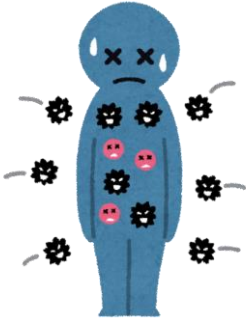


# To those who may have contracted measles or rubella

**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.

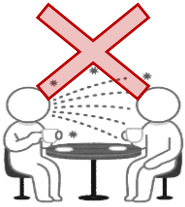
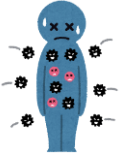


- They will take your blood and urine samples as well as swab from the throat.
- They will ask you questions about your day-to-day actions such as where you went, whom you met with, etc. to prevent further spreading of infection.
- They will ask if you are in good physical condition.
- They will explain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

