

If you have a **fever** and need to go to the doctor, please **call beforehand!**



 This winter, call first!

Please help us prevent the spread of COVID-19!

When you have a fever or cold-like symptoms:

It is difficult to determine by yourself whether the symptoms are caused by COVID-19 or by the influenza virus. In order to prevent the spread of new COVID-19 infections, please cooperate in the following 2 ways:

1 If you have cold symptoms, such as a fever, take leave from work, school, etc., and refrain from going out.

2 If you have a fever and must go to the doctor, call in advance.

In order to prevent the spread of infections at medical institutions, please call your family doctor or other medical institution in advance if you have a fever. If you do not have a doctor, or do not know what to do, please contact the

Emergency Medical Consultation Center Sapporo

 Family doctors and other nearby medical institutions
By phone!



When you're unsure, Emergency Medical Consultation Center Sapporo

#7119 (24/7)

Available languages are English, Chinese, Korean, Thai, Malay, and Russian.

(If it doesn't connect, try ☎011-272-7119)

Points to Keep in Mind When Going Out

1 Choose stores with a "New Hokkaido Style" declaration. These stores are publicizing their efforts to prevent the spread of infection, including staff health care, regular ventilation and disinfection of the facility.

2 If the store has the "Hokkaido COVID-19 Notification System", scan the QR code and register it. If there is a confirmed case of infection among visitors to the same facility on the same day, you will receive an email.

3 Use the COCOA - COVID-19 Contact App.

If you have a smartphone please download the app!

COVID-19 Contact App **COCOA** ココア



The COCOA - COVID-19 Contact App, developed by the Ministry of Health, Labour and Welfare, is a smartphone app that notifies users of the possibility of contact with an infected person.

For iPhone
iOS 13.5
and above



For Android
OS 6.0
and above



Sapporo Help Desk for Foreign Residents

Foreign residents who live in Sapporo are welcome to come consult about problems that they have encountered in their lives in Japan.

Hours: Monday to Friday 9:30AM-5PM

※Closed on national holidays and during the New Year's break (12/29-1/3).

Sapporo International Communication Plaza
3F MN Building, Kita 1-jo Nishi 3-chome, Chuo-ku, Sapporo
TEL: 011-211-3678 E-mail: soudan@plaza-sapporo.or.jp

Help prevent the spread of infectious diseases!



Sapporo City Public Health Office

Novel Coronavirus Consultation Window
TEL: 011-632-4567



さっぽろ市
02-F06-20-1647
R2-2-1085

Issue: November 2020

WINTER COVID-19 PREVENTION MEASURES

Do you know what to do?

This winter



When you have a fever and need to go to the hospital: **Call in Advance!**



Sapporo City Public Health Office

WINTER COVID-19 INFECTION PREVENTION MEASURES

Basic Measures

Wash Hands Thoroughly

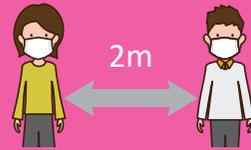
Wash your hands for at least 30 seconds with soap and water.



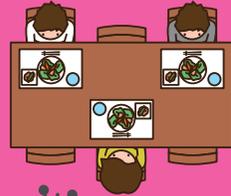
Because people unconsciously touch their faces, the virus on their hands can easily spread to mucous membranes such as the eyes, nose and mouth.

Social Distance

Preferably 2 meters or more, 1 meter minimum.



Stagger seating diagonally when eating.



Wear a Mask

If you cannot distance, wear a mask, even if you don't have symptoms.



Avoid touching the face of the mask, and remove by the elastic bands.

Avoid the "3 C's"

Closed spaces
with poor ventilation



Crowded places
with many people



Close-contact settings
such as close-range conversations



How is it transmitted?



There are 2 possible types of infection: droplet and contact transmission. Washing your hands, maintaining distance, and wearing a mask can help reduce the risk of infection.

Droplet Infection

The virus is released when an infected person sneezes, coughs, or spits, and is transmitted by others when it sticks to the mucous membranes of the mouth or nose.

Contact Infection

A person can get the virus by sneezing or coughing and then touching an object. It is transmitted by touching the eyes, nose, or mouth with a hand that touches them.

COVID-19 can spread even before the onset of symptoms

Some reports indicate that it is most contagious around that time. Therefore, even if you don't have symptoms, it's important to continue taking basic measures, such as washing your hands, keeping your distance, and wearing a mask.



Take basic precautions as if you were already infected!

Additional Precautions

Influenza infections increase in the winter

What is the influenza?

Influenza is the relatively rapid onset of symptoms such as a fever over 38 degrees Celsius, headache, joint pain, muscle pain, and general malaise. At the same time, symptoms such as sore throat, runny nose, and coughing can also occur just like a common cold. Children may develop acute encephalopathy in rare cases, while the elderly or those with weakened immune systems may develop more severe symptoms such as secondary pneumonia.

Be careful even after the fever abates!

Generally, the virus is shed through the nose and throat from the day before, to 3-7 days after the onset of symptoms.

The amount of viral shedding decreases after the fever, but the virus is said to be shed even after resolution of fever.

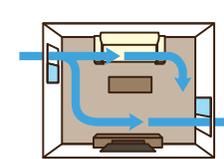
Influenza prevention measures

- The basics of infection prevention are washing hands and wearing a mask**
COVID-19 infection prevention measures are also effective against the transmission of influenza.
- Maintain Humidity in Rooms**
Dry air weakens the throat's immune system and makes you more susceptible to influenza. Use a humidifier to keep the humidity at an appropriate level (50% to 60%).
- Influenza Vaccine**
Influenza usually reaches its peak between January and March, so try and get vaccinated by mid-December.

Especially this winter

Ventilate frequently

During cold weather, it is more difficult to open windows, but it is important to ventilate your home to prevent infection. Slightly open windows to exchange air, when the situation allows.



Open multiple windows for more efficient ventilation.



Dust can hamper ventilation, so vents should be cleaned regularly.

At Home Infection Prevention

Be proactive, especially in families with elderly, or those prone to illness.

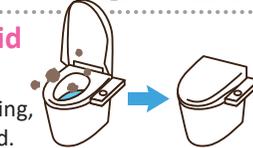
Do not share meals



Use separate cups and dishes.

Close the toilet lid before flushing

If left open while flushing, the virus could be spread.



Clean and Disinfect Common Areas Frequently

Depending on the type of object, viruses can remain infectious on the surface for 24-72 hours. Cleaning and disinfecting objects frequently can reduce their infectivity.

