

English

## ■ Basic traffic rules

Traffic accidents are increasing more and more in the prefecture. A foreigner can be the victim, but he or she can also be the cause. Please follow the basic rules to avoid a traffic accident.

### ■ 5 rules for safe use of bicycles

1 Bicycles should be ridden on the roads with some exceptions.

2 Keep to the left side of the road.

3 On the sidewalk, pedestrians have priority and bicycles must stay on the roadway side.

4 Obey safety rules.

- Drunk riding, riding with two people on single bicycle, and riding side by side are prohibited.

- Turn on the headlight at night.

- Obey the traffic lights, and make a full stop at intersections to make sure there is no oncoming traffic before you cross.

5 Children should wear helmets when riding bicycles.



## Regarding the new strain of coronavirus (COVID-19)

### ■ What is the new coronavirus?

The new coronavirus (COVID-19) is an infectious virus that affects the respiratory system. The virus can cause symptoms such as coughing and fever, and can lead to serious symptoms. Generally, the virus is transmitted through coughing/sneezing (droplet infection) and direct contact with contaminated surfaces (contact infection).

**A list of the Coronavirus Consultation Centers (for returnees and people in contact with those infected)** [https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19-kikokusyasessyokusya.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html)

### ■ Further information on the new coronavirus (Easy Japanese / English)

<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php> (Regarding the disease, financial support, status of residence, etc.)

### ■ Preventing the spread of infection

**Please refrain from going to work or school if you have cold symptoms such as a fever**

#### Individual actions to prevent infection

- After going outside, wash your hands and gargle
- Disinfect your hands using an alcohol-based disinfectant
- Avoid crowded areas, places with poor ventilation and places where people converse in close proximity to one another
- Keep rooms at the appropriate humidity and well ventilated
- Lead a regular lifestyle, and get enough rest
- Eat a balanced diet and drink plenty of fluids

#### Preventing Infection through proper “Coughing Etiquette”

- If you have symptoms of coughing or sneezing, wear a mask
- If you don't have a mask, when you sneeze or cough, do so into a tissue or the crook of your elbow