

新型コロナウイルス感染症に関する 10 の基礎的知識

2月28日付 WHO 事務局長発言（仮訳）

1. アルコール性の洗剤、もしくは石鹸と水で手洗いをを行うことにより、常に両手をきれいにしてください。汚染されたものや感染者に触った後に顔に触れると、ウイルスが感染する経路の一つとなります。手をきれいに保つことによって、感染リスクを低減することができます。
2. 消毒剤によって、キッチン台や机などの表面を常にきれいに保ってください。
3. 新型コロナウイルス感染症【COVID-19】について知ってください。あなたの情報が、地方や国の公衆衛生を担当する役所（県庁や保健所）、WHO のホームページ、保健衛生の専門家などの信頼できる情報源からもたらされたものであることを確実にしてください。多くの感染者が鼻水ではなく、発熱や乾いた咳から始まるという、この感染症の症状について知るべきです。ほとんどの感染者は軽症で、特別な治療を必要としないままに回復するでしょう。
4. もしも発熱や咳の症状があるときには旅行は避けるべきです。もしも飛行機内で病状を示すことになったならば、客室乗務員に直ちに知らせてください。帰宅したら保健衛生の専門家（厚生労働省や県の電話相談窓口）に相談し、どこに行ったかを教えてください。
5. もしも咳やくしゃみをする場合には、服の袖に向かってするか、ティッシュを使ってください。使ったティッシュは、直ちに密封できるゴミ袋に入れ、その後、あなたの手を洗ってください。
6. 60 歳以上の方や心血管疾患や呼吸器疾患、糖尿病などの基礎疾患を患っている場合には、重症になる高いリスクを抱えることとなります。人混みや病気の方と接触するかもしれないような場所を避けるために、最大限の注意を払ってください。
7. 体調不良の場合には、外出を控え、かかりつけ医や地域の保健専門家に電話で相談してください。彼らはあなたに対して、症状やどこにいたか、あるいは誰と接触したかなどのいくつかの質問をすることになるでしょう。これは、正しいアドバイスを受け、適切な施設に導くことを確実にし、他人への感染を防ぐ上での一助となるでしょう。
8. 病気にかかったならば、自宅に待機し、家族とは離れて食事をし、睡眠をとり、家族の用いる食器とは別なものを使用してください。
9. もしも息苦しさを感じたならば、直ちに医師（や厚生労働省もしくは県の電話相談窓口）に連絡し、診療を求めてください。
10. 心配は普通のことです、理解できることです。特にそれは、感染が広がる国や地域におられる場合には尚のことです。あなたの地域において何ができるかを見つけてください。職場や学校、あるいは礼拝場所において、安全でいられる方法について議論してください。共にあることで我々は強くなれます。感染封じ込めはあなた自身から始まりま

す。直面する最大の敵はウイルスではなく、おそれであり、噂であり、偏見です。逆に我々の最大の資産は、事実であり、理性であり、団結です。

※（カッコ）内の記述は、県庁において付したものです。

（原文）

WHO Director-General's opening remarks at the media briefing on COVID-19 - 28 February 2020

Good afternoon to everyone online and in the room. First, as usual, the numbers: In the past 24 hours, China reported 329 cases, the lowest in more than a month. As of 6am Geneva time this morning, China has reported a total of 78,959 cases of COVID-19 to WHO, including 2791 deaths. Outside China, there are now 4351 cases in 49 countries, and 67 deaths. Since yesterday, Denmark, Estonia, Lithuania, Netherlands and Nigeria have all reported their first cases. All these cases have links to Italy. 24 cases have been exported from Italy to 14 countries, and 97 cases have been exported from Iran to 11 countries. The continued increase in the number of cases, and the number of affected countries over the last few days, are clearly of concern. Our epidemiologists have been monitoring these developments continuously, and we have now increased our assessment of the risk of spread and the risk of impact of COVID-19 to very high at a global level. What we see at the moment are linked epidemics of COVID-19 in several countries, but most cases can still be traced to known contacts or clusters of cases. We do not see evidence as yet that the virus is spreading freely in communities. As long as that's the case, we still have a chance of containing this virus, if robust action is taken to detect cases early, isolate and care for patients and trace contacts. As I said yesterday, there are different scenarios in different countries, and different scenarios within the same country. The key to containing this virus is to break the chains of transmission. Yesterday I spoke about the things countries must do to prepare for cases and prevent onward transmission. The report of the WHO-China Joint Mission has now published its report, which is available in English on the WHO website, and will also be posted in Chinese on the National Health Commission website. The report includes a wealth of information, and 22 recommendations for China, for affected and unaffected countries, for the international community, and the general public. It calls for all countries to educate their populations, to expand surveillance, to find, isolate and care for every case, to trace every contact, and to take an all-of-government and all-of-society approach, this is not a job for the health ministry alone. At the same time, work is also progressing on vaccines and therapeutics. More than 20 vaccines are in development globally, and several therapeutics are in clinical trials. We expect the first results in a few weeks. But we don't need to wait for vaccines and therapeutics. There are things every individual can do to protect themselves and others today. Your risk depends on where you live, your age and general health. WHO can provide general guidance. You should also follow your national guidance and consult local health professionals. But there are 10 basic things that you should know. First, as we keep saying, clean your hands regularly with an alcohol-based hand rub, or wash them with soap and water.

Touching your face after touching contaminated surfaces or sick people is one of the ways the virus can be transmitted. By cleaning your hands, you can reduce your risk. Second, clean surfaces regularly with disinfectant, for example kitchen benches and work desks. Third, educate yourself about COVID-19. Make sure your information comes from reliable sources, your local or national public health agency, the WHO website, or your local health professional. Everyone should know the symptoms, for most people, it starts with a fever and a dry cough, not a runny nose. Most people will have mild disease and get better without needing any special care. Fourth, avoid traveling if you have a fever or cough, and if you become sick while on a flight, inform the crew immediately. Once you get home, make contact with a health professional and tell them about where you have been. Fifth, if you cough or sneeze, do it into your sleeve, or use a tissue. Dispose of the tissue immediately into a closed rubbish bin, and then clean your hands. Sixth, if you are over 60 years old, or if you have an underlying condition like cardiovascular disease, a respiratory condition or diabetes, you have a higher risk of developing severe disease. You may wish to take extra precautions to avoid crowded areas, or places where you might interact with people who are sick. Seventh, for everyone, if you feel unwell, stay at home and call your doctor or local health professional. He or she will ask some questions about your symptoms, where you have been and who you have had contact with. This will help to make sure you get the right advice, are directed to the right health facility, and will prevent you from infecting others. Eighth, if you are sick, stay at home, and eat and sleep separately from your family, use different utensils and cutlery to eat. Ninth, if you develop shortness of breath, call your doctor and seek care immediately. And tenth, it's normal and understandable to feel anxious, especially if you live in a country or community that has been affected. Find out what you can do in your community. Discuss how to stay safe with your workplace, school or place of worship. Together, we are powerful. Containment starts with you. Our greatest enemy right now is not the virus itself. It's fear, rumours and stigma. And our greatest assets are facts, reason and solidarity. I thank you.

<https://www.who.int/dg/speeches/detail/who-director-general-s-opening-remarks-at-the-media-briefing-on-covid-19--28-february-2020>