

Reannouncement of state of emergency for new coronavirus infection

15th, January Reiwa 3rd
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As the new coronavirus infection has spread, a second state of emergency was declared in 11 prefectures. Early vaccination and establishment of new therapeutic drugs have been desired, but until then, I would like to mention again the basic measures each individual, home, company should keep in the social life (Reference materials from the Ministry of Health, Labor and Welfare)

1 . Where does the new coronavirus invade and infect the human body? The virus is transmitted by invading the mucous membranes of humans' eyes, nose, mouth. First of all, we should understand it firmly. It does not invade from intact skin. If no infection control measures are taken, the infection is transmitted from the mucous membranes of the "eyes, nose, mouth," by the following route.

- 1) By talking with an infected person for a long time (about 15 minutes or more) at a short distance (within about 1 m), the virus contained in the infected person's breath and cough splash invades through the "eyes, nose, mouth". A conversation just within a few minutes has low risk. In addition, simply passing by an infected person does not cause infection. Infect by. Conversations within minutes are low risk. In addition, simply passing by an infected person doesn't cause infection.
- 2) When the air dries and the humidity drops below 39%, the virus becomes lighter and is included in the sighs and coughs of infected people. Then the virus flies far and is inhaled by humans. Ventilation and humidification need to be improved.
- 3) The virus can survive on metal or plastic surfaces for up to 3 days. When we touch doorknobs or handrails with the virus on it and unknowingly put the virus's hands on our mucous membranes of "eyes, nose, mouth and excretion part", it cause infection. (One survey tells that people unknowingly touch the mucous membranes of their "eyes, nose, and mouth" about 10 times an hour)
Also, The possibility could be increased that they share towels and dished used by infected people.

2 . What are the symptoms when people get infected?

Similar to those of a common cold or flu, fever, malaise, sore throat, cough, muscle aches, and loss of appetite would be caused. Some people complain of abnormal smell and taste. It is said that as approximately 80% of people who are infected are asymptomatic, the infected may have spread the infection to the people around them (This is the reason why we need to wear a mask in the crowd). If the symptoms progress a little, you may feel suffocating when you move (at this time, if you do not see the doctor immediately, the risk of becoming severe increases).

3. How should we prevent infection ?

The prevention of infection is preventing the invasion of the virus from the "eyes, nose, and mouth".

- ① To avoid "three dense situations". We should live by avoiding the three "closed spaces" of "crowded places", and "close-contact settings".
- ② Never fail to wear a mask(cover your nose and chin firmly) when you enter a crowd of people(when there are other people in a short distance such as going shopping at a supermarket, getting on a train, getting on a bus, etc.,). Even if people talk at close range, you can prevent infection by wearing masks with each other. It is more helpful for preventing infection by wearing hay fever glasses in addition to a mask.
- ③ Don't touch "eyes, nose, and mouth" carelessly. Before touching "eyes, nose, and mouth,", be sure to wash your hands thoroughly(It is more effective to use both medicated soap with running water and rubbing alcohol).
- ④ Try to ventilate the room(Keep windows and doors open little by little, and open them widely on a regular basis)
- ⑤ Check your physical condition by taking body temperature every day. If you have a fever or cold, avoid going out and treat yourself at home. If fever continues (about 2 days for people with underlying illness, 4 days or more for people without underlying illness), you should call nearby "Consultation Center, Returnee / Contact Counseling Center," nearest community health center" and receive advice (for PCR test) before going to a medical institution directly.
- ⑥ Try to make moderate exercise. Make sure to refrain from going out, but if you stay at home all the time, your physical strength and immunity will decline. Then try to exercise moderately, such as taking a walk around the house. You don't need to wear a mask if a number of people is not around you within 2 meters outdoors. Because there is a low possibility that people get infected.

4. What should we do if a member of family gets infected ?

It is recommended that the following infection control measures should be taken.

- (1) Divide the room as possible as we could.
- (2) Wear a mask in the house as possible as we could.
- (3) Gargle and wash your hands diligently.
- (4) Ventilate as possible as you could.
- (5) Disinfect doorknobs, toilet seats, etc. that the infected person touches.
- (6) Avoid sharing towels and dishes.
- (7) Let infected people take a bath last.

感染リスクが高まる「5つの場面」

<p>場面① 飲酒を伴う懇親会等</p> <ul style="list-style-type: none"> ● 飲酒の影響で気分が高揚すると同時に注意力が低下する。また、聴覚が鈍直し、大きな声になりやすい。 ● 特に密着などで空気が舞っている狭い空間に、長時間、大人数が滞在すると、感染リスクが高まる。 ● また、指し飲みや箸などの共用が感染のリスクを高める。 	<p>場面② 大人数や長時間におよぶ飲食</p> <ul style="list-style-type: none"> ● 長時間におよぶ飲食、接待を伴う飲食、深夜のはしご酒では、短時間の食事と比べて、感染リスクが高まる。 ● 大人数、密接はる大人数以上の飲食では、大声になり飛沫が飛びやすくなるため、感染リスクが高まる。 	
<p>場面③ マスクなしでの会話</p> <ul style="list-style-type: none"> ● マスクなしに近距離で会話をすることで、飛沫感染やマイクロ飛沫感染での感染リスクが高まる。 ● マスクなしでの感染源としては、壁カラオケなどでの事例が報告されている。 ● 車やバスで移動する際でも注意が必要。 	<p>場面④ 狭い空間での共同生活</p> <ul style="list-style-type: none"> ● 狭い空間での共同生活は、長時間にわたり閉鎖空間が共有されるため、感染リスクが高まる。 ● 寮の部屋やトイレなどの共用部分での感染が疑われる事例が報告されている。 	<p>場面⑤ 居場所の切り替わり</p> <ul style="list-style-type: none"> ● 仕事での休憩時間に入った時など、居場所が切り替わると、気の流れや環境の変化により、感染リスクが高まることがある。 ● 休憩室、喫煙所、更衣室での感染が疑われる事例が確認されている。 

Countermeasure keywords advocated by the world's top researchers for coronavirus infection countermeasures

1. Disinfection technology ← Uchiya has already introduced.

- ① Cleaning with water and soap → Things and fingers
- ② Hot water → Things
- ③ Alcohol disinfectant → Things(miscellaneous goods, quasi-drugs) and fingers (pharmaceuticals / quasi-drugs)
- ④ Sodium hypochlorite disinfectant (chlorine bleach) → Things (miscellaneous goods, pharmaceuticals / quasi-drugs)
- ⑤ Detergent (surfactant) → Things (miscellaneous goods, pharmaceuticals / quasi-drugs) and fingers (unevaluated)
- ⑥ Hypochlorite water (those that meet certain conditions) → Things (miscellaneous goods)

2. Ultraviolet rays(ultraviolet sterilizer) Japanese technology has let put into practical use in hospitals. When the wavelength 222 nanometer (this level does not cause skin cancer) is irradiated for 10 seconds, coronavirus gets detoxified. Ultraviolet rays are effective against coronavirus, for sterilization.

3. Inactivation of coronavirus (ozone generator and photocatalyst device) ← Uchiya has already introduced. The oxidizing power of low-concentration ozone (0.000017%) detoxifies coronavirus.

4. Evaporation ← Increase humidifiers

It is known that virus droplets fall to the ground quickly in high humidity conditions, but could fly far away when it is dry. When the humidity is 39% or less, the water content of the virus droplets evaporates and becomes lighter, so the falling speed becomes slower and the virus floats in the air for about 30 minutes. At a humidity of 30%, it flies twice as far as at a one of 60%. and the more dry it is, the wider the virus droplets spread.

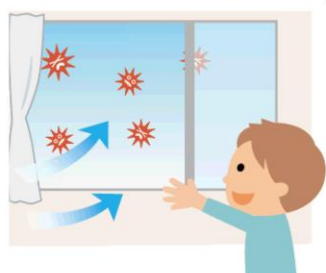
5. Humidifier (humidifier) ← Increase humidifiers

When the air dries, the mucous membrane of the throat also dries and it causes a decrease in blood flow. As the result it causes a decrease in immunity and gives inflammation to the throat prone. A humidity of 50% -60% removes 50% of atmospheric droplets and it activates pili in the throat, which eliminates coronavirus. In this way, the room should be humidified to 40% or more.



新型コロナウイルス 職場における「4つ」の対策ポイント ～ 職場での感染にご注意ください！～

換
気



室内では
こまめに換気をしましょう

密



席や更衣室で、人と
適切な距離をとりましょう

共
用



複数人での備品の共用は
できる限り避けましょう

休



体調が悪い場合は、
軽めの症状でも
休みましょう・休ませましょう

また、感染防止の3つの基本である ①身体的距離の確保、
②マスクの着用、③手洗いの徹底もお願いします。

「接触確認アプリ」(COCOA) ご活用をお願い



職場のみんなをまもるため、
新型コロナウイルス接触確認アプリ※のインストールをお願いします。

※このアプリは、新型コロナウイルス感染症の感染者と接触した可能性について、
通知を受け取ることができる、スマートフォンのアプリです。



詳しくは厚生省特設サイトへ

Important notice for preventing COVID-19 outbreaks.

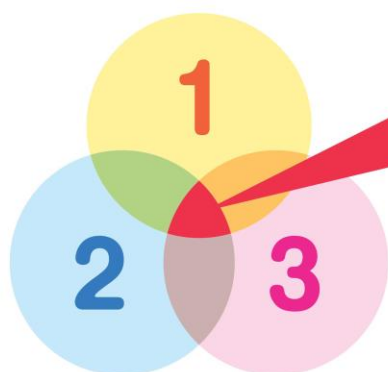
Avoid the “Three Cs”!

- 1. Closed spaces** with poor ventilation.
- 2. Crowded places** with many people nearby.
- 3. Close-contact settings** such as close-range conversations.



One of the key measures against COVID-19 is to prevent occurrence of clusters.

Keep these “Three Cs” from overlapping in daily life.



The risk of occurrence of clusters is particularly high when the “Three Cs” overlap!

In addition to the “Three Cs,” items used by multiple people should be cleaned with disinfectant.

