

# To prevent novel coronavirus infection

## What is the novel coronavirus infection(COVID-19)?

**People infected with the virus show symptoms such as fever, sore throat, and persistent coughing (around one week). Strong fatigue often appears as well.**

◆ Even if infected, there are many cases of making a full recovery or presenting only mild symptoms. However, compared to seasonal influenza, there is a higher risk of causing serious pneumonia. Please note that some death cases have been reported.

◆ **Senior citizens and those with underlying diseases are likely to be at higher risk of serious illness.**

◆ Coronavirus infection is caused by contact or droplet transmission. While it is not thought to be caused by airborne transmission, it is recommended to refrain from close contact with a large number of people in a confined space.

Droplet transmission	Infection transmitted by inhaling airborne droplets of saliva or sputum coming from a cough or sneeze of an infected person
Contact transmission	Infection transmitted by touching your mouth or nose with your hands that have touched virus-contaminated things, through your mucous membrane

## Preventive measures in everyday life

-First, wash your hands. Often do this with soap and use alcohol-based hand rub when coming home, before and after cooking, and before meals.

-If you cover your nose and mouth with your hand(s) when coughing or sneezing, the virus could be transmitted to others through virus-contaminated door knobs, etc. you have touched. Use a face mask, facial tissue, handkerchief, or your sleeve (cough etiquette).

-Senior citizens and those with underlying diseases should refrain from going to crowded areas as much as possible.

**When you have cold-like symptoms such as fever, take off from work or school.**

Record your body temperature every day when you have cold-like symptoms such as fever.