

Notification to Residents in Kutchan Town

To Prevent from Outbreak of Pneumonia by Coronavirus in Town

There are NO virus carrier in town till now on February. 26th, but there are 35 virus carriers reported within Hokkaido.

According to the expert, the way how to act in 1 to 2 weeks is the key to stop the spreading of virus.

Kutchan town office announces now that we postpone all events in this term and asks all residents to keep the prevention act by yourselves.

★The event which organized by town office will postpone for the present.
Kutchan town office does not request for refraining from having a event, but please consider well .

★How to prevent by yourself

- Get the proper information (fx. Ministry of Health, Labour, and Welfare, Hokkaido Government, Kutchan Town)
- Wash your hands for 30 seconds especially before eating and after going back home
- Cover your mouth when you cough and sneezing –Bring tissues and/or handkerchief-
- Use masks especially when you are in crowded or closed space like bus and train, or when you go to the hospital because you have a fever or some symptoms. Please do not buy too much face masks!
- Keep healthy –have well-balanced diet and sleep well-
- Refrain from visiting hospitals and/or nursing home to protect the person who is out of condition
- Refrain from going out when you have a fever or not feeling well
- Taking a day off from works if you are not feeling well

★If you are not feeling well, please check below and know whether you should go to the hospital or not

If you have either symptoms below, call to Kutchan Public Health Center

(TEL 0136-23-1957/0136-23-1951 open weekdays 8:45-17:30)

*Call to Regional Health Division, Hokkaido Government if Kutchan center is closed. (TEL 011-204-5020 weekdays 17:30-21:00 / Sat. Sun. & Holiday 9:00-17:00)

- If you feel sense of fatigue or difficulty in breathing
- If you have a higher than 37.5 degrees fever, and cough and/or running nose for longer than 4 days
- If you are elderly or have heart disease, immunodeficiency, diabetes or hypertension AND have the above symptoms for 2 days