

# Information Regarding COVID-19

## What is COVID-19?

It is a viral type of cold. **It is characterized by fever, sore throat, extended coughing periods (about a week), and strong fatigue.** The incubation period between infection and the onset of symptoms is said to be from 1 to 12.5 days (most cases being 5 or 6 days).

COVID-19 is said to be transmitted by droplet contagion and contact contagion.

|                   |   |
|-------------------|---|
| Droplet contagion | Viruses are expelled together with droplets (sneezing, cough, saliva) from an infected person and others breathe them in and become infected.   |
| Contact contagion | After covering a sneeze or cough with their hand, an infected person touches their surrounding objects, placing virus on them. Infection happens when others touch these objects, the virus gets on their hands, and they then touch their mucus membranes (mouth, nose, eyes, etc.). |

If the infection worsens, it can lead to pneumonia. Deaths have been confirmed, so please take precautions. Older people and people with underlying conditions are said to be particularly susceptible to severe cases.

## What can you do in your daily life?

Firstly, washing your hands is important. Make sure to frequently wash your hands with soap and use disinfectant fluid when returning home from outside, as well as before and after cooking and eating.

For people with symptoms like coughing, covering a cough or sneeze with your hand could lead to the infection of others via objects such as doorknobs, so please make sure you follow coughing etiquette.

People with existing conditions and of older age should avoid crowded places as much as possible and take extra care to avoid infection.

**If you have fever or other cold symptoms, do not go to school or work.**

If you have fever or any cold symptoms, measure and record your body temperature daily.

## Who should get examined for COVID-19?

People with the following symptoms should contact a "Consultation Center for Returnees and people who have had contact with COVID-19."

Cold symptoms and a fever higher than 37.5 degrees Celsius which has continued for 4 days or longer. (Includes situations in which taking fever medication is necessary.)

Strong fatigue and shortness of breath.

**\*For people of older age and those with underlying conditions, they should inquire regarding COVID-19 if the symptoms continue for 2 days.**

The center will ask you about your symptoms and if necessary will refer you to a medical institution with an outpatient department specialized in possible COVID-19 cases.

| Consultation Center  | Telephone number        | Open hours   |
|--|-------------------------|--|
| Sapporo City Health Center<br>(Emergency Care Center Sapporo<br>(Consultation))  | 011-272-7119<br>(#7119) | 24 Hours   |
| Asahikawa City Health Center   | 0166-25-9848            | Weekdays 8:45 am to 5:15 pm  |
| Hakodate City Health Center  | 0138-32-1547            | Weekdays 8:45 am to 7:00 pm  |
| Otaru City Health Center   | 0134-22-3110            | Weekdays 8:50 am to 5:20 pm  |
| - For those located outside of the above cities -  |                         |  |
| Prefectural Public Health Centers  | * Check below           | Weekdays 8:45 am to 5:30 pm  |
| Regional Health Division, Bureau of Health and Safety, Hokkaido Health and Welfare Department<br>*May switch to 24-hour operations (TBA) | 011-204-5020            | Weekdays 5:30 pm to 9:00 pm<br>Weekends and holidays<br>9:00 am to 9:00 pm |

## General Inquiries Regarding COVID-19

If you have other symptoms you may be worried about or **general inquiries** regarding COVID-19, please consult with the following:

| Consultation Center   | Telephone number           | Open hours   |
|---|----------------------------|--|
| Ministry of Health, Welfare and Labour  | 0120-565653<br>(Toll free) | 9:00 am to 9:00pm<br>(Includes weekends and holidays)                      |
| Sapporo City Health Center<br>(COVID-19 General Consultation Hotline)                         | 011-632-4567               | 9:00 am to 9:00pm<br>(Includes weekends and holidays)                      |
| Asahikawa City Health Center  | 0166-25-9848               | Weekdays 8:45 am to 5:15 pm  |
| Hakodate City Health Center   | 0138-32-1547               | Weekdays 8:45 am to 7:00 pm  |
| Otaru City Health Center  | 0134-22-3110               | Weekdays 8:50 am to 5:20 pm  |
| - For those located outside of the above cities -   |                            |  |
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(Hokkaido Prefectural Public Health Centers List) (Japanese)

\*You can use the QR code or the link below.

[www.pref.hokkaido.lg.jp/hf/kth/kak/tkh/hokensho/hokensho.htm](http://www.pref.hokkaido.lg.jp/hf/kth/kak/tkh/hokensho/hokensho.htm)

