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The content of this handbook may change due to the status of COVID-19.

**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.



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.

Third edition

## Practice **"MASK"** and enjoy traveling

**M**ask wearing in an appropriate manner 

**A**lcoholic disinfection 


**S**creening using acrylic boards, etc.,  
and making your contact time short 

**K**eeping social distance and ventilating,  
plus humidifying in winter time  
Ventilation is especially important! 

## 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.**

- If you develop a fever or cold-like symptoms,  
conduct self test using an antigen testing kit.  
Those who have underlying diseases and the elderly are  
requested to visit a medical institution.
- 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
- ▶ Tagalog
- ▶ Cambodian
- ▶ 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



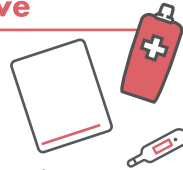
## What to take with you



**Masks**  
including a spare

### Helpful items if you have

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



## Collection of information

- 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-

### AVAILABLE LANGUAGES

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

### 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.

*If you are to join a tour or use an accommodation program utilizing the "vaccine-test package", you will be required to present your vaccination certificate or proof of negative test result. Confirm the requirements when making reservation.*



# 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 breathe fresh air from outside while driving.



# DURING TRIP

## Having a meal

- Wash and sanitize your hands before and after having a meal.
- At the table, keep wearing a mask except for the time of actual eating.
- 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.



Kanagawa Prefectural Government is promoting "Wearing a mask at the table" to prevent infection.



## A NEW MANNER:

# Wearing a Mask at the Table

**Be sure to wear a mask when having a conversation even during a meal!**



If dining for a short time, try this way, too

  
Keep wearing a mask until the dishes are served

  
Eat quietly

  
Wear the mask again when having a conversation

  
Cover your mouth with a handkerchief, etc. when talking

A video  
"Wearing a mask at the table"  
available!



<https://www.youtube.com/watch?v=GqA23quWgWg>

## AVAILABLE LANGUAGES

- ▶ English
- ▶ Spanish
- ▶ Vietnamese
- ▶ Portuguese
- ▶ Korean
- ▶ Chinese (simplified and traditional)
- ▶ Japanese

# 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.*



## Going shopping

- Refrain from entering a shop when it is crowded.
- Wash and disinfect your hands when entering and leaving the shop.
- 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, only one person of your group should line up. 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

Points to be recorded

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

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



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

## Travel Journal

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Members

Day	Time	Temp.	Place	Notes
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■
	:	℃	■	■