

What to do if you think you are infected

If any of the following symptoms apply, contact the “Returnee and High Risk Contact Consultation Center” immediately. (Consultations are also possible even if the following do not apply)

- If you have difficulty breathing, heavy fatigue, or high fever
- If you are a senior citizen, have underlying conditions, or are pregnant and are experiencing a fever, a cough, or other relatively light cold-like symptoms
- Except the above cases, if you are experiencing a fever, a cough, or other relatively light cold-like symptoms for an extended period of time. (Please contact the center if the symptoms last 4 days or more. Symptoms vary according to the individual. If you show strong symptoms, please contact the center immediately.)

● 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	076-461-7511	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 9:00 to 17:00 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 those experiencing a fever or cold-like symptoms, please do the following before consulting or seeing a doctor

- Do not go to work or school and avoid going outside.
- Record your body temperature every day.

※ For those who have underlying conditions and the symptoms change, or for those who are worried about diseases other than COVID-19, please call your family doctor first.



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?