

## A request to those who met someone infected with measles

- ◆ Please follow these rules until [Month], [Day].
  - Do not go to crowded places.
  - Do not take buses or trains.
  - Please check your body temperature and your body condition every day.
- ◆ If you have any of the following symptoms, please call your local health center.

- |                           |                        |
|---------------------------|------------------------|
| • Coughing                | • Sore throat          |
| • Runny nose              | • Sneezing             |
| • Red eyes, eye discharge | • Sensitivity to light |
| • Body fatigue            | • Fever                |
| • Red spots on the body   |                        |



- ◆ Where to Call
  - Weekdays 8:30-17:15 → [your local] Public Health Center
  - Other times → Gunma Prefectural Office 027-223-1111
- ※ Please say on the phone:  
“I met someone who has measles. Now I am not feeling well.”  
After that, someone from the public health center will call you.
- ◆ Please call the hospital before you go.
  - Tell them: “I met someone who has measles.”
  - To prevent the illness from spreading to others, the hospital may ask you to use a different entrance or a separate room.  
Please follow the hospital staff’s instructions.