

## Gifu Prefecture New Coronavirus Infection Consultation Service



Consultation Services for Prefectural Residents

Tel. 058(272)8198

< Business Hours > 8:30 a.m. - 5:15 p.m.

Health Consultation Service for Prefectural Residents

Tel. 058(272)8860

< Business Hours > Services are available 24/7

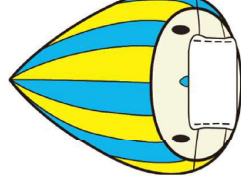


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## Guide to Infection Control

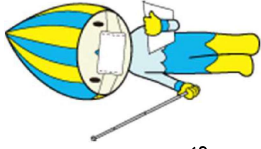
Protect Your Life from the New Coronavirus!



Gifu Prefecture

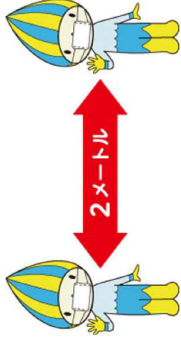
## 1 This is how the new coronavirus spreads.

- The virus can be transmitted by coughing, sneezing, or talking.
- Droplets containing the virus within 2 meters directly stick to the eyes, nose, or mouth. (**Droplet Infection**)
- Inhaling airborne particles floating in the air for a long time in an enclosed space, whether indoors or outdoors, where people gather, exercise, shout, sing, etc. (**Airborne Infection**)
- Touching the eyes, nose, or mouth with your fingers that have been exposed to the virus through direct contact with others or by touching infected objects (**Contact Infection**)



## 2 Watch out for these activities and situations.

- Without wearing a mask, approaching or talking within 2 meters of people
- Talking over a meal with people who do not live together
- One or more of the following can be dangerous (both indoor and outdoor):



**Closed Spaces** with poor ventilation,  
**Crowded Places** where people gather,  
or **Close-Contact** with others.

## 3 New coronavirus infection can be prevented if basic measures are taken.

- The mouth and nose are main entry points for viruses. Protect yourself from infection with a mask. (**Use a mask** to block the virus entry from the nose and mouth.)
- **Hand hygiene** can save lives. (Washing with soap and water and/or disinfecting with alcohol are both effective.)
- Eat quietly (**silently eat**).  
Wear a mask whenever you talk, even during meals.



## 4 Let's work together to block the virus!

- Regularly ventilate the room to replace the air (at least twice an hour, for at least 5 minutes each time).
- If infection control is not being followed around you by others, inform them what to do (masks, hand hygiene, etc.).
- If you feel unwell, be sure to rest, stay at home, and see a doctor as soon as possible.

