

To all Technical Intern Trainees

# Precautions for the New Coronavirus Infectious Disease (COVID-19)

## Before going to work

• Take your temperature.

① You have a temperature of 37.5°C or higher.

② You have cold symptoms and feel sluggish, etc.

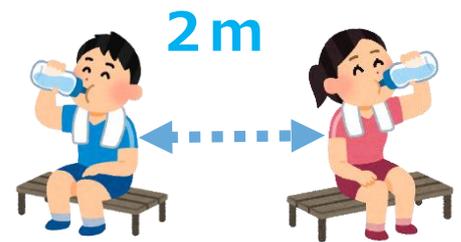
If you feel different and unwell, please contact your technical intern instructor or your daily life instructor.



## When going out

- If you are not feeling well, refrain from going out.
- Wear a mask when going out.

During hot days, be careful from heat stroke and remove your mask when you are outdoors and 2 meters away from other people .



## When you return home

• Wash your hands thoroughly with soap and water.

Use your own towel.

• When throwing away used masks, tissues, gloves, etc., make sure to firmly close the opening of the garbage bag so that others won't touch it.



## When you are living together with other people

- Even at home, maintain a 2 meter distance away from other people.
- During conversations, wear a mask and avoid loud voices.
- Wash your hands after sneezing or coughing.  
Use your own towel.
- Open the windows twice every hour to replace the air.
- Disinfect after using things (remote control, refrigerator, lighting switch, dryer) you share with other people.
- Close the cover of the toilet bowl and flush it after using.

### 【When having a meal】

• Wash your hands before and after eating.

Use your own towel.

- As much as possible, sit side by side (keep distance) when eating.
- Prepare each meal on a separate plate.



## When living together with other people

### 【When taking a bath or shower】

- Use your own towel.
- Take turns when using the bathroom.

### 【When sleeping】

- If you are sleeping with other people in the same room, maintain distance as much as possible.
- When sleeping, your head should be in an alternate position from others.

## Let's be careful of heat stroke

- To prevent heat stroke, open the windows and replace the air. Adjust the temperature setting of the air conditioner frequently to avoid heat.
- Remove the mask when the temperature and humidity are high, and if you are outside and you are away 2 meters or more from other people.
- Avoid strenuous exercise when wearing a mask, and temporarily take off the mask and take a break in a place where you can keep a sufficient distance from people around you.
- Drink water even if you are not thirsty (approximately 1.2 liters a day).
- If you feel nausea or dizziness, immediately tell your technical instructor or your life instructor.

Keep your body cool and drink water. If you are not feeling well, take a rest at home.



※ For more details, please visit the website below.

### ■ Prevention of coronavirus infectious disease (COVID-19)

[http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10\\_00046.html](http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00046.html)

### ■ Prevention of heat stroke

<https://www.otit.go.jp/heatstroke/>

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