

# To Residents of Iwate Prefecture

## ~Preventive Measures at Home~

### 1) Basic measures

- Frequently **wash or disinfect** your hands.

Avoid touching your eyes, nose, or mouth with unwashed hands.



- **Ventilate** frequently by opening windows, etc.

Especially in shared spaces such as living rooms, etc.

- Practice **coughing etiquette** even at home.

Cough or sneeze into your elbow, avoid using your hands.

### 2) Preventive measures while carrying on daily life

- **Daily temperature and health check** in the morning

- Exercise **extreme caution** if you live with an **elderly person or a person with pre-existing medical conditions**.

- Avoid **sharing meals** in one plate, instead **serve with individual plates**

- Avoid peak hours and limit the number of people for shopping

- Avoid peak hours when using public transportation



### If you have symptoms such as fever

Please contact the Consultation Center for Recent Arrivals and Those Exposed to People Confirmed to have COVID-19 Hotline

- 24 hours (daily, including weekends and holidays)



019-651-3175 (FAX : 019-626-0837)