



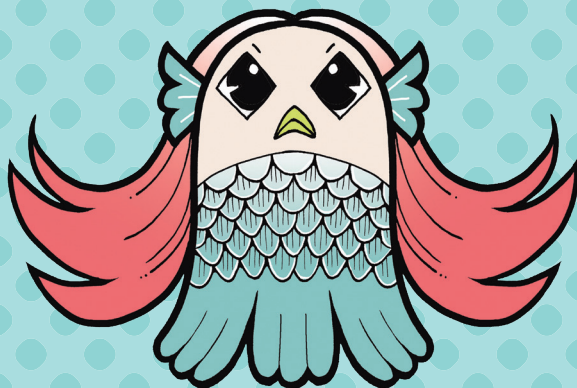
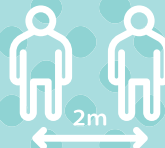
神奈川県

KANAGAWA



Not to get infected!
Not to infect others!

HANDBOOK FOR TRAVELERS TO PREVENT COVID-19 INFECTION



This handbook offers useful information on prevention of the novel coronavirus infection for travelers. Please take this with you when you go on a trip.

Practice a “New Lifestyle” and enjoy traveling

Three basic steps to prevent infection

1

Social distancing



2

Wearing a mask



3

Washing hands



What you should do before and after the trip

- Take your temperature and check health condition before departure.
- Cancel the trip if you have a fever or cold-like symptoms.
- Wash your hands and face after you return home, and change your clothes and take a shower if possible.



Have the courage to cancel!



When you become sick on your trip

If you feel sick, stop traveling and return home.

- Consider visiting a doctor if you develop a fever or cold-like symptoms.
- Return home and refrain from going out until you recover.

If you have the following symptoms,
see the website “**Phone Counseling Services**”.

- You have any of these severe symptoms: a feeling of smothering (difficulty in breathing), severe fatigue or a high fever.
- You may develop severer symptoms if infected due to underlying diseases, and have relatively mild cold-like symptoms, such as a fever or coughing, at the moment.
- You don't fall under the above cases, but have relatively mild cold-like symptoms like a fever and coughing that persist for a long time.

Phone Counseling Services

This website offers information on counseling services in the following languages.

- *English*
- *Chinese (simplified and traditional)*
- *Korean*
- *Spanish*
- *Portuguese*
- *Vietnamese*
- *Thai*
- *Simple Japanese*

When necessary, call the phone number that corresponds to the content of your inquiry as instructed in the website.



**Phone
Counseling
Services**

COVID-19 Q&A

Click the “Multilingual” button and open the “COVID-19 Q&A” bot. Enter your question in the entry field and click “SEND” button. The bot answers your question offering various information on COVID-19 as well as medical examination, mental counseling, dentists, etc. based on information by Kanagawa Prefectural Government and the Ministry of Health, Labor and Welfare.

AVAILABLE LANGUAGES

- *Japanese*
- *English*
- *Chinese (simplified and traditional)*
- *Korean*
- *Thai*



COVID-19 Q&A

BEFORE DEPARTURE



What to take with you



Masks

including a spare

Helpful items if you have

- Hand sanitizer
- Thermometer
- Towel
- Plastic bag to keep /dispose of masks



Collection of information

- Refrain from moving to/from an area where infection is spreading.
- To avoid crowds, confirm beforehand the state of congestion in your destinations, book in advance and stagger arrival time.

Information on tourism in Kanagawa Prefecture



**Tokyo Day Trip
- Kanagawa Travel Info-**

For safe trip

Tokyo Day Trip-Kanagawa Travel Info-offers information on COVID-19 infection and medical institutions.



About preventing the spread of the new coronavirus after the refrain-from-going-out request cancellation.

AVAILABLE LANGUAGES

- English
- Japanese
- Chinese (simplified and traditional)
- Korean
- Vietnamese
- Thai
- French
- German

Opening hours may change depending on the state of infection cases.
Be sure to confirm information of your destinations again on the day before departure.



DURING TRIP

Using public transportation system

- Buy tickets online as much as possible. Select a seat that can maintain a distance from other passengers when booking.
- Wash/sanitize your hands after touching items which are touched by many people.
- Avoid rush hours and physical contact with others.
- When waiting for a bus/train, do not get too close to the person before you.
- Refrain from talking too much.

Book in advance for smooth traveling!

You can relax mentally and physically with less people around you!



Traveling by car

- Wash/sanitize your hands before getting in a car not to bring in the virus.
- Sanitize the door handle, steering wheel, shift knob, etc. before departure.
- Ventilate the car frequently to breath fresh air from outside while driving.



DURING TRIP

Going sightseeing

- Book in advance/buy advance tickets and enjoy excitement of travel planning.
- Avoid entering a facility when it is crowded.
- When waiting in line, do not get too close to the person before you.
- Select a seat that is surrounded by vacant seats.
- When visiting tourist facilities, maintain an enough distance from others.

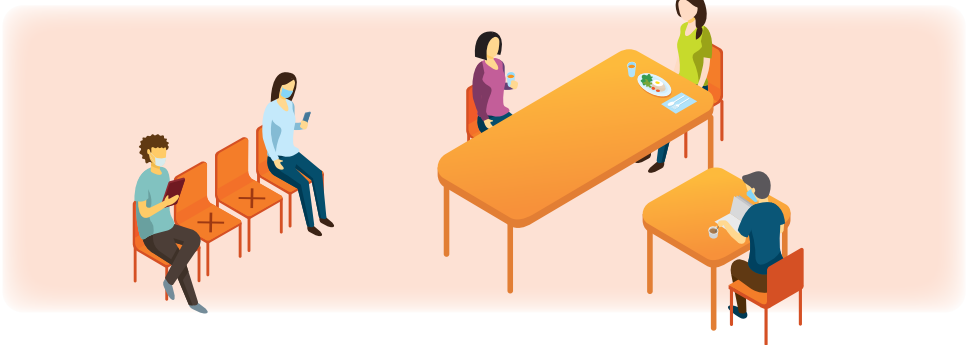
*Practice social distancing
at the sea, mountain and river!*

Please be careful of heat stroke, too.



Having a meal

- Wash and sanitize your hands before and after having a meal.
- Keep wearing your mask until just before you start eating the delicious dish!
- Taking out your meal is also a good idea.
Enjoying the beautiful scenery together with the local food is one of the pleasures of traveling.
- To share food, use serving spoon/chopsticks and plates for individuals.
- When you wait in line, do not get too close to the person before you.
- Keep as much distance as possible from other customers. Do not take seats facing each other.
- Do not talk a lot when there are other customers.



DURING TRIP

Going shopping

- Refrain from entering a shop when it is crowded.
- Do not touch the samples or display but enjoy watching them.
- Try not to stay too long in a shop.
- When you wait for your turn in choosing items or making payment, keep as much distance as possible from other customers.

By making a shopping list beforehand, you can shop more smoothly.



At the hotel

- When you wait in line for checking in or out, be sure to keep a distance from the person before you.
- If you feel ill or have a fever, tell a hotel clerk immediately.
- Keep a social distance from others while staying.
- Do not use a shared towel but use your own or furnished one in your room.
- Enter information of all the members of your party in the guest registration card, just in case.

Don't push yourself too much!



Take a record of your trip

Take a record of your activities in detail, just in case.



Points to be recorded

- ① When? ② Where? ③ With who? ④ What? ⑤ Temperature

Travel Journal

Name: Tomoko Kana

Date: June 20 to 21

Members of Kana family

Father, Taro, 40yrs.

Mother, Hanako, 39yrs.

Myself, Tomoko, 12yrs.

Day	Time	Temp.	Place	Notes
Day 1	7 : 00	36.1°C	■ Yokohama Municipal Subway Gold Line	■ Left for Kanagawa Land! Feelin' great!
	9 : 30	°C	■ Kanagawa Land	■ Entered Kanagawa Land.
	12:00	°C	■ ↓ • Restaurant Panda	■ Ordered fruit pancakes.
	13:00	°C	■ ↓ • Souvenir shop Amabiko-ya	■ Bought a stuffed animal.
	15:00	°C	■ Yokohama Municipal Subway Gold Line	■ Headed for Ichō Hotel.
	16:00	°C	■ Ichō Hotel	■ Arrived at the hotel. ■ Washed hands and relaxed.
	21:00	36.2°C	■	■ Good night.
Day 2	7 : 00	36.1°C	■ Ichō Hotel	■ Left for Kamome Zoo! In good shape.
	10:00	°C	■ Kamome Zoo	■ Arrived at Kamome Zoo.
	12:00	°C	■ ↓ Diner Tamago-tei	■ Had an omelet rice on the terrace.
	13:00	°C	■ ↓	■ Bumped into my friend Amable. (*^▽^*)
	15:30	°C	■ Yokohama Municipal Subway Gold Line	■ Went home.
	16:00	°C	■ Home	■ Got home. ■ Took a shower & got refreshed.
	21:00	36.2°C	■	■ Good night, I' ll have a good sleep.
:	°C	■	■	

Travel Journal

Name: _____

Date: _____

Members

Day	Time	Temp.	Place	Notes
	:	°C	■	■
	:	°C	■	■
	:	°C	■	■
	:	°C	■	■
	:	°C	■	■
	:	°C	■	■
	:	°C	■	■
	:	°C	■	■
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**Stop
spread of infection!**



What are AMABIE and AMABIKO?

Amabie and Amabiko are legendary creatures handed down since ancient times in Japan. It is believed that if you draw a picture of them and show it to someone else, you can effectively expel an epidemic.

An illustrator TACHIBANA Isagi drew these pictures to express support for medical workers who were engaged in infection control of COVID-19.