

【8 rules to prevent communicable disease】

~What to do to prevent infection (to the extent possible at your location) ~

- ① If possible, make sure your meal is thoroughly cooked.
- ② Drink only the water designated for drinking (drinkable water) and use a clean glass/cup
- ③ Wash your hands before your meal and after going to the restroom. (Wash with water or use disinfectant alcohol for hands)
- ④ Use only the designated area to discard diapers and then wash your hand

~What to do if you have symptoms~

- ⑤ Cover your mouth with your hand when you cough or sneeze (put on a mask - "masuku" - if available)
 - ⑥ If you have a fever, sore throat, cough, injury or diarrhea, or if you are vomiting, and especially if others around you have similar symptoms, consult the doctor, nurse or authorities
 - ⑦ If you have a fever and/or cough or if you are looking after anyone with such symptoms, wear a mask as much as possible
 - ⑧ If you or someone has any of the following symptoms, an appropriate treatment may need to be sought at a medical facility. Please consult the doctor, nurse or authority.
 - heavy coughing or coughing up yellow mucus, sputum
 - having difficulty breathing or heavy breathing
 - feeling very weak/exhausted or looking very pale
- *Symptoms among children and elderly people may not appear right away- pay attention and please report if you notice anything unusual health wise among them.