

Protective measures against the coronavirus disease 2019 (COVID-19)

What is COVID-19?

Symptoms COVID-19 include fever, sore throat, lingering cough (that lasts for about a week), and fatigue.

In the majority of cases people experience mild symptoms and recover. However, more patients are likely to develop severe symptoms than those with seasonal flu. Please be aware of severe conditions since cases of deaths have been reported among patients who had developed pneumonia.

The risk is thought to be higher for senior citizens and people with underlying conditions.

COVID-19 is most likely spread through droplets and direct contact with infected patients or objects. While there is no evidence of its airborne transmission, you should avoid confined spaces and having close proximity conversations with others or large groups of people.

Droplet infection

A healthy person becomes infected when inhaling (via mouth or nose) virus laden water droplets which have been expelled in the form of saliva etc., when an infected person coughs or sneezes.

Contact Infection

If after covering a sneeze or cough, an infected person then touches something else, the virus may contaminate the objects touched. A healthy person may become infected with the virus from touching these contaminated objects and then touching their mouth or nose.

Measures to help protect yourself

First of all, you need to wash your hands with soap and water or use an alcohol-based hand rub frequently on returning home, before and after cooking and before meals.

Please observe proper cough etiquette (wearing face masks, etc.) when you have symptoms such as coughing or sneezing. As you touch objects like door knobs, others may become infected with the virus via those objects.

Senior citizens and persons with underlying conditions are advised to take extra precaution and avoid visiting places packed with people.

If you have cold-like symptoms such as a fever, you are strongly advised not to go to school or work.

If you develop a fever while exhibiting cold-like symptoms, please take your temperature every day and record the readings.

People who need to take specific actions

Revised on 25 February 2020

If you have the following symptoms, please call one of the public health centre hotlines (Kikokusha-Sesshokusha-Sodan-Senta) below.

If you have cold-like symptoms or a fever of 37.5°C (99.5°F) or higher for four days or more (including those who have to use fever-reducing medications).

If you have a strong feeling of weariness (fatigue) or shortness of breath (difficulty breathing).

***If you are a senior citizen or have an underlying conditions, and have the above symptoms for two or more days.**

If you are suspected to have been infected with the virus, the health centre will refer you to an outpatient service provided at designated medical institutions. Please make sure to wear a mask and avoid using public transportation when visiting the hospital.

List of public health centre hotlines (Kikokusha-Sesshokusha-Sodan-Senta)

- [Ken-poku Public Health Centre 024-534-4108](#)
- [Ken-nan Public Health Centre 0248-21-8188](#)
- [Minami-Aizu Public Health Centre 0241-63-0306](#)
- [Fukushima City Public Health Centre 024-535-8662](#)
- [Koriyama City Public Health Center 024-924-2163](#)
- [Iwaki City Public Health Centre 0246-27-8596](#)
- [Ken-chu Public Health Centre 0248-75-7827](#)
- [Aizu Public Health Centre 0242-29-5203](#)
- [Soso Public Health Centre 080-2807-0489](#)

Available from 9:00 am to 5:00 pm on weekdays. You can also call the above numbers outside of those hours. In that case, please follow the directions provided.

Other enquires related to COVID-19

If you have enquires related to COVID-19 including suspected symptoms, please call the consultation services provided at the public health centres below. Currently, testing for COVID-19 is not available at medical institutions. The centre will also advise you where you can receive testing.

Consultation service provided by the Ministry of Health, Labour and Welfare:

0120-565653 (9:00 am - 9:00 pm including Saturdays, Sundays and national holidays)

If you have hearing difficulties or trouble talking on the phone, contact them via Fax: 03-3595-2756

Fukushima Prefectural general enquires: 024-521-7871 (Available from 8:30 am to 9:00 pm on weekdays)

List of public health centre hotlines for related enquires (Available from 8:30 am to 5:15 pm on weekdays)

- [Ken-poku Public Health Centre 024-534-4113](#)
- [Ken-nan Public Health Centre 0248-22-6405](#)
- [Minami-Aizu Public Health Centre 0241-63-0306](#)
- [Fukushima City Public Health Centre 024-535-8661](#)
- [Koriyama City Public Health Centre 024-924-2163](#)
- [Iwaki City Public Health Centre 0246-27-8595](#)
- [Ken-chu Public Health Centre 0248-75-7818](#)
- [Aizu Public Health Centre 0242-29-5512](#)
- [Soso Public Health Centre 0244-26-1329](#)

* Times available may differ at city-run public health centres.

Visit the prefecture's official website for updates. Search with the key words 福島県 新型コロナ (Fukushima ken Shingata korona). The website is in Japanese.