

Fundamental knowledge concerning the novel coronavirus

1 About the novel coronavirus

In December 2019, the emergence of a new type of coronavirus was reported in Wuhan, Hubei Province, China. The virus has spread, especially in China, but also to other countries.

In Japan, the virus is currently not seen as a nationwide pandemic.

Similar to the common cold, the main symptoms of infection with the novel coronavirus are fever, and respiratory symptoms such as coughing and sneezing. In severe cases, it may lead to pneumonia.

The incubation period is unknown at present, but it is generally considered to be up to 14 days based on data from other types of coronavirus.

Coronaviruses have a small, spherical shape, with protrusions on its surface.

Its shape is said to resemble a crown, which is why it has been named “corona” (Greek for crown).



2 How to prevent infection

Wash your hands frequently with running water and soap.

Wash your hands especially after you have been outside, or after you coughed, before touching your mouth, nose, eyes, etc.

Practice proper cough etiquette by wearing a surgical mask or covering your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing. This helps to prevent infections from spreading.

3 What to do if you experience symptoms after returning to, or entering Japan from Hubei Province, China

If you experience symptoms such as fever, coughing or sneezing, and if you fall under either of the following categories (① or ②), please contact the nearest Kikokusha Sesshokusha* Consultation Center and follow their instructions.

(*Contact details are on the back of this pamphlet)

① Those who returned or entered from Hubei province within the last 14 days

② Those who have been in close contact with the above (1)

When contacting the consultation center, please state that you have stayed in Hubei province or that you have been in close contact with someone who has stayed in Hubei province.



Q1 Does the novel coronavirus transmit between humans?

- At least one case of human to human transmission has been confirmed in Japan. However, it is currently not seen as a nationwide pandemic.
- It is thought that there are two ways of infection. Droplet infection occurs when an infected person coughs or sneezes and the droplets in the air are inhaled by someone else. Contact infection occurs when an infected person touches a surface, such as a doorknob or straps on trains, after which another person touches the same surface, and then their mouth, nose or eyes.
- It is important to take measures as one would also take for the common cold or the flu, without being overcautious.

Q2 How can I prevent infection?

- Please practice common hygiene measures, such as regular handwashing and good cough etiquette.

Q3 What should I do if I am sick or becoming sick?

- In case you are experiencing symptoms such as coughing, sneezing or a fever after visiting Hubei province, China, or after close contact with someone who visited that area, please contact the nearest Kikokusha Sesshokusha* Consultation Center and follow their instructions.

Q4 Can I test myself for infection with the novel coronavirus at medical institutions?

- At this time, it is not possible to get a test for the novel coronavirus as you may do for the flu.
- The government does perform tests on those who returned or entered from Hubei province, China. These tests are not performed on those who fall outside this category.

Q5 What is being done to prevent the novel coronavirus from entering Japan?

- The physical condition of those entering Japan is monitored by use of thermographic cameras at quarantine stations. Additionally, entry is denied to foreign visitors arriving in Japan within 14 days after visiting Hubei province, China, as well as foreigner visitors who are in possession of a passport issued in Hubei Province.

*Kikokusha Sesshokusha Consultation Centers

(Consulation Centers for returnees and those who had close contact with returnees)

Name (incl. a list of municipalities that fall under their jurisdiction)	Telephone number
Saga Chubu Hoken Fukushi Jimusho (Saga Central Health and Welfare Office (Saga City • Taku City • Ogi City • Kanzaki City • Yoshinogari Town)	Tel. (0952) 30-3622
Tosu Hoken Fukushi Jimusho (Tosu Health and Welfare Office) (Tosu City • Kiyama Town • Kamimine Town • Miyaki Town)	Tel. (0942) 83-2161

Karatsu Hoken Fukushi Jimusho (Karatsu Health and Welfare Office) (Karatsu City • Genkai Town)	Tel. (0955) 73-4186
Imari Hoken Fukushi Jimusho (Imari Health and Welfare Office) (Imari City • Arita Town)	Tel. (0955) 23-2101
Kito Hoken Fukushi Jimusho (Kito Health and Welfare Office) (Takeo City • Kashima City • Ureshino City • Ōmachi Town • Kōhoku Town • Shiroishi Town • Tara Town)	Tel. (0954) 22-2104

Office hours: Weekdays from 8:30 to 17:15

※ Correspondence outside office hours (at night, during weekends and on holidays) is possible in case of an emergency. When contacting a Consultation Centers outside office hours, an automated message will be played. Please wait until the end of the message and notify us of your emergency.

Saga Prefecture Health Promotion Division

Contact Person for Countermeasures against Infectious Diseases

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