

# Q & A on Coronavirus Disease 2019 (COVID-19)

From the Japanese Health, Welfare and Labor Ministry HP/April 1, 2020 version

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/dengue\\_fever\\_ga\\_00014.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/dengue_fever_ga_00014.html)

(Coloring of important words and Japanese words added by AMIGOS)

## Information for the Public

### 1 Information for all

**Q1: How long is the average incubation period?** <sup>せんぷくきかん</sup> 潜伏期間

(Is the coronavirus transmitted to others during that period?)

According to the World Health Organization, the incubation period of 2019-nCoV ranges from 1 to 14 days with median estimates of 5 days. It also recommends 14 days of follow-up observation for confirmed cases based on information from other coronavirus diseases.

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

More information on the coronavirus is available on the National Institute of Infectious Diseases website: <https://www.niid.go.jp/niid/ja/kansennohanashi/9303-coronavirus.html>

**Q2: Can the 2019 Novel Coronavirus (2019-nCoV) be transmitted from a person who presents no symptoms?** <sup>しょうじょう</sup> 症状 <sup>かんせん</sup> のない人からの感染はあるのか。

Although the possibility of transmission from an asymptomatic person has been reported (<https://www.nejm.org/doi/full/10.1056/NEJMc2001468>), little is known on how

Coronavirus disease 2019 (COVID-19) spreads from person to person.

Generally speaking, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic. <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

**Q3: How does human to human transmission of the novel coronavirus (2019-nCoV) happen?**

<sup>ひと</sup> 人 <sup>かんせん</sup> から人への感染、どのように起こるか。

For now, available evidence suggests transmission of 2019-nCoV occurs mostly via droplets which might be inhaled or touched by others.

-Infection by inhaling droplets occurs when an infected person coughs or sneezes. The virus within droplets is carried over a short distance and these droplets can be inhaled through mouths or noses of people around the infected person.

-Infection by contact occurs when an infected person covers coughs or sneezes with their hands and touches objects around them with those hands. The virus within droplets may stick on the surface and others can be infected by touching their mouths, noses, or possibly, eyes,

after touching the surface that has the virus on it. Possible channels of such transmission include **hand straps of trains and buses, doorknobs, switches and buttons.**

**Q4: How can I avoid catching or spreading the coronavirus?** **感染を防ぐには?**

First of all, we advise you to **wash your hands with soap and water frequently**, or use alcohol-based hand sanitizer gel when soap and water are not available. **When you have symptoms such as coughs and sneezes, please cover your mouth and nose properly** (called “**cough etiquette**”), explained below). If you cover coughs and sneezes with your hands and touch objects around you with those hands, there is a chance of spreading virus via those objects. Properly covering coughs and sneezes is particularly important when you are in crowded places such as schools, offices and packed trains.

**Q5: What is the “cough etiquette”?** **咳エチケット**

It refers to the way **you cover your mouth and nose with a tissue, handkerchief, or the edge of a sleeve** to avoid spreading germs to other people. An illustrated description is available on the website:

<https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000187997.html>

**Q6: When should I wear a facemask?** **どういうときにマスクをつけるのか**

**If you have symptoms such as coughing and sneezing**, wearing a facemask is proved to be **highly effective** in catching the droplets, and therefore might help prevent the spread of viruses.

**The effectiveness of wearing a facemask to protect yourself from contracting viruses is thought to be very limited.** If you wear a facemask **in confined, badly ventilated spaces**, it might help avoid catching droplets emitted from others but if you are in an open-air environment, the use of facemask is not very efficient.

**Q7: What does “close contact with infected persons” generally mean?** **濃厚接触者とは?**

Generally speaking, it means:

- **Touching an infected person directly**, without anti-infective measures
- **Meeting an infected person at a distance of around 2 meters (6 feet) or less**

Latest information on the novel coronavirus disease (COVID-19) is available on the website of the National Institute of Infectious

Diseases. <https://www.niid.go.jp/niid/ja/diseases/ka/corona-virus/2019-ncov.html>

**Q8: If it is suspected that I might have been infected with the virus, which medical institution should I consult with to receive testing and treatment?** **ウイルス感染が疑われたら**

If you have had cold symptoms or a fever of 37.5° C or over for four days or more, or if you have a strong feeling of weariness (fatigue) or shortness of breath (difficulty breathing), please consult with the consultation center for people with potential exposure to COVID-19 set up at your nearest public health center. <sup>ちか</sup> <sup>ほけんじょ</sup> 近くの保健所に連絡.

Please also consult with the consultation center if you are a senior citizen, have an underlying disease such as diabetes, heart failure or respiratory disease (e.g., chronic obstructive pulmonary disease) or receive dialysis, or take immunosuppressant drugs or anticancer drugs, and you have had the symptoms mentioned above for about two days. The consultation center for people with potential exposure to COVID-19 introduces people having a fever or cough to a medical institution where medical services for people with potential exposure to COVID-19 are available. The consultation center receives phone calls from people who are suspected to have been infected with the virus, and makes arrangement to ensure that they can see a doctor at a medical institution where medical services for people with potential exposure to COVID-19 are available. Please visit the medical institution you are introduced to, and refrain from visiting other medical institutions.

At present, the vast majority of people who have any of the above symptoms for a period less than the above have some illness other than COVID-19. If you are worried about having the flu or the like, please consult with your regular doctor as usual.

The consultation centers for people with potential exposure to COVID-19 are set up in each prefecture.

For more information, please access the dedicated webpage via the following URL and consult with the center in your area. Top page for information on consultation centers for potential exposure to COVID-19.

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/covid19-kikokusyasessyokusya.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html)

**Q9: Is there a cure?** <sup>ちりょうほう</sup> 治療法はあるのか

Currently there is no specific antiviral treatment for COVID-19. People with COVID-19 receive supportive care to help relieve symptoms.

For more information, please see the website of the National Institute of Infectious Disease.

<https://www.niid.go.jp/niid/ja/diseases/ka/corona-virus/2019-ncov.html>

**Q10: Who is prone to develop severe conditions?** <sup>じゅうしやうか</sup> <sup>ひと</sup> 重症化しやすい人は?

Currently, only limited information is available. The risk is thought to be higher for the elderly and people with chronic medical conditions, as is the case with other types of pneumonia. A report says that approximately one-third to one-half of reported patients had underlying medical comorbidities, including diabetes, hypertension, and cardiovascular disease.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>

It is advisable for senior citizens and patients with chronic diseases to take extra precautions, such as **avoiding public transportation and crowded places, in addition to daily precautionary measures.**

**Q11: How can I read the Ministry's website in English / Chinese / Korean?**

When you visit the Ministry's website, please find the language button placed at the top left. Currently, machine translation system for English, Chinese and Korean is available.



Choose the language then, the notification below will be shown. Click the OK button and wait for a while.