

1. Responding to infectious diseases

Globalization has given rise to the threat of foreign-derived or unknown viruses. If any members of the group are feeling even slightly unwell or have any health concerns, all group representatives should advise them to cancel their participation and to rest at home or visit a medical facility for their own safety as well as to protect other participants from the infection.

Arakawa Clean-aid activities are conducted outdoors, but those who use public transport to the sites may have a higher risk of infection. Advise the participants to wash their hands and gargle after the activity.

◇ Recommendations from the Arakawa Clean-aid Forum ◇

【Alerting participants】

- **(In advance)** Advise all members to cancel their participation if they start feeling unwell in the morning of the day or on their way to the activity.

【Preparation】

- Make sure to draw attention to the above points when calling for participants.

>> Information on influenza (in Japanese)

- Influenza (National Institute of Infectious Diseases)
<https://www.niid.go.jp/niid/ja/kansennohanashi/219-about-flu.html>

>> Information on COVID-19 (in Japanese)

- Prevention at home – in Japanese (National Institute of Infectious Diseases)
<https://www.mhlw.go.jp/content/10900000/000601721.pdf>

2. Responding to ticks

Ticks transmit infectious diseases such as severe fever with thrombocytopenia syndrome (SFTS). As of February 2015, a total of 110 SFTS cases have been reported in 15 prefectures in western Japan mainly in the months of May, June, July, and August. Ticks carrying SFTS virus have also been found in other prefectures.

Based on information from the Ministry of Health, Labour and Welfare, the Arakawa Clean-aid Forum recommends the following measures with which participating groups can plan accordingly.

◇ Recommendations from the Arakawa Clean-aid Forum ◇

[Alerting participants]

- **(In advance and on the day)** Make sure to wear protective clothing that does not expose the arms, legs, or the neck.
- **(Post-activity)** Check your clothing for ticks before coming indoors. Also, check your body and remove any ticks attached to the skin. Ticks measure 2-3mm and expand to around 1cm after sucking blood.
- **(What to do if bitten)** Seek treatment in dermatology

[Preparation]

- Consider using insect repellent (general insect repellent that works against ticks)

>> **Information on SFTS (in Japanese)**

- Ministry of Health, Labour and Welfare
<http://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou19/sfts.html>

3. Responding to PM2.5

PM2.5 refers to tiny particles in the air with a size less than 2.5 μ m (1 μ m is a thousandth of 1mm). With the spread of severe PM2.5 air pollution in China and the PM2.5 level in Japan also on the rise, there are concerns for its adverse health effects. Based on information from the Ministry of Health, Labour and Welfare, the Arakawa Clean-aid Forum recommends the following measures with which participating groups can plan accordingly.

◇ Recommendations from the Arakawa Clean-aid Forum ◇

① **When daily average forecast is between 70 μ (micro)g/m³ and 140 μ (micro)g/m³**

(the average concentration at 5:00, 6:00, 7:00 am on the day exceeds 85 μ g/m³)

→※The daily average is expected to be over 70 μ g/m³ when it measures more than 85 μ g/m³ in the morning.

- No need to cancel the activity
- Alerting participants
 - ・ PM concentration levels
 - ・ Those with respiratory or circulatory conditions, young children or the elderly should take precautions as they are more likely to be affected
 - ・ Plan emergency response including medical services and staff assignments in case of accidents
 - ・ Consider handing out general use masks.
(Filtering effects differ depending on mask type)

② **When daily average forecast exceeds 140 μ (micro)g/m³**

- Cancel the activity (※Daily average concentration has never exceeded 140 μ g/m³(As of 2015.3.5))

4. Responding to Dengue fever

Dengue fever is transmitted by mosquitoes (tiger mosquito or *Aedes albopictus* in Japan) that feed on the blood of an infected person. The virus that causes Dengue multiplies inside the body of the mosquito which then passes on the infection by biting another individual. Typical symptoms include high fever, joint pain, pain behind eyes lasting for a week or two although in some cases infected people will develop no symptoms.

Based on information from the Ministry of Health, Labour and Welfare, the Arakawa Clean-aid Forum recommends the following measures with which participating groups can plan accordingly.

◇ Recommendations from the Arakawa Clean-aid Forum ◇

【Alerting participants】

- **(In advance and on the day)** Make sure to wear clothes that cover the arms, legs, and the neck and do not expose the skin.
- **(What to do if symptoms develop)** Consult family doctor or medical professional

【Preparation】

- Consider using insect repellent

>> Information on Dengue Fever (in Japanese)

- Dengue Fever (Ministry of Foreign Affairs)

https://www.anzen.mofa.go.jp/info/pcwideareaspecificinfo_2024C024.html