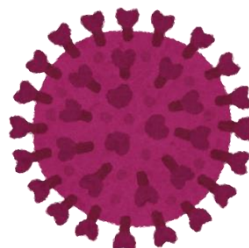


## Preventing Covid-19 Infections



Please observe the following precautions to avoid contracting the novel coronavirus (Covid-19) or to prevent spreading it to other people.

1. Wash your hands with soap before eating, after using the bathroom, and when coming home, and gargle frequently.
2. Wear a mask when you go outside or are around other people.
3. Make sure to receive your vaccine and booster shots as soon as possible.
4. Sleep well and eat balanced meals.

Follow these precautions and stay home instead of going to work or school when you have a fever or a cough.

If you believe you have been infected with Covid-19, please call the Medical Consultation Center at: 076-444-4691.

If you cannot speak Japanese, you can use a free 3-way interpretation service by calling the Toyama Prefecture Foreign Resident Support Center. The 3-way interpretation phone numbers are: 076-441-5654 and 080-5852-2234.