広報 ひ こ ね (英歌版) Community Newsletter Koho HIKONE

No. 1454 – 1455 Published by: Translated by: Proofread by: Edited by:

Issue Date: December 1<sup>st</sup>, 2020 Hikone Human Rights Policy Div. VOICE Trans. Group Satoru Yamakawa Martin Hawkes Hikone Human Rights Policy Div.

# 2020.12

- COVID Info: Before Seeing a Doctor (P. 3)
- Schedule of City Services during New Year (P. 4 5)
- Schedule of Dental Clinics during New Year (P. 5)
- Give your Opinions on Government (P. 7 8)
- Norovirus (Prevention) (P. 12)





# (Facebook) http://www.facebook.com/hikone.eng (Website of Hikone) https://www.city.hikone.lg.jp/eng/index.html

Contact Us	Telephone Number
Hikone City Hall	0749-22-1411 (Switch Board)
Human Rights Policy Division (To Talk an English Interpreter)	0749-30-6113 (Direct Number)
FACEBOOK	http://www.facebook.com/hikone.eng

You Can Request Our On-Site English Interpreter Services at the Information Desk of the Hikone City Hall or Can Talk to Our Language Interpreter Via Phone. (The contact number given above.)

Please Say "EIGO TSUYAKU ONEGAI SHIMASU (English Interpreter Please)"



# • The Foreign Language Version of *Koho* Hikone Is Issued Every Month.



# This Foreign-Language Newsletter Is Available At:

- Shiga, Shiga Prefecture, and Seisen University
- Hikone Bunka Plaza
- Hikone City Library
- Hikone City Hall 3F
- AEON TOWN Hikone

- Hikone Fukushi Centre
- Shiga Bank (Oyabu Branch)
- "Gyomu Super Market" (Toga-cho)
- Beisia Hikone
- · Hikone City Hospital

# **Interpretation Services**

# •On-Site Interpreters Are Available At The City Hall Of Hikone.

Please say "eigo-tsuuyaku-onegai-shimasu" at the information desk.

# 「えいご つうやく おねがいします」

Hikone City Hall: Weekdays8:30 a.m.to 12:00 p.m.1:00 p.m. to 5:15 p.m.Please note that the availability of our interpreter services is subject to change.



# \*Please Contact Each School Before You Attend.



# Japanese Language Classes

Day	Hour	Location, Place	Organization Name to Contact	Cost
Wednesday すいようび	7:00 p.m.to 8:30 p.m.	Shimin kaikan <b>市民会館</b>	Hikoneshi Kokusai Kyoukai 彦根市国際協会 Tel (0749)-22-5931 (Not available in Aug. and Dec. to Feb.)	100yen / lesson 100 🎮 ⁄ 1 🖻
Saturday どようび	2:00 p.m. to 4:00 p.m.	Naka-chiku Kouminkan <b>中地区公民館</b>	Hikone Kokusai Kouryu-kai VOICE ひこわ国際交流会 VOICE かつらだ さん (KATSURADA) TEL 090-5156-6916	100yen / lesson 100 <b>P</b> / 1 <b>D</b>
Sunday にちようび	10:00 a.m. to 11:30 a.m.	Nishi-chiku Kouminkan <b>西地区公民館</b>	Volunteer Nihongo Kyoshitsu SMILE ボランティア日本語教室スマイル よしおか さん (YOSHIOKA) Tel (0749)-24-7241	100yen / lesson 100 🎮 ⁄ 1 🖾
Monday to Friday (Except for holidays) <b>げつようび~</b>	<ol> <li>①9:30 a.m. to 10:50 a.m.</li> <li>②11:00 a.m. to 12:20 p.m.</li> <li>③1:30 p.m. to 2:50 p.m.</li> <li>④3:00 p.m. to 4:20 p.m.</li> </ol>	Innovation Office "NAYASHICHI" Shiro-machi1-7-16	"Smile Satellite"(Weekday Class) NAYASHICHI <u>Tel (0749)-46-5377</u> or <b>みずの さん</b> (MIZUNO) Tel 070-5661-7345	200yen / lesson 200 ₽⁄1 മ
Tuesday かようび Friday きんようび	9:00 a.m. to 10:20 a.m.	Asahinomori- Chiku Kouminkan	Smile みずの さん (MIZUNO) Tel: 070-5661-7345	200yen / lesson 200 ₽/1 □
Thursday もくようび	5:30 p.m. to 6:50 p.m.			

# INFORMATION



# \*Before Seeing a Doctor, Make a Call! (COVID-19)

As the weather gets colder and dryer, regular colds and influenza will become more common. Since early symptoms of a cold, flu and COVID-19 are hard to distinguish, if you have cold-like symptoms like a fever and want to see a doctor, please take the following steps to minimize the further spread of the pandemic.

## ①Contact Your Family Doctor or a Medical Clinic in Your Neighbourhood via Phone.

If you have such symptoms as a fever, sore throat, headache, diarrhoea, tiredness, and loss of smell and taste, make sure to call your doctor before visiting a medical clinic.

#### **②Follow Instructions Given by Your Family Doctor.**

In order to avoid close contact with others, you may be directed to come to a medical clinic in a specific way at a designated time.

#### **③Take Every Precaution You Can Against COVID-19 When Seeing a Doctor.**

Hand sanitizing, hand washing, and mask wearing are a must for you and anyone accompanying you. If your family doctor does not have enough equipment to test you for both flu and COVID-19, you will be referred to a different local clinic or hospital where you can get tested.

\*Should you have trouble with where to contact, please call the Shiga Prefecture *Jushin* · *Soudan* Center at 077-528-3621 or send them an e-mail at "s-support@office.email.ne.jp"

Available 24/7, Japanese Language Only

\*Should you have concerns or questions about the pandemic, please call the Shiga Prefecture *Ippan Denwa Soudan Madoguchi* at 077-528-36-37.

Available 8:30 a.m. - 5:15 p.m. every day, Japanese Language Only

## If You Start to Feel Unwell during the Weekend or Holidays:

Call the Hikone Weekend and Holiday Emergency Medical Center to describe your conditions. A wait time or medical examination could be longer than usual due to extra precautions taken for COVID-19. Please note that this emergency medical centre does not carry out the COVID-19 PCR test or flu test. TEL: 0749-22-1119 (9:00 - 16:30)

# **Telephone Consultation Service Numbers for Foreigners**

Shiga Foreign Residents Information Center at 077-523-5646 (Weekdays 10 a.m. to 5 p.m.)
Japan Visitor Hotline at 050-3816-2787 (24/7 Available)

# ★Schedule of City Services during the Year-End and New-Year Holidays

Each service provided by the city of Hikone is available on the day marked by "•" in the table below.

			-	-		1		1	
		Date	29	30	31	1	2	3	
Service			Tue	Wed	Thu	Fri	Sat	Sun	Contact Information, etc.
	Trash Collection		*: •	*					<ul> <li>Only Burnable Waste Will Be Collected.</li> <li>(Depending on which school district you are in, the</li> </ul>
Sanitat		Large- Size Trash	*	*					<ul><li>collection date differs.)</li><li>Opening Hours of the Sanitation Center</li></ul>
Sanitation Centre	Trash Collection at Sanitation Centre	Burnable & Recycla ble	*	*					Large-Size: 8:00 a.m 11:00 a.m. Burnable, Recyclable (Plastic Containers, Cans and Metal, Glass Bottles, Plastic Bottles, Paper, Cardboard Boxes, Clothes): 1:00 p.m 4:00 p.m.
Nakayama Dumping Site		Landfill	•	•					<ul> <li>TEL: 0749-22-2734</li> <li>Opening Hours: 9:00 a.m. until 1:00 p.m. TEL: 0749-26-5250</li> </ul>
Cremat	tion Serv	vice	•	•	•	*	•	•	• You can make a reservation only on the 1 <sup>st</sup> of January. Shiunen Crematorium: TEL: 0749-48-1318
Night Soil Treatment Service		*	*					Hikone Jigyo Kosha TEL: 0749-23-4135	
Public Water Service (Starting/Cancelling Water Supply) (Payment for Water Bills)		•	•	•				<ul> <li>Opening Hours: 9:00 a.m 5:00 p.m.</li> <li>Water and Sewerage Customer Service Center TEL: 0749-27-2802</li> </ul>	
Holiday Emergency Medical Centre ( <i>Kusunoki</i> Centre 1F) Available Department: Internal, Paediatrics		•	•	•	•	•	•	<ul> <li>Opening Hours: 10:00 a.m 5:00 p.m. (Reception Hours: 9:00 a.m 4:30 p.m.) TEL: 0749-22-1119</li> <li>Be sure to make a call first before visiting the hospital.</li> </ul>	
Hikone City Hospital Medical Exams for Emergency Patients		•	•	•	•	•	•	Emergency Center TEL: 0749-22-6050	

# NB:

1: The Hikone Sanitation Centre is expected to be crowded during the new-year holiday season. For this reason, when bringing large-sized garbage directly to the Sanitation Centre, make sure to separate large-sized garbage in a proper manner, and be ready to dispose of it swiftly at the center. To avoid the expected crowds, you are strongly advised to bring large-sized garbage to the center as early as possible during the holiday season.

- 2: As for landfill trash, before going to the Nakayama Dumping Site, you need to get a disposal permit from the Hikone Sanitation Centre, the Living Environment Division or any branch office of Hikone City Hall by December 28, Monday. (You can obtain a permit from the temporary window of the city hall on December 29 and 30.)
- 3: Hikone's Night Soil Treatment service is available until December 30. There will be no service available from December 31 through January 3. If an urgent emergency which requires a night soil treatment service comes up, please directly contact a company.
- 4: If you have any questions regarding the schedule, please contact us at 0749-22-1411.
- 5: The hall of Hikone is scheduled to be closed from December 29 (Tue) through January 3 (Sun). During the period of the city hall's New Year holiday closure, no certificates can be issued at the city hall. Please ensure to visit the city hall before the 28<sup>th</sup> if you need any certificates. Our convenience store service (the issuance of tax-related, residence, certificates etc. is available by using a plastic My Number card) will also be unavailable from December 29 until January 3.
- 6: Filing a notification of childbirth, death (the issuance of a cremation permit is available between 8:30 and 5:15), divorce, etc. can be done even during the year-end and new-year holidays. For more information, please inquire with city officials at a temporary window of the city hall during the New Year holiday season.
- 7: Regarding Hikone's public water services, starting and cancelling the water supply and making a payment for your water bills are available at the Water and Sewerage Customer Service Center (Asahi-cho 1-22). Its opening hours are between 9:00 and 5:00.

Payments for the Hikone residential tax, national health insurance, night soil treatment, public water, sewer service, and so on, can be made at banks designated by the city. (Please check the opening schedules of each bank.) If your payment bill can be paid at a convenience store, you can do so through a mobile payment app such as PayPay、LINE Pay、 au PAY、 Pay B, etc.

)ent	ntal clinics will be open between December 29th Sunday and January 3rd Friday as follows.					
	Date	Dental Clinic	Address	TEL (0749)		
	Dec 29 Tue, 2020	Kitamura Dental Clinic	Hikone Hirata-cho137-7	24-1050		
	Dec 30 Wed, 2020	Shimano Osamu Dental Clinic	Hikone Nakayabu 1 Chome 1-10	26-1825		
	Dec 31 Wed, 2020	Fumimura Dental Clinic	Hikone Kiyosaki-cho 500-51	25-3241		
	Jan 1 Fri, 2021	Yoshida Dental Clinic	Hikone Serikawa-cho 1463-11	24-2700		
	Jan 2 Sat, 2021	Imamura Dental Clinic	Hikone Takamiya-cho 2000	22-0724		
	Jan 3 Sun, 2021	Shiraishi Dental Clinic	Hikone Oka-machi 5-5	23-3084		

# **☆Schedule of Dental Clinics during the New Year Holidays**

Dental clinics will be open between December 29th Sunday and January 3rd Friday as follows

% Open hours of each dental clinic above is between 9:00 a.m. and 3:30 p.m. Be sure to call the dental clinic beforehand.

# <u>☆Human Rights Week: Dec 4 (Fri) – 10 (Wed)</u>

# • Not "None of My Business"

To make our society free from discrimination, prejudice, and stereotypes, it is vital that each and every one of us understands and respects human rights. Please think of what human rights mean to you and others together with your family, friends, colleagues, etc. during Human Rights Week.

#### Inquiries: Hikone Human Rights Policy Division TEL: 0749-30-6113

#### · Consultation Services for Human Rights

If you or someone you know is suffering from things like the following, do not try to keep it to yourself, instead call one of the telephone consultation services below!

Bullying, Physical Abuse, Child/Elder Abuse, Domestic Violence, Domestic Disputes, Racism, Online Discrimination, etc.

- National Human Rights Consultation: 0570-003-110
- Child Human Rights 110: 0120-007-110
- Women's Human Rights Hot Line: 0570-070-810
- Human Rights Consultation in Foreign Languages: 0570-090-911
- · Otsu Regional Legal Affairs Bureau: 077-522-4673
- · Otsu Regional Legal Affairs Bureau, Hikone Office: 0749-22-0242
- \*All telephone consultation services above are accessible on weekdays from 8:30 a.m. to 5:15 p.m.

\*Your personal information will be kept in strict confidentiality.

## **☆Safety Tips for the Elderly**

1. Registration with Hikone's Emergency Email System (available in Japanese only) This system is to send emails about a missing person to all registered mobile devices. To register your email address for this system, please scan the QR code on the right.



- 2. Cooperation with Neighbors
  - Having a supportive relationship with your neighbors could lead you to find a missing person quickly.
- 3. Small Things to Ensure the Safety of the Elderly

Taking photos of your elder family member regularly, writing down his/her name on his/her belongings, having him/her carry a GPS device, etc. can provide extra safety. You can also register your elderly family member with dementia with the city hall of Hikone as a person at risk of going missing. A small registration sticker which can be attached to a shoe will be provided.

If you see someone walking aimlessly at night, wearing clothes unfit for the current season, pajamas, or no shoes, please talk to that person nicely to check if everything is okay. Your small action could save that person's life.

#### Inquiries: Hikone Medical Social Welfare Promotion Division TEL: 0749-24-5870

## ☆Please Help the City with Snow Removal (Dec 1 to Mar 20)

In Hikone, the removal of snow mainly around main roads will be implemented by the city government through the months of December to March. Your understanding and cooperation will be greatly appreciated.

\*Snow on the roads will be removed overnight; however, depending on the accumulation of snow, some traffic restrictions may be put in place.

\*Do not park your car on the either side of the road to help us to plow snow smoothly.

\*Aside from main roads, snow on sidewalks, alleys, paths for children to commute, driveways, etc. needs to be cleared by local residents.

## Inquiries: Hikone Roads and Rivers Division TEL: 0749-30-6122

# <u> ★Please Give your Opinions or Views</u> <u>about our Municipal Government</u>

Hikone-shi has made a system to listen to opinions or views about the municipal government. Please give your opinions or views on the policies or the projects of our municipal government.

- We reply by document and telephone as much as possible
- It may take one month to receive an answer
- %In case of anonymity, no reply will be sent
- \*Personal information is managed appropriately
- % You can also submit your views via the municipal government website (Japanese).

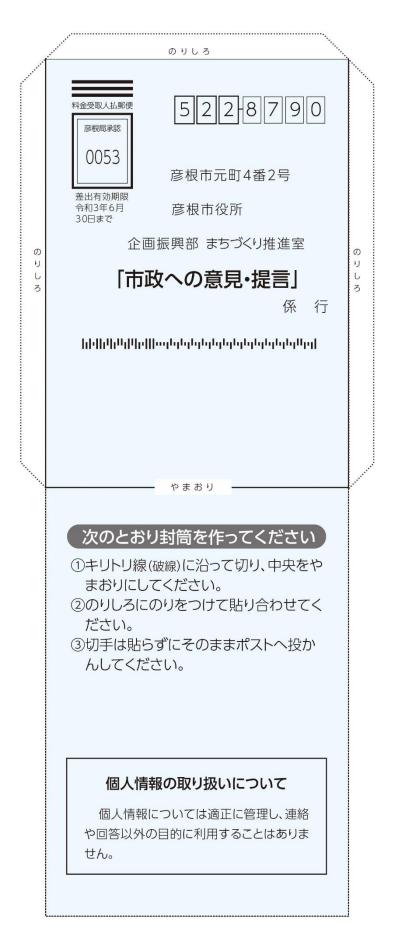
After writing your opinion in the exclusive input form of "Opinion and suggestion for the municipal administration", please send it.

# Inquiries: Community Relations Division TEL: 0749-30-6117, FAX: 0749-22-1398

E-mail: machizukuri@ma.city.hikone.shiga.jp

## How to make an envelope

- 1 Cut along the dotted line and fold in half.
- ② Attach glue to the edge of paper, and put sides together
- ③ Mail it without a stamp.



 <u> </u>
について
たにおり
在 所
住所
住所 フリガナ
<ul> <li>ーー・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・</li></ul>

Number of submissions

from April to September (2020)

Position	Number
Mayor Direct Control Organization	64
Department of Urban Construction	38
Department of Citizens' Affairs and Environment	33
Board of Education	29
Department of General Affairs	25
Department of Policy Planning and Area Promotion	22
Department of Industry	16
Historical Community Relations Division	14
Department of Welfare and Preservation of Health	14
Department of Waterworks and Sewerage	9
Department of Kodomo-mirai	8
Municipal Hospital	4
Sports Division	3
Assembly Secretariat	2
Fire Defence Headquarters	1
Cashier's Office	1
Other	5

# ☆Get Your Dog Vaccinated Against Rabies

This year, your dog can get a rabies injection till December 31st. If he or she didn't has not received it yet, please do it promptly.

> Inquiries: Consumer Affairs and Environment Division Tel: 0749-30-6116, Fax: 0749-27-0395

# ☆Protect a Water Pipe Against the Cold of Winter

## \*How to prevent frozen water pipes.

Please wind lagging materials around a water pipe. When you use blankets or clothes, please cover them with plastic tape.

#### \*If you notice a frozen water pipe

Please put a towel on the frozen pipe and pour lukewarm water on it to melt the ice.

Don't pour on hot water. There is a danger that the water pipe will burst.

#### \*If the water pipes burst.

Please close a valve in the water meter box and repair the leak with plastic tape. Call the designated water-supply utility to ask for the pipe to be repaired. Regarding the designated water-supply utility, please check Hikone City Homepage The repairing cost must be met by the person who asked for the repair.

#### \*Check for water leaks

Check your water meter regularly to find water leaks early!

- 1. Turn off all faucets on the premises
- 2. Check the movement of the pilot needle of the water meter

If the pilot needle is moving, there is may be a water leak.



# Inquiries: Water Supply Service Center Tel: 0749-27-2802 Fax: 0749-27-2803 Water Supply Direction Tel: 0749-22-2648 Fax: 0749-22-5433

## ☆World AIDS Day: December 1<sup>st</sup>, Tuesday

If you have not taken an HIV test before or are concerned about an HIV infection, you are advised to take the test.

The Schedule of HIV Testing

Date & Time: Every 1st Tuesday: 9:20am ~ 10:20am

3<sup>rd</sup> Tuesday: 1:40pm~ 3:00pm

Location: Hikone Public Health Office (Wada-cho)

Available Tests: HIV, Syphilis, Hepatitis Virus (B type and C type)

- Reservation is required; You can make a reservation anonymously.
- You can take a test anonymously.
- You will be notified of the result promptly.

## Inquiries: Hikone Public Health Office TEL: 0749-21-0281, FAX: 0749-26-7540

# ★Special Cash Handouts for Single-Parent Households

To alleviate the financial impact caused by the coronavirus pandemic, the city office will be set to provide financial assistance.

- The deadline of application: February 28 (Sunday), 2021
- If you will come to the city office, the deadline will be on Friday, February 26, 2021
  - 1. The Basic Special Cash Handouts is ¥50,000 per one single-parent household. (The second child and after he or she will be ¥30,000 per a child.) Please note the eligible single-parent households.
  - 2. The Supplementary Cash Handouts is  $\pm 50,000$  per one single-parent household. Please note the eligible single-parent households.
- For more details, please contact the Hikone Kosodate Shien (Childrearing Support) Division Tel: 0749-26-0994 Fax: 0749-26-1768

# **EVENTS**

# ☆"HIKONE DE ASAICHI" (The Fresh Morning Market in Hikone)

Selling local fresh vegetables, bean curd, local fresh fish and shellfish from the lake, and handcrafted general goods,---under the concepts of "Reliably sourced food" "Local production for local consumption" and "Handmade".

If you want to open your own stall at this event, please contact us.

Date & Time: Sunday, December 20 8:00~12:00

Place: GOKOKU- JINJYA (shrine) (Osue- cho)

Inquiries: "HIKONE DE ASAICHI" Executive Committee

TEL: 0749-24-4461

hikonedeasaichi55@gmail.com

# Consultation

	Date & Time	Contact Information	Tel
		Contact Information	ICI
Labor Law Consultation	December 4 (Fri) 18:30 ~ 20:00 (reservation possible from November 18)	San Palace	0749-26-7272
Law Consultation	December 25 (Fri) 13:00 ~ 16:00 ※ ¥ 5500 per consultation (reservation possible from December 16)	Community Relations Division (AL PLAZA Hikone 3F)	0749-30-6117
Vacant House Telephone Consultation	Every Mon ~ Fri 10:00 ~ 18:00	Akiya Bank Secretariat	0749-23-2123
Medical Consultation and Working Consultation for Cancer Patients	Every Mon ~ Fri 9:00 ~ 16:00 (Priority given to reservations)	Municipal Hospital Cancer Support Center	0749-22-6050
Child · Family Consultation	Every Mon ~ Fri 8:30 ~ 17:15	Consultation Room for Children (Welfare center)	0749-23-7838
Developmental Disorder Consultation	Every Mon ~ Fri (1) $8:30 \sim 12:00$ (2) $13:00 \sim 17:15$ (by reservation) Every Mon ~ Fri (1) $8:30 \sim 12:00$	Development Support Division ( <i>Hirata-cho</i> )	0749-26-8282
Language Consultation	©13:00 ~ 17:15 (by reservation)		
Human Rights Consultation by Foreign Languages	Every Mon ~ Fri 9:00 ~ 17:00		0570-090-911
Bullying Consultation / Hot Line	Every Mon ~ Fri 9:00 ~ 17:00	School Support • Human Rights • Bullying Measures	0749-24-7977
		Division	
General Consultation for Children & Youth (social withdrawal	Every Mon ~ Fri ①10:00 ~ 12:00	Child & Youth Consultation Center	0749-47-3001
problem, etc.)	②13:00 ~ 17:00	(Welfare center)	
Consumer Life Consultation	Every Mon ~ Fri ①9:00 ~ 12:00 ②13:00 ~ 16:15	City life Environment Division (AL PLAZA Hikone 3F)	0749-30-6144
Traffic Accident Consultation	Every Tue & Thu ①9:00 ~ 12:00 ②13:00 ~ 16:00	Traffic Accident Consultation Center Hikone Branch ( <i>Moto-machi</i> )	0749-27-2230
Shinpaigoto Consultation	Every Wed & Fri ①10:00 ~ 12:00 ②13:00 ~ 16:00	Hikone Council of Social Welfare	0749-22-0294

%All offices closed on holidays

# Information from the Health Promotion Division, Kusunoki Center (Hassaka-cho) Tel 0749-24-0816, Fax 0749-24-5870

# ☆December Infant Check-ups

Location: Kusunoki Center (Hassaka-cho)

Reception Hours: Please visit the official website of Hikone or get in touch with the Hikone Health Promotion Division to know at what time reception hours will start.

Target Age Group	Date	
One and 1/2 Years Old	11 (Fri)	Born between April 26, 2019 and May 7, 2019
	18 (Fri)	Born between May 8, 2019 and May 23, 2019
Three and 1/2 Years Old	7 (Mon)	Born between April 27, 2017 and May 7, 2017
	9 (Wed)	Born between May 8, 2017 and May 16, 2017
	14 (Mon)	Born between May 17, 2017 and May 31, 2017
4 Months Old		For a check-up for four-month old babies, parents/guardians are required to
		take their baby to one of the designated local children's clinics.

Notes

\*No notification as a reminder will be mailed to your address.

\*Please bring a toothbrush and a face towel for infant check-ups for 1½ years old, and 3½ years old.

\*For the 3½ years old check-up, please bring your child's urine sample stored in a sanitized container.

\*On the day of an infant check, please take the body temperature of your baby and anyone who accompanies him/her,

and if you suspect that your child is sick, please contact the Hikone Health Promotion Division.

Infant check-ups for 10-month-old babies and  $2^{1/2}$ -year-old children have been cancelled due to the Covid-19 pandemic. Instead of the infant check-ups, there is a child development consultation with a public health worker available for guardians. If you are interested, you need to make a booking in advance by calling the Health Promotion Division. Please check the schedule of the child development consultation below.

# • For 10-Month-Old Babies: December 15 (Tue)

\*Born during the month of February, 2020.

## • For 2 <sup>2</sup>/<sub>1</sub>-Year-Old Children: December 14 (Mon)

\*Born during the month of May, 2020.

## **<u><b>★Individual Consultation for Parents/Guardians of Infants, Toddlers and Pre-K Children**</u>

Day and Time: December 24 (Thu) 9:30 – 11:00

Location: Kusunoki Center

Contents: Concerns about childrearing, weaning, etc.

Contact: Hikone Health Promotion Division, 0749-24-0816

\*Please make a reservation via phone.

# \*About the Norovirus (Prevention from Norovirus Food Poisoning)

Norovirus outbreaks occur in the cold season, especially from November to February. This virus is extremely contagious. Even a small amount of contact can infect individuals and become active in the intestines. Infections occur when the virus enters the body through the mouth.

#### How to get infected

-Eating food made by someone infected -Raw or undercooked Clams

#### Most common symptoms

The incubation period is 24 to 48 hours (36 hours average).

-Nausea and vomiting -Stomach pains -Diarrhea -Fever

#### How to protect yourself from the norovirus?

Wash your hands

Hand washing with soap and water for at least 30 seconds reduces the transmission of norovirus pathogens before and after cooking, eating and using the toilet.

Do not share a towel.

•Heat food thoroughly

Cook the center above 85°C for over 90 seconds.

#### •Disinfecting kitchenware with care

Please disinfect your kitchenware with hot water or chlorine bleach before cooking.

•How to dispose of vomit and diarrhea

The virus could spread everywhere in the house from vomiting and diarrhea.

Protecting yourself from infection such as by wearing a mask and rubber gloves.

Cover the waste with paper towels soaked in a disinfectant solution of 0.02% concentration.

Pick up the waste and throw it away into the plastic bag.

Wipe the area where the waste was a few times with a paper towel soaked with the disinfectant solution and wipe with water again.

- •How to make a disinfectant solution
- $\mathbf{\nabla}$  0.02% of sodium chlorate disinfectant solution

2 caps of a plastic bottle of chlorine bleach (10ml) and add water up to 2 liters.

 $\mathbf{\nabla}$  0.1% of sodium chlorate disinfectant solution

50ml of chlorine bleach and add water up to 2 liters.

*X*It's convenient if you use a 2L PET bottle.

\* Label the bottle as a disinfect solution in case you decide to keep it.