



Iwa-Key

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Iwaki City Monthly Event & Information Guide

Iwa-Key



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Stay Home Week

In response to the coronavirus outbreak, a **state of emergency** was declared for Tokyo and 6 other metropolitan prefectures across Japan on 7 April and, as of 17 April, has expanded across the entire nation. In light of this, there won't be any events posted in Iwa-Key for the time being. Public facilities will be closed while the emergency declaration is in effect until 6 May (keep in mind that this period may be extended).

Precautions to take during the emergency declaration period

Even if you may know these things by now, please share this with your family, friends and colleagues in order to spread awareness and prevent the spread of coronavirus.

- Wash your hands thoroughly (this includes washing under your fingernails, in between your fingers and wrist).
- Cover your mouth with a mask/tissue or your elbow when you cough (do NOT cough into your hands!).
- Try to avoid going out for nonessential/non-urgent reasons. This means it is okay to go outdoors for essential reasons (medical appointment, commuting to work or buying groceries/medicine etc.) and it is also okay to go out for a walk or exercise. However, if you do have to go out, try to avoid the "3Cs" (Closed spaces with poor ventilation, Crowded places and Close contact with others) and maintain a 2 metre distance from others as much as possible. Try to avoid shopping during peak times to avoid crowds.
- Do NOT go to work or school if you have a fever or feel unwell.



*Don't forget to wash the parts of your hands darkly-coloured (wrist, thumbs, fingertips, fingernails, spaces between fingers etc.)



What to do if you have a fever or feel unwell

If your symptoms improve within a week, rest at home and keep an eye on your condition for a while. Treat it as though you have caught the common cold, and avoid going to the hospital to affect others. However, the following people should consult a medical facility (Do NOT go straight to the facility; make sure to contact them in advance and refrain from using public transport when visiting):

- Your symptoms (coughing, sore throat) don't improve or worsen over time
- You have had a fever above 37.5°C for four or more consecutive days (two or more consecutive days for the elderly or those with underlying conditions)
- You experience heavy fatigue or difficulty breathing



If you have a cough, fever above 37.5°C or are coughing up phlegm and have travelled overseas within the last 14 days, please contact the **Call Centre for Recent Arrivals and People who have been Exposed to Someone with Confirmed Coronavirus** (TEL: 0120-567-747) before consulting a medical institution.



What to do if you cannot speak Japanese

If you think you may have difficulty explaining your symptoms or situation in Japanese, try to have someone who can speak Japanese interpret for you. Alternatively, you can consult the **Fukushima Prefectural International Association**, which provides over-the-phone interpreting services in 11 different languages (Tue-Sat 9am-5pm, TEL: 024-524-1316).

Remember, even if you are a young and healthy person, you could potentially be an asymptomatic carrier and risk infecting those who are vulnerable to severe cases of coronavirus (the elderly, those with underlying conditions, pregnant women and infants). So whilst some people may be tired of hearing coronavirus news, it is vital that everyone is vigilant in basic hygiene and preventative measures in order to save lives.

Iwa-Key is produced by the Tourism Exchange
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(The IIA is also on Facebook and Twitter)

The Tourism Exchange
Division and the IIA are
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anytime.

The following is a list of words you may often hear on Japanese news programs or articles or reports related to the coronavirus. Some words with a close association have been grouped together. Katakana words also include their Japanese version in brackets.

General		
Japanese	Romaji	English
かんせんかくだい 感染拡大	Kansen-Kakudai	Spread of Infection
かんせんしゃ 感染者	Kansensha	Infected Person
かんせんけいろ (ふめい) 感染経路 (不明)	Kansen-Keiro (Fumei)	Route of Transmission (Unknown)
みつぺい 密閉	Mippei	Closed Space with Poor Ventilation
みつしゅう 密集	Misshuu	Crowded place
みつせつ 密接	Missetsu	Close Contact (e.g. close-up conversation)
のうこうせつしよく 濃厚接触	Noukou-Sesshoku	Close Contact (with an infected person)
クラスター しゅうだんかんせん (集団感染)	(Shuudan-Kansen)	Cluster (Group Infection)
オーバーシュート ばくはつてきかんせん (爆発的感染)	(Bakuhatsuteki-Kansen)	Overshoot (Explosive Rise in Infections)
しょうじょう 症状	Shoujou	Symptom(s)
むしょうじょう 無症状	Mushoujou	Asymptomatic
けいしょう 軽症	Keishou	Mild Symptoms
じゅうしょう 重症	Juushou	Severe Symptoms
じゅうとく 重症	Juutoku	Critical Condition
きそしっかん じびょう 基礎疾患・持病	Kiso-Shikkan / Jibyou	Underlying Condition / Chronic Illness
じんこうこきゅうき 人工呼吸器	Jinkou-Kokyuuki	Ventilator
いりょうほうかい 医療崩壊	Iryou-Houkai	Collapse of Medical System

Symptoms		
Japanese	Romaji	English
せき 咳・たん	Seki / Tan	Cough / Phlegm
いんとうつう 咽頭痛	Intoutsuu	Sore Throat
はつねつ ねつ 発熱・熱	Hatsunetsu / Netsu	Fever
だるさ	Darusa	Fatigue
いきぐるしい こきゅうこんなん 息苦しい・呼吸困難	Ikigurushii / Kokyuu-Konnan	Difficulty breathing

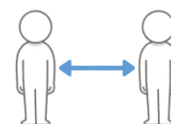
Consultations		
Japanese	Romaji	English
ほけんじょ 保健所	Hokenjo	Public Health Centre
きこくしゃ せつしよくしゃ 帰国者・接触者 相談センター	Kikokusha Sesshokusha Soudan Sentaa	Call Centre for Recent Arrivals and People who have been Exposed to Someone with Confirmed Coronavirus
こうどうれき 行動歴	Koudoureki	Record of one's movements/activity
けんさ 検査	Kensa	Test (for virus)
ようせい 陽性	Yousei	Positive (for virus)
いんせい 陰性	Insei	Negative (for virus)

Hygiene / Prevention		
Japanese	Romaji	English
てあら 手洗い	Tearai	Handwashing
うがい	Ugai	Rinsing Mouth
せき 咳エチケット	Seki-Echiketto	Coughing etiquette (e.g. covering your mouth with a tissue when coughing etc.)
しょうどく 消毒	Shoudoku	Disinfect
じしゆく 自粛	Jishuku	Self-Restraint
ふようふきゅう がいしゅつ 不要不急の外 出	Fuyou-Fukyuu no Gaishutsu	Going Outdoors for Non-Urgent, Non-Essential Reasons
ソーシャル・ ディスタンス しゃかいてききょり (社会的距離)	(Shakaiteki-Kyori)	Social Distancing (e.g. Maintaining a distance of 2 metres from other people)
かくり じこかくり 隔離・自己隔離	Kakuri / Jiko-Kakuri	Quarantine / Self-Isolation
きゅうかん きゅうてん 休館・休店	Kyuukan / Kyuuten	Temporary Closure of Facility / Shop etc.
ちゅうし えんき 中止・延期	Chuushi / Enki	Cancel / Delay (event etc.)
ロックダウン としふうき (都市封鎖)	(Toshi-Fuusa)	Lockdown

Work / Employment		
Japanese	Romaji	English
ざいたくきんむ 在宅勤務	Zaitaku-Kinmu	Work from Home
テレワーク えんかくしゅつぎん (遠隔出勤)	(Enkaku-Shukkin)	Telework (Remote Working)
じさしゅつぎん 時差出勤	Jisa-Shukkin	Staggered working hours
きゅうざよう 休業	Kyuugyou	Temporary Closure of Business
ねんきゅう きゅうか ゆうきゅう 年休・休暇・有給	Nenkyuu / Kyuuka / Yuukyuu	Paid Leave from Work
かいこ 解雇	Kaiko	Fired from job
ないていとりけし 内定取り消し	Naitei-Torikeshi	Cancellation of Job Offer



オーバーシュート



ソーシャル・
ディスタンス



テレワーク



密閉



密接



密集