All Residents

「New Normal」 Shinshu Ed.

A new coronavirus infection is transmitted by getting into the eyes, nose and mouth of a droplet (droplet infection) that is caused by coughing, sneezing or having a conversation within 2M without a mask. It can also be infected by touching the eyes, nose and mouth with the virus. (contact infection)

Take some precautionary measures in order to prevent the spread of the new coronavirus.

- Three basic steps to avoid the spread of infection (always maintain proper physical distance, wear masks in crowded places, wash hands regularly.)
- Avoid the 3C's (Closed spaces, Crowded places, Closecontact settings
- OMake sure to have a daily health check. If you have a cold symptom, avoid going out, and also having a prolonged condition or serious symptoms such as breathing difficulties, high fever, consult your doctor or public health center.

Nagano Prefecture