

In Order to Prevent the COVID-19 Infection

All prefectures in Japan have now been put under the state of emergency. We strongly urge everyone to avoid visiting other areas in order to not spread the infection.

⚠️ Please avoid non-essential or non-urgent travel to other prefectures particularly during the holiday season from late April to early May.

Redoubling Our Efforts in Order to Not Catch or Spread Covid-19

○ **Avoid going out for non-essential purposes.**

*Except for going to get medical care, shopping for food, medical supplies or daily necessities, going to work, or going for a walk to keep healthy.

○ **Avoid visiting places with a high risk of infection such as nightclubs, hostess bars and the like in busy downtown areas.**

○ **If you have symptoms (fever, cough, taste/smell disorder, etc.) or are concerned that you have caught the infection, please avoid going out and stay at home.**

○ **Avoid visiting big cities*.**

○ **If you commute from Nara to big cities, work from home as much as possible.**

*The infection has been increasing rapidly in big cities. Group infections have occurred outside the big cities as people are travelling from these cities, leading to the spread of infection.

Preventive Measures in Everyday Life

○ **Washing your hands**

• Wash your hands frequently **when you come home, before and after preparing and eating meals.**

○ **Coughing Etiquette**

When you cough or sneeze

• Wear a mask, or when you do not have a mask, **cover your mouth and nose** with a tissue.

• If the above is not possible, cover your mouth and nose **with your sleeve or clothes.**

• **Stay away** from those around you.

○ **Avoid the following conditions** which raise the risk of infection:

① **Closed spaces** with poor ventilation ✕ ② **Crowded places** with many people ✕ ③ **Close-contact settings** such as conversations in close proximity ✕



To foreigners with a fever or other cold-like symptoms and who have been abroad (especially to infected areas)✕

Enquire with the returnee/contact consultation center (COVID-19 consultation desk) instead of visiting a general medical facility. (The service is generally available only in Japanese.)

TEL. 0742-27-1132 FAX. 0742-22-5510/

Weekdays 8:30 - 21:00 Weekends and holidays 10:00 - 16:00

✕The Infected areas are as follows:

Iceland, Ireland, Albania, Armenia, Andorra, Israel, Italy, Iran, Indonesia, UK, Ecuador, Egypt, Estonia, Australia, Austria, the Netherlands, Canada, South Korea, North Macedonia, Cyprus, Greece, Croatia, Kosovo, Democratic Republic of the Congo, Cote d'Ivoire, San Marino, Singapore, Switzerland, Sweden, Spain, Slovakia, Slovenia, Serbia, Thailand, Taiwan, the Czech Republic, China (including Hong Kong and Macao), Chile, Germany, Commonwealth of Dominica, Turkey, Denmark, New Zealand, Norway, the Vatican, Panama, Hungary, Bahrain, the Philippines, Finland, France, Brazil, Bulgaria, Brunei, US, Vietnam, Belgium, Bosnia and Herzegovina, Bolivia, Portugal, Poland, Malta, Malaysia, Monaco, Moldova, Morocco, Montenegro, Mauritius, Latvia, Lithuania, Liechtenstein, Luxemburg, and Romania

Multilingual Consultation Service Regarding COVID19:

AMDA Medical Information Center operates a consultation service for foreign residents or visitors who have worries or something to consult regarding COVID19. ✕ Open only from April 10th to May 20th.

03-6233-9266 (Weekdays: 10:00 to 17:00 Weekends and holidays: 10:00 to 15:00)