

# Being Careful As Infections Increase

## To Residents of Fukuyama City

### 1. Avoid Risk

- Avoid closed spaces with insufficient ventilation, crowded conditions with people, and conversations in short distance.
- In particular, be careful to avoid the “Five Situations that Increase the Risk of Infection.”

### 2. Eating and Drinking

- If holding an end of the year or beginning of the year get-together (*bōnenkai*, *shinnenkai*, etc.), keep your gatherings short and to groups of no more than four people.
- If gathering with a large number of people, take care to choose a dining establishment that is taking proper precautions to avoid infections such as having separate dining spaces or other types of separations between parties, etc.
- When choosing a dining establishment, check that they are displaying the completion certificate for Fukuyama City’s e-learning program or Hiroshima Prefecture’s “Hiroshima Proactive Guard Dining Establishment” mark.

### 3. Ventilating and Humidifying Indoor Spaces

- Take care to properly ventilate and humidify indoor spaces.

### 4. Receive Proper Healthcare

- If you experience a change in your health, call your regular healthcare provider first.
- If you are unsure of what medical facility to consult, please call the “Healthcare Visit & Consultation Center (“Proactive Guard” Call Center)” at 084-928-1350, available 24 hours a day.

\*If you cannot speak Japanese, please contact the Hiroshima International Center at the phone number below. You can speak with an interpreter.

Contact: Hiroshima International Center [Hiroshima Kokusai Center]

Monday-Friday 8:30-19:00, Saturday 9:30-18:00 (No service on Sundays or holidays) Tel: 0120-783-806 (toll-free)

Languages: English, Chinese, Vietnamese, Korean, Tagalog, Portuguese, Indonesian, Thai, Spanish, Nepali

- It is very important to take care of your health regularly in order to prevent infection.
- Get regular checkups to find illnesses and ailments in their early stages and to receive proper treatment.
- Get an influenza vaccine (flu shot) to avoid the simultaneous spread of influenza and COVID-19.

## Five Situations that Increase the Risk of Infection

### Situation 1 – Social Gatherings and Other Events with Alcohol

- Alcohol can lower your attention and sense of caution. Furthermore, your sense of hearing may be dulled, causing you and others to speak in loud voices.
- In particular, the risk of infection is increased when a long period of time is spent with a large number of people in enclosed spaces (private dining rooms, etc.).
- The risk of infection is also increased by the sharing of drinks, chopsticks, etc.



### Situation 2 – Eating and Drinking with a Large Number of People or for a Long Period of Time

- The risk of infection is greater when doing the following over long periods of time compared to over short periods of time: eating/drinking, eating/drinking at adult entertainment or similar establishments, and drinking late at night at multiple establishments.
- The risk of infection is increased when more people (such as five or more people) are gathered, as people are more likely to speak in loud voices, causing droplets of saliva, etc. to fly.



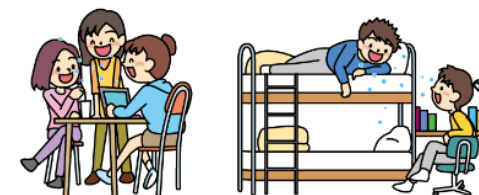
### Situation 3 – Conversations without Masks

- By having conversations in close contact without wearing masks, there is an increased risk of infection via airborne droplets (saliva, etc.).
- There have been cases of infections that spread due to afternoon karaoke gatherings without masks.
- Caution should also be taken when using transportation such as cars and buses.



### Situation 4 – Living Together in Close Quarters

- Living with other people in close quarters can lead to an increased risk of infection due to the sharing of enclosed spaces over long periods of time.
- There have been cases of infections that spread through common facilities such as dormitory rooms and toilets.



### Situation 5 – Switching Locations

- When taking a break at work or in similar situations, by changing your location, there is an increased risk of infection due to letting down your guard or due to a change of environment.
- There have been cases of infections that spread in break rooms, smoking rooms, and changing rooms.

