



Excerpts of the Newsletter issued by the Abiko City Phone: 04-7185-1111

## New Coronavirus Disease (COVID-19)

-----Do you have a fever? Are you coughing? -----

### • People with severe symptoms

- 1. You have intense fatigue and/or shortness of breath
  - 2. You have had a fever of 37.5°C or over for 4 days or more (including the day you need to take an antipyretic)
- \* In case you are pregnant, senior citizen, have underlying disease (diabetes, cardiac failure, respiratory disease like COPD etc.), or undergo dialysis, immunosuppressant therapy, anti-cancer treatments, you have a fever of 37.5°C for about 2 days.



**Call the consultation center for people with potential exposure to COVID-19.**

- 0570-200-613 (Available 24 hours ) Chiba Prefecture
- 047-361-2140 (9:00 to 17:00 weekdays) Matsudo Healthcare Center



You need a medical check-up.



You do not need a medical check-up.

**Visit a medical institution for people with potential exposure to COVID-19.**  
Important: Wear a mask and refrain from using public transportation.

**Call your home doctor or hospital in advance**



**Visit your home doctor or hospital. Or Stay home for recuperation.**  
If you don't get better, call the Consultation Center, or your home doctor or hospital again.

You need PCR exam.

You don't need PCR exam.

**PCR exam**



PCR negative

↓ PCR positive

**Hospitalization,  
Treatment at a hotel, or  
Stay home for recuperation.**



**• People with mild cold symptoms**

For example,  
 ✧ You have a slight fever  
 ✧ You have light coughing

→ **Call your home doctor or hospital in advance**

↓  
**Visit your home doctor or hospital. Or  
Stay home for recuperation.**  
 If you don't get better, call the Consultation Center, or your home doctor or hospital again.

**Important Notice to protect yourself and others from COVID-19**

- ✧ Stay home.
- ✧ Avoid 3 **C**'s: **C**losed spaces, **C**rowded places and **C**lose-contact settings
- ✧ Wash your hands frequently.
- ✧ Keep 2 meter Social Distancing
- ✧ Don't buy too much at a time.
- ✧ Cover your mouth and nose with a tissue or with the crook of your arm when coughing or sneezing.

**Resident Advisory Services May 2020 (\*reservation required)**

| Item              | Date / Time  | Place   | Contact  |
|-------------------|--|---|--|
| Legal Advice      | May 7th,14th,<br>19th,21st, 26th<br>From 9:30 to 15:30 | Civic Consulting Room,<br>2F, City Hall                   | Secretarial Sec.<br>* 7185-1714<br>(Call for reservation<br>after 8:30, May 1st) |
| Human rights      | May 28th<br>From 9:30 to 12:00                         | Consulting Room (2F,<br>West Annex)<br>7185-1111, ext.432 | Social Welfare Sec.<br>* 7185-1111 ext.432                                       |
| Daily-life Advice | Weekdays<br>8:30 to 17:00                              | Social Welfare Sec.<br>(West Annex, 2F)                   | Social Welfare Sec.<br>7185-1111, ext.394  |
| Health Care       | Weekdays   | Abiko Public Health                                       | Health Promotion   |

|                           |  |   |  |
|---------------------------|--|---|--|
|                           | 8:30 to 17:00                                    | Care Center                                       | Sec. 7185-1126   |
| Domestic Violence         | Weekdays<br>8:30 to 17:00                        | Social Welfare Sec.<br>(West Annex, 2F)           | Social Welfare Sec.<br>7185-1111 ext.393                           |
| Mental Care               | May 25th<br>13:30~<br>by 22nd for<br>reservation | Consulting Room (West<br>Annex 2F)                | Welfare Support for<br>the Disability Sec.<br>*7185-1111, ext. 421 |
| Consultation for children | Weekdays<br>8:30 to 17:00                        | Child Consultation<br>Section (West Annex,<br>1F) | Child consultation<br>Section, 7185-1821                           |

**WE LOVE ABIKO Eats!**  
**Let's help our wonderful restaurants.**

We can help different restaurants that have faced decline of customers and sales due to COVID-19.

Get some take-out food at restaurants in Abiko!

Facebook page: <https://www.facebook.com/weloveabiko.eats>

Feel free to call Ishii-san of WE LOVE ABIKO at 090-8342-8637



**COVID-19 Related Information**

**Administrative service center hours have changed**

- Abiko 9:00 - 20:00 Mondays, Wednesdays, Fridays
  - 9:00 - 17:00 Tuesdays, Thursdays, Saturdays
  - Tsukushino, Fusa 8:30 - 17:00 Mondays, Fridays
  - Tennoudai, Kohokudai 8:30 - 17:00 Mondays, Wednesdays, Fridays
  - Kohoku, Araki 8:30 - 17:00 Tuesdays, Thursdays
- Contact Civic Section at 7185-1111 (ext. 477)

**Clean Center**

Carried-in trash, garbage, and recyclables are not accepted through May 6<sup>th</sup>  
Contact Clean Center at 7187-0015

**Teganuma Park**

Some of playground equipment and basketball areas cannot be used at present.  
Contact Park and Greenery Section at 7185-1111 (ext.363)

**Passport applications will not be accepted through May 6<sup>th</sup>.** If you have already applied for a passport in Abiko city, you have 6 months after the date of issue to pick it up. Contact Passport Desk at 7181-1292

----- **Health Care** -----

**1. Sudden illness at night or on Holidays- Introduction of Hospital**

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, call 119 for an ambulance.

**2. Child's Sudden Illness at Night- Telephone consultation by Nurses**

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

**3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses**

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

**4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)**

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30, 13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

**Newsletter Abiko**

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