

What to do if you think you are infected

People with the following symptoms should contact the “Returnee and High Risk Contact Consultation Center.”

- Cold-like symptoms or a fever of more than 37.5 degrees C that continues for 4 days or more. (Including the time when you must take anti-fever medicine)
- Fatigue and trouble breathing

※Seniors, people with underlying conditions and pregnant women should contact the center if the symptoms above continue for two days or more.



● Consultation Center List

Returnee and High Risk Contact Consultation Center	Phone Number	Area of Coverage
Niikawa Welfare Center	0765-52-2647	Kurobe, Nyuzen, Asahi
Niikawa Welfare Center Uozu Office	0765-24-0359	Uozu
Chubu Welfare Center	076-472-0637	Namerikawa, Funahashi, Kamiichi, Tateyama
Takaoka Welfare Center	0766-26-8414	Takaoka
Takaoka Welfare Center Imizu Office	0766-56-2666	Imizu
Takaoka Welfare Center Himi Office	0766-74-1780	Himi
Tonami Welfare Center	0763-22-3512	Tonami, Nanto
Tonami Welfare Center Oyabe Office	0766-67-1070	Oyabe
Toyama City Health Care Center	076-428-1152	Toyama

※ At night and on holidays, calling the welfare centers or the health care centers will lead you to a message informing you about an emergency phone number.

● For people unsure about their Japanese

● Triophone Diagram



Foreign Residents can use the Triophone at the Toyama Prefecture Foreign Resident Support Center (Open from 8:30 to 17:15 on weekdays) to call the Returnee and High Risk Contact Consultation Center

◎ Triophone Phone Number

 **076-441-5654**

 **080-5852-2234**

※ Call the above phone number and tell them which Returnee and High Risk Contact Consultation Center you would like to call.

Preventing Infections

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Wash your hands thoroughly



Eat balanced meals



Get lots of sleep



Wear a mask as often as you can



Avoid crowds



Cough in your sleeve

For people with symptoms

※IF you have a fever or throat issues



Do not go to work or to school and stay inside



Get some rest at home and observe your symptoms for 3-4 days. If you have cold or influenza symptoms, consult with your regular doctor.



If the symptoms do not get better, call the Returnee and High Risk Contact Consultation Center



Returnee and High Risk Contact Consultation Center

The Returnee and High Risk Contact Consultation Center will ask questions like these.

- ① Since when have you had a fever or a cough?
- ② Have you been to a doctor since you have had these symptoms?
- ③ Have you been abroad or to another prefecture recently? (Where?)
- ④ Does anyone around you have a cold or a cough?
- ⑤ Has there been anyone around you infected with the new coronavirus?
- ⑥ What are you worried about?