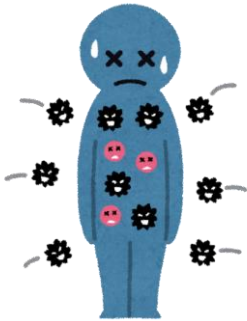


To those who may have contracted measles or rubella

Please do not go outside to avoid infecting others.



People who have never had this disease, or people who have not received two doses of MR/MMR vaccination are especially susceptible to catching the disease.

“Yobou-sesshu” in Japanese means to get shots that can help prevent you from contracting diseases.

If your symptoms worsen, and you want to go to a hospital, please call first before visiting.



- Please do not go outside until you find out the diagnosis.
- To go see a doctor, please follow the hospital's instructions.

In case you are suspected of having been infected with the disease, your local public health center will conduct a further examination.

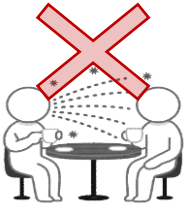


- They will take your blood and urine samples as well as swab from the throat.
- They will ask you questions about your day-to-day actions such as where you went, whom you met with, etc. to prevent further spreading of infection.
- They will ask if you are in good physical condition.
- They will explain about the infection prevention shots, if necessary.

Measles



- Measles is highly contagious; therefore, it is difficult to prevent infection just by wearing a face mask you can buy at drugstores.
- If a non-immunized person is infected with measles, he/she will almost 100% show the symptoms.
- Even after your fever breaks, you may still pose an infection risk to others for as long as three days.



Rubella



- If a pregnant woman is infected with the rubella virus, the baby could be born with defective eyes, ears, or heart.
- If you must meet with someone, please wear a face mask in a way that covers your face from nose to chin.
- You remain contagious to others for about a week after showing the symptoms.

