

Information about the Novel Coronavirus (COVID-19)

※The following information is correct as of February 17, 2020.

1. What are the characteristics of the novel coronavirus (COVID-19)?

The main symptoms exhibited by those who have contracted the virus are a fever and cough which last for around a week, and fatigue.

The elderly and those with diabetes, heart failure or respiratory diseases (COPD, etc.) are more vulnerable to becoming severely ill as a result of the virus.



2. How can you protect yourself from contracting the novel coronavirus (COVID-19)?

As with the common cold and flu, the novel coronavirus is thought to be transmitted via **respiratory droplets** produced when an infected person coughs, and via **contact**, when someone touches their mouth or nose with hands contaminated by the virus.

The risk of becoming infected as a result of passing contact with an infected person is said to be low.

As with the common cold and flu, it is important to take protective measures such as **washing your hands (lather well and wash for 30 seconds)** and using **hand sanitizer (70% ethanol)**.

If you have symptoms of the virus, it is important to practice **cough etiquette** such as wearing a mask.

Washing your hands for 30 seconds is the length of time it takes to sing the Happy Birthday song 2 to 3 times.



Coughing without protection

Covering your mouth with your hands



Wearing a mask

Covering your mouth with a handkerchief

Covering your mouth with your sleeve

3. If you exhibit the following symptoms, please contact the consultation points at your local Public Health Center (Consultation Center for Returnees and those with Close Contact)

① Cold-like symptoms and a fever of over 37.5°C for 4 days or more
(includes those taking fever-reducing medicine)

② Extreme fatigue and difficulty breathing

Please note that the following people are more at risk of becoming severely ill as a result of the virus, and should contact a consultation point if symptoms described in ① continue for 2 days or so.

- The elderly
- Those with underlying conditions such as diabetes, heart failure, or respiratory diseases (COPD, etc.)
- Dialysis patients
- Those taking immunosuppressive or anticancer drugs
- Pregnant women

Gifu Prefecture Consultation Centers for Returnees and those with Close Contact

Public Health Center	Phone Number	Fax
Gifu Public Health Center	058-380-3004	058-371-1233
Seino Public Health Center	0584-73-1111 (extension 273)	0584-74-9334
Seki Public Health Center	0575-33-4011 (extension 360)	0575-33-4701
Kamo Public Health Center	0574-25-3111 (extension 358)	0574-28-7162
Tono Public Health Center	0572-23-1111 (extension 361)	0572-25-6657
Ena Public Health Center	0573-26-1111 (extension 258)	0573-25-1174
Hida Public Health Center	0577-33-1111 (extension 328)	0577-34-8327
Gifu City Public Health Center	058-252-7191	058-252-0639

※During business hours (weekdays 9:00 to 17:00), we also receive general inquiries about the virus. Please contact us if you have concerns.

- If you are suspected to have contracted the novel coronavirus (COVID-19) after consulting a Public Health Center, you will be directed to an outpatient institution for returnees and those with close contact.
- If a doctor suspects that you have contracted the novel coronavirus after an examination, a sample will be taken from you to test for the virus.



The common cold and flu are also common at this time of year. If you think you may have the flu, please see your doctor as usual.
If you have cold-like symptoms such as a fever, stay home from school or work and rest indoors.

For inquiries in English, please call Gifu Prefectural Consultation Center for Foreign Residents. An interpreter will connect you to a Consultation Center listed above.
Phone number: 058-263-8066
Hours: 9:30 to 16:30
(Monday to Friday, excluding national holidays)



Gifu International Center Facebook

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