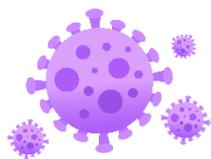




# Hello Okaya

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Autumn 2020 edition (英語)

This newsletter is distributed four times a year by the Okaya International Center with the aim of providing foreign residents with information necessary for daily life, as well as insights into Japanese culture. Please feel free to contact us with any questions or feedback you might have.



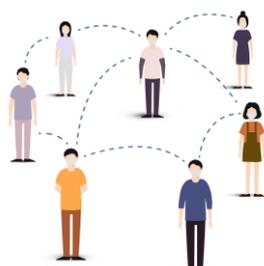
## COVID 19



### ★★★The New Normal★★★

#### Remember to Mind Your Manners. . .

##### ★Social Distance



##### ★Wear a mask



##### ★Wash your hands



- Wear a mask when speaking to someone else and when going into a crowded space
- Wash your hands frequently
- Regularly ventilate the rooms in your home and workspace
- Avoid meeting with people if you have a fever or a cough

#### Shopping

- Shop online when you can't go out
- Shop alone or in small numbers when stores aren't crowded
- Use electronic payments instead of cash
- Plan ahead and finish your shopping quickly
- Leave space between the persons in front and behind you when lining up at the register

#### Attending Sports/Public Events

- Try to avoid large crowds and practice social distancing at public events
- Choose to visit parks and other public spaces when it isn't crowded
- Avoid staying in small, cramped spaces for long periods of time
- If jogging, run in small groups
- Make sure there is space between you and the other spectators when cheering/chanting, or else watch the event online

#### Eating/Dining Out

- Use takeout and delivery services
- Eat individual portions and do not share food with others
- Avoid talking as much as possible

#### Using Public Transportation

- Limit conversations with friends
- Avoid using public transportation during crowded rush hours



# How to Dispose of Household Garbage

For Infection Prevention and Control Measures Against the Novel Coronavirus

~5 Manners to be Mindful of When Throwing Away Your Garbage~

1

**Securely tie the top to seal garbage bags!**

This not only makes it so that garbage cannot fall out, but it also makes the bags easy to carry.



2

**Deflate the air from inside garbage bags!**

By doing this, garbage bags become easier to carry and are further prevented from bursting inside garbage trucks.



3

**Drain water from kitchen waste !**

This helps reduce the weight of the garbage.



4

**Try to reduce the amount of “everyday garbage” you throw out!**

For example, preventing food waste by eating all of the food you buy and having no leftovers is one great way to reduce the overall amount of household garbage.

5

**Check and follow the sorting/disposal rules for your local area!**

Municipalities may have stopped collecting large or oversized garbage, and some may have changed their sorting/disposal rules for recyclables. Littering is strictly prohibited!

**How to properly dispose of masks and other items used by persons infected or suspected of being infected with the Novel Coronavirus**

- Line empty garbage containers with a plastic garbage bag and dispose of garbage before containers become full.
- Securely tie garbage bags in order to avoid direct contact with contents.
- Wash your hands immediately after disposal.

# FRESC Help Desk

The FRESC Help Desk is accepting consultations by phone from non-Japanese residents who have lost their jobs or whose lives have otherwise been affected by COVID-19. The Help Desk can tell callers about help that is available, and what needs to be done in order for them to stay as residents in Japan. Please give the Help Desk a call if you are having any problems.

Days and  
Time

Days : Monday ~ Friday

Time : 9:00 a.m. ~ 5:00 p.m.

(Closed Saturdays, Sundays, and Public Holidays)

Languages

English, Chinese, Vietnamese, Korean, Thai,  
Portuguese, Spanish, Nepali, Tagalog  
(Filipino), Indonesian, Khmer (Cambodian),  
Burmese, Mongolian, Japanese

TEL (Free Dial)

0 1 2 0 – 7 6 – 2 0 2 9

