

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)