

Stop prejudice and discrimination related to COVID-19!



People such as those infected, those who have been in close contact with them, healthcare workers and caregivers as well as their families, and foreign citizens are facing unjust abuse, bullying, and discrimination as the novel coronavirus spreads. We tend to avoid those associated with infection more than necessary and engage in discriminatory behavior out of dread and fear of this invisible virus.

However, this is something that cannot be tolerated! The real enemy is the virus. We must act rationally based on reliable information and overcome this crisis as we all help and support each other!

Counseling services related to human rights issues

Human rights counseling services (Human Rights Promotion Center)
093-562-5088
(Weekdays: 8:30 a.m. - 5:00 p.m.)

Foreign-language Human Rights Hotline (The Ministry of Justice)
0570-090911
(Weekdays: 9:00 a.m. - 5:00 p.m.)

In consideration for those with disabilities



Adapting to the "new normal" in order to prevent the spread of infection is sometimes difficult for those with disabilities. For example, some people cannot wear masks due to having sensitive skin and some people in wheelchairs cannot reach for hand sanitizers if they are placed too high. Please show understanding and consideration knowing that different disabilities have different characteristics.

*There are also those who wear the "Help Mark," which indicates to others that they may require assistance. Please show consideration if you see one.

Remember that you are not alone!

Our lives are being greatly affected with the spreading of COVID-19. Are you experiencing mental imbalance through anxiety and irritability? You can sometimes find comfort by talking about it with someone. Turn to someone for help and do not keep it to yourself.

City of Kitakyushu Suicide Prevention Hotline

093-522-0874
Mon - Fri | 9:00 a.m. - 5:00 p.m.

Kitakyushu Lifeline Call Center

093-653-4343
Every day | Available 24 hours a day

COVID-19 Contact-Confirming App (COCOA)



- Users can receive quick support such as through tests at a healthcare center if they find out that they might have been in contact with someone who has been infected.
- When applying for registration, you do not need to enter your name, phone number, e-mail address, or other information that can be used to identify you.
- Those who receive notifications about the possibility of having been in close contact with a person who has been infected can receive PCR tests.

For iPhone users



See here for details.

Ministry of Health, Labour and Welfare website

For Android users



Fukuoka International Medical Support Center (a call center offering support for medical care in foreign languages)

Language support over the phone involving physicians, patients, and interpreters.

Eligibility
Medical institutions / foreign citizens
TEL092-286-9595
Hours: All year round (24 hours a day, 365 days a year)

Languages
English, Chinese, Korean, Thai, Vietnamese, Indonesian, Malay, Tagalog, Nepalese, Spanish, Portuguese, German, French, Italian, Russian, Khmer, Burmese, Sinhalese, Mongolian

Infection Prevention Sticker



Check for indications such as the "Infection Prevention Sticker" when visiting shops and facilities. This sticker shows that the shops and facilities displaying it follow infection prevention measures that comply with the guidelines determined for each industry.

City of Kitakyushu COVID-19 Counseling Navigation Dial

Counseling and inquiries concerning the COVID-19

TEL0570-093-567

Those with hearing impairments can send a message by FAX at 093-522-8775

A message about infection

See here for details



COVID-19 for residents of City of Kitakyushu

COVID-19 has been repeatedly spreading and converging, and is expected to remain an issue that we must continue to deal with in the future. Therefore, we must promote socioeconomic activities while helping to prevent the spread of infection and working to maintain and secure the medical care delivery system. The understanding and cooperation of the citizens of City of Kitakyushu are necessary for making concerted efforts in advancing measures against infection. Let us overcome this difficult situation together with the right knowledge and actions.

On COVID-19

Symptoms, treatment, etc.

Many domestic cases show symptoms such as fevers, sore throats, and prolonged (about 1 week) coughing, with many complaining of severe fatigue (lethargy). The incubation period from infection to onset is said to be from 1 to 14 days (5 to 6 days in many cases).

Refrain from going to school or work if you have cold symptoms such as fever. Please consult with your physician or a counseling navigation dial service if you are worried.

Infection routes

Infection routes are classified as "droplet infections" and "contact infections."

(1) Droplet infections

A virus is released through airborne droplets (from sneezing, coughing, saliva, etc.) by an infected person, and it infects others as it enters their mouths, noses, etc.

(2) Contact infections

When a person touches a contaminated object, the virus sticks to the hands, and the person is infected through their mucous membranes after touching their mouth or nose.



Points for preventing infection

- Please take standard measures against infectious diseases such as by regularly washing your hands and being sure to practice cough etiquette, including wearing a mask, while taking measures against colds and seasonal influenza.
- It is especially important to note that those with pre-existing conditions and the elderly are at high risk of developing severe conditions. Avoid the three Cs (closed spaces, crowded places, and close-contact settings) when possible.

It is especially important for the elderly to be careful!

To prevent the spreading of infection

The **three Cs** Avoid

closed spaces

crowded places

close-contact settings !

Five situations where the risk of infection is high

1 Social gatherings involving alcohol

- Speaking loudly due to excitement, decreased attentiveness, and hearing loss
- Particularly large gatherings of people in partitioned and confined spaces for long periods of time
- Sharing of utensils such as cups and chopsticks

2 Eating and drinking in large groups or over a long period of time

- Groups of people eating and drinking for long periods of time, eating and drinking accompanied by entertainment, or late-night barhopping
- People tend to speak louder, and droplets spread more in large groups of people

3 Talking without a mask on

- Close-range conversations without masks is when singing karaoke during the day
- Caution is also needed in vehicles such as cars and buses

4 Communal living in a confined space

- Sharing a confined space for long periods of time
- There have been suspected cases of infections being spread in shared spaces such as dormitory rooms and bathrooms.

5 Changing locations

- Carelessness and change in environment during work breaks
- There have been cases of infections being spread in locations such as break rooms, smoking areas, and dressing rooms

*Excerpt from the "Proposal to the Government by the Subcommittee on Novel Coronavirus Disease Control, October 23"

Check individually!

Restrictions including those on numbers of visitors at events such as art and sporting events are being relaxed depending on the contents of the events, infection prevention measures, and domestic infection situations.

Influenza vaccinations

This year, there are concerns about the simultaneous outbreak of COVID-19 and the seasonal flu. Please contact a medical institution if you like to get a vaccination.

Beware of physical inactivity in daily life!

Make a conscious effort to move your body before your muscles and mental and physical functions start to deteriorate.

Smoking and COVID-19

The WHO (World Health Organization) highly recommends smoking cessation to help prevent infection and developing severe conditions.