

## **Take precautions to protect yourself against pneumonia caused by the novel coronavirus**

Cases of pneumonia caused by the novel coronavirus are spreading in the city of Wuhan in Hubei Province in the People's Republic of China and other places.

Early signs include fever and respiratory symptoms such as coughing, and it is reported that people such as senior citizens and those with underlying conditions may be at risk of worsening of symptoms.

### **1. Take thorough measures as you would for ordinary infectious diseases such as wearing a mask and washing your hands.**

Be sure to frequently wash your hands with soap under running water and wash your hands without fail before touching your mouth, nose or eyes after returning from an outing or coughing.

In addition, if you notice any symptoms such as coughing, take steps such as covering your mouth and nose with tissues, wearing a surgical mask to avoid infecting people nearby and avoiding crowded places.

### **2. Seek medical attention if symptoms appear.**

If symptoms such as coughing or fever appear, take precautions such as wearing a mask and go to a medical institution without delay after calling ahead.

When undergoing medical examination, inform the staff if you have been to Wuhan City.

### **3. Guide to undergoing examination at a medical institution**

A multi-language guidebook to provide support for foreign visitors to Tokyo so that they can undergo medical examinations with peace of mind is posted on the Tokyo Metropolitan Government homepage.

<https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/tagengoguide.html>

