.jp/soki/kokusai/shisei/covid19_fo.html