

To Beppu Citizens - When You are Worried about COVID-19 Infection

1 What you should keep in mind on a daily basis

- Measure and record your body temperature everyday.
- If you have cold symptoms, stay home from work or school and do not go out.

2 If you have a fever or cold symptoms

- **First, please consult your family doctor or the nearest medical institution by phone.**
- If your family doctor or others are not available, they can refer you to a nearby available medical institution.
- If you are not sure where to turn for help or if your doctor or other health care provider is out of office hours, please call **“Jushin Sodan Centre (Medical Consultation Centre) (097-506-2755, 24 hours a day).** This Centre will refer you to available medical institutions in your neighborhood.

3 Points to keep in mind when you visit a medical institution

- Please follow the instructions of your medical institution.
- Please wear a mask.
- Do not visit more than one medical institution, as this may lead to the spread of infection.



★Basic methods of prevention: ① **washing hands often and thoroughly** ② **wearing masks in crowded places** ③ **eating well-balanced and nutritious meals** ④ **getting enough sleep**
Please keep these methods in mind on a daily basis.

★To prevent outbreaks of infection, avoid places and situations where the following three conditions overlap: (1) enclosed spaces with poor ventilation, (2) talking and speaking at close range, and (3) many people within arm's reach.

For any inquiries, contact:

Beppu City Health Promotion Division

15-33 Nishi Noguchi-cho, Beppu

☎ 0977-21-1117

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※Please note that this information may be subject to change.