



## Special Issue on Novel Coronavirus Infection Control Measures ③

This is an article with information regarding the novel coronavirus.  
While being cautious about the infection, don't be misled by inaccurate information, and act calmly.

\*Information accurate as of April 13. Check how to get the latest information below.

### 1. A State of Emergency Has Been Declared

As infections from the novel coronavirus continue to spread, a state of emergency has been declared and Chiba Prefecture is one of the areas that is subject to it. It is not like city lockdowns occurring in other countries; services that are necessary for daily life will still continue while avoiding the Three Cs and preventing the spread of infection.

**Duration Period** Tuesday, April 7-Wednesday, May 6 (holiday)

#### (1) Please refrain from going outside

In order to help steer the infection towards the direction of conclusion, it is necessary to reduce the chances of contact by a minimum of 70-80% as much as possible.

Apart from cases where you need to go outside for the maintenance of daily life, please refrain from going outside regardless of the time of day.



#### 【Examples of Cases Necessary for the Maintenance of Daily Life】

- ① Buying daily necessities such as food
- ② Going to the hospital
- ③ Going to social welfare facilities for the elderly and people with disabilities
- ④ Exercising outside with few people around
- ⑤ Commuting to your workplace, etc.



#### (2) Facilities are being asked to suspend operations

Now that the prefecture has received the declaration of a state of emergency, facilities are being requested to suspend operations and events are being requested to be cancelled. Please comply with these requests to help prevent the spread of the virus.

【Questions】 Chiba Prefecture Phone Consultation Services ☎043-223-2674

#### 【Applies to:】

- ① Universities, cram schools (exceeding 1000 m<sup>2</sup>)
- ② Cabarets, night clubs



- ③ Dance halls, bars
- ④ Internet/manga cafes
- ⑤ Karaoke
- ⑥ Live music venues
- ⑦ Sports clubs/gyms
- ⑧ Pachinko parlors
- ⑨ Theatres, cinemas, etc.

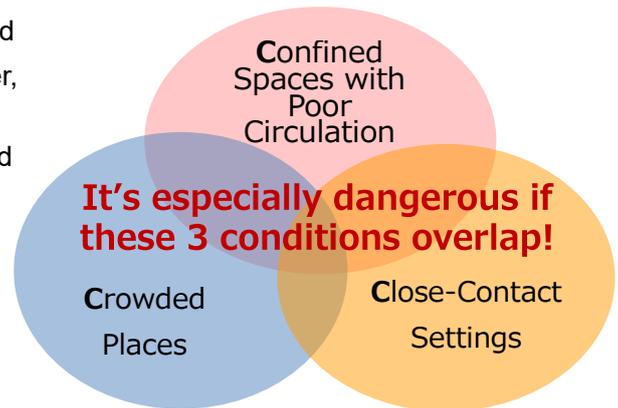


### (3) Avoid the Three Cs

The risk of contamination increases in confined spaces, places where large amounts of people gather, close-contact conversions, etc. Places where the Three Cs overlap are particularly dangerous, so avoid going to them.

#### 【Examples of places where clusters are easy to form】

- ① Entertainment facilities such as cabarets and night clubs
- ② Live music venues
- ③ Sports clubs/gyms, etc.



## 2. Status of Municipal Facilities

### (1) Closure of City Facilities

Except for city hall, ward offices, health and welfare centers, civic centers and other facilities required for the maintenance of daily life, facilities such as libraries and public centers will be closed for the time being.

### (2) Daycares, Children's Rooms, etc.

To prevent the spread of infection, please take care of your children at home as much as possible, and refrain from going to the daycare.



\*Nursing facilities for the elderly or people with disabilities will take measures to prevent infection and, for the most part, will stay open.

For more details, please contact each facility.

### 3. Shortening of Nighttime Emergency Care Examination Hours

Following the spread of the novel coronavirus, in order to secure hospital functions, the Nighttime Emergency Care examination hours (inside Kaihin Municipal Hospital) will be shortened. If you suddenly become ill in the middle of the night, call the Emergency Relief Phone Consultation\* number.

**【Date of Change: Monday, April 20】**

- (1) **Nighttime Emergency Care** ☎043-279-3131  
Examination Hours: Weekdays: 19:00-24:00  
Saturdays, Sundays, Holidays: 18:00-24:00



- (2) **Emergency Relief Phone Consultation (For Adults)**  
#7009, or ☎03-6735-8305  
Reception Hours: Monday-Saturday: 18:00-6:00 the next day  
Sundays, Holidays: 9:00-6:00

- (3) **Children Sudden Illness Phone Consultation, #8000 or ☎043-242-9939**  
Reception Hours: 19:00-6:00 the next day (every day)  
\*If you suddenly get sick in the middle of the night or on a holiday, you will be advised on what appropriate measures to take.

### 4. Be careful of lack of exercise!

If you stay indoors at home for a long period of time, you move your body less, your physical strength starts to worsen, and the risk of falling/bone fractures increases. Move your body little by little every day doing at-home exercises, etc.

**【Exercises to try out at home】**

Senior Leader Exercises



100 Year Dance



The City's homepage also has examples of other exercises you can do at home. Be sure to check them out.



### 5. Preventing Crime

- (1) **Beware of Scams and Malicious Salespeople!**

① Anticipated Cases

- Someone soliciting you to buy masks or sanitizer at high prices
- Someone calling pretending to be a city hall employee and saying "There's a subsidy available for you, please tell me your banking info"



② How to deal with them:

- Hang up immediately on suspicious phone calls, don't reply to strange emails
- If you're not sure how to handle the situation, consult with the Consumer Affairs Center

【Consult】 Consumer Affairs Phone Consultation Service ☎043-207-3000  
9:00-16:30 (excluding Sundays and holidays)

**(2) Beware of Crimes Targeting Children While They're at Home!**

There is a risk of crimes occurring where the criminal pretends to deliver a package and tries to get children to open the door, or waits until children get home and tries to force their way into the house.

When children are home alone, teach to take measures such as not opening the door to anyone or saying "I'm home" out loud when they get home.

【Ask】 Community Safety Division ☎043-245-5264

## 6. Consultations/Inquiries

**(1) For Citizens (including foreign residents)**

① Phone Consultations for Consultations Regarding Novel Coronavirus

☎043-238-9966

Hours: 9:00-19:00 (until 17:00 on Saturdays, Sundays, and holidays)

\*There may be times when you cannot reach the above number. Please wait a bit before making your call again.

For those with hearing impairments, etc. and cannot consult via the phone

E-mail: [chibashicorona@city.chiba.lg.jp](mailto:chibashicorona@city.chiba.lg.jp)

② For Consultations Regarding Labour

- Labor Consultation Room ☎043-300-8282

Hours: 9:00-16:00 (until 15:00 on Sunday and Saturday,  
not available between 12:00-13:00 nor holidays)

- Chiba Bar Association ☎043-306-2809

Hours: 10:00-16:00 (weekdays only, not available between 11:30-13:00)

- Japan Federation of Shiho-Shoshi Lawyer's Associations ☎0120-315-199

Hours: 11:00-17:00 (weekdays only)

③ For Consultations Regarding Living Expense, etc.

- Special Small Emergency Loans

Loans for costs such as living expenses are available to households whose income has been reduced because they have had to stop working. Please consult with the Council of Social Welfare Office (weekdays, 9:00-17:00) of the ward you live in.

- Provision of Municipal Housing

Municipal housing is provided for people who have lost their homes because they have been fired from work, etc.

Please enquire at the Chiba City Housing Supply Corporation regarding rent, etc.

【Questions】ちばしじゅうたくきょうきゅうこうしゃ 千葉市住宅供給公社 Chiba City Housing Supply Corporation

☎043-245-7515

- Temporary Livelihood Support Benefits (tentative name)

The nation plans to provide temporary livelihood support to households that have suffered a reduction of income and are having trouble in their daily lives due to the influence of the coronavirus.



【Consult/Ask】 Temporary Livelihood Support Benefits Call Center, Ministry of Internal Affairs and Communications ☎03-5638-5855  
9:00-18:30 (weekdays only)

## (2) Chiba City International Association “Daily Living Consultation Desk for Foreign Residents”

For people struggling with Japanese, you may consult in foreign languages (English, Chinese, Korean, Spanish, Vietnamese).

Please ask or check the URL below to see when you can consult in your desired language.

URL: <http://www.ccia-chiba.or.jp/index.php/forforeign/dailyconsultationservices.html>

Hours: 9:00-19:30, Monday to Friday

9:00-16:30, Saturday

\*Closed on Sundays and holidays

【Consult/Ask】 ☎043-245-5750 E-Mail: [ccia@ccia-chiba.or.jp](mailto:ccia@ccia-chiba.or.jp)

## (3) For Business Operators

Consultation services for the support of small- and medium-sized companies and firms are available.

For more information, search for 千葉県 コロナ 事業者支援 (“Chiba City Corona support for business operators”).

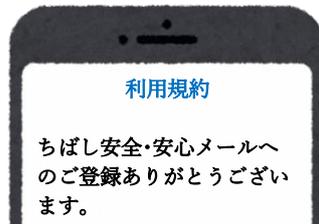
## 7. Obtaining Recent Information

### “Please make sure to verify and confirm recent information”

Information regarding the novel coronavirus changes every day. It takes time for paper notifications such as the Chiba City Newsletter to reach the citizens. The following are methods that deliver the latest information in real time. Please make the preparations needed to be able to receive the information when using any of these methods.

#### 【Chiba City Anzen/Anshin Emails】

- ① Send a blank email to [entry@chiba-an.jp](mailto:entry@chiba-an.jp)
- ② Open the URL that is in the reply email
- ③ Register by following the instructions on the screen



Chiba City International Association HP



Chiba City International Association Facebook



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Public Relations Division Twitter

