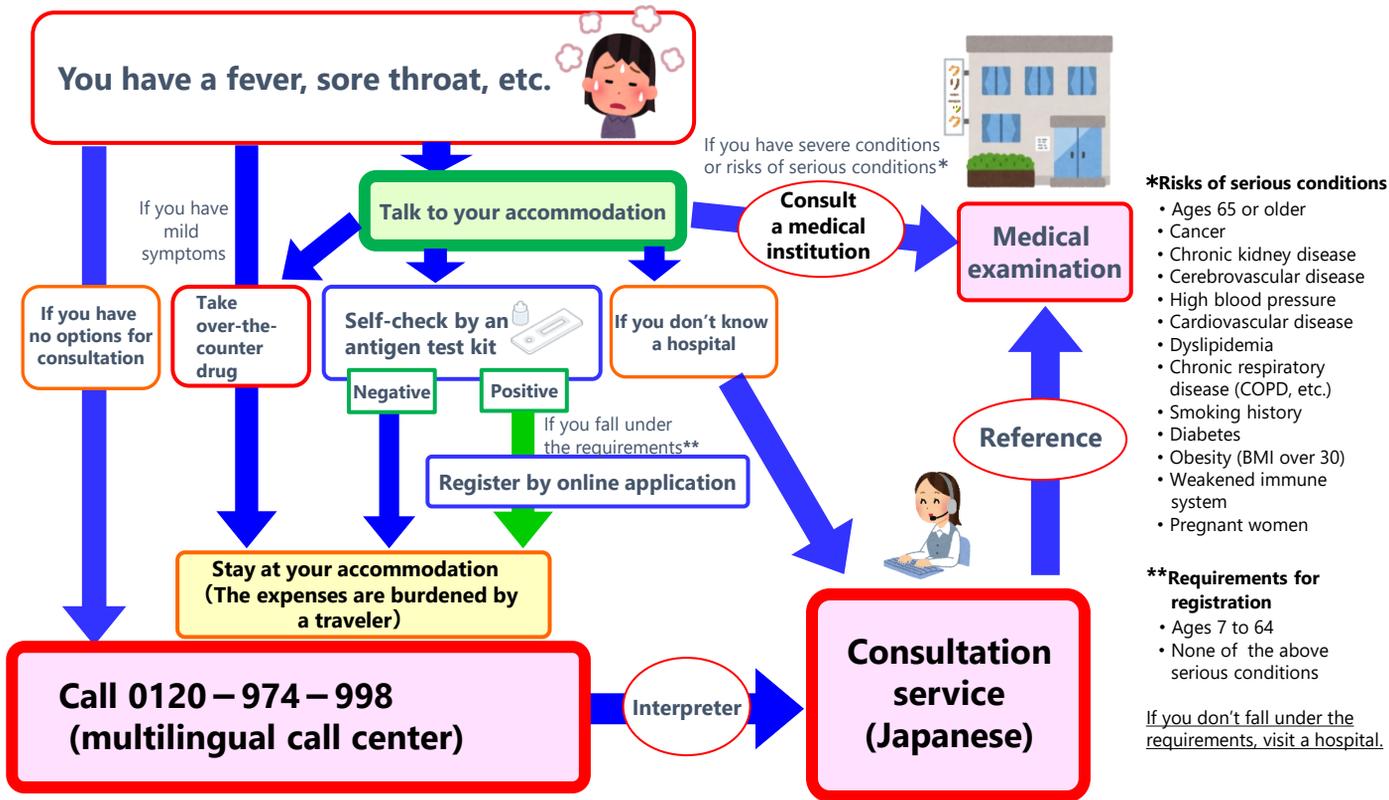


For Foreign Travelers

What to do if you have a fever, etc. during your travel



Arukuma
Nagano Prefecture Mascot
の長野県アルクマ



Keep in Mind

- If you have a fever, etc., please talk to your accommodation first.
- If you have mild symptoms, please check by yourself with an antigen test kit as much as possible.
 - If you test positive, please apply for the Registration Center for Those with Mild Symptoms.
 - If you have risks of serious conditions, visit a medical institution.
- If you have severe symptoms or risks of serious conditions, follow instructions provided by your accommodation and visit a medical institution.

Be sure to call a hospital in advance before visiting.
- If you need language assistance or don't know which hospital to go to, call **the multilingual call center (0120-974-998, 24 hours, 365 days).**

Languages available:
Bengali, Burmese, Chinese, English, French, German, Hindi, Indonesian, Italian, Khmer, Korean, Malay, Mongolian, Nepali, Portuguese, Russian, Sinhala, Spanish, Tagalog, Thai, Vietnamese

- Pharmacies selling antigen test kits in Nagano (Japanese)*
<https://www.naganokenyaku.jp/news/general/post-14.html>
- Registration Center for Those with Mild Symptoms (Japanese)*
<https://www.pref.nagano.lg.jp/kansensho-taisaku/jyakunenkeisyousya.html#youseihantei>
- Medical institutions conducting COVID-19 examinations and tests (Japanese)*
https://www.pref.nagano.lg.jp/kansensho-taisaku/sinryo_kensa.html

*Please use the translation function of smartphones, etc. to read the information.

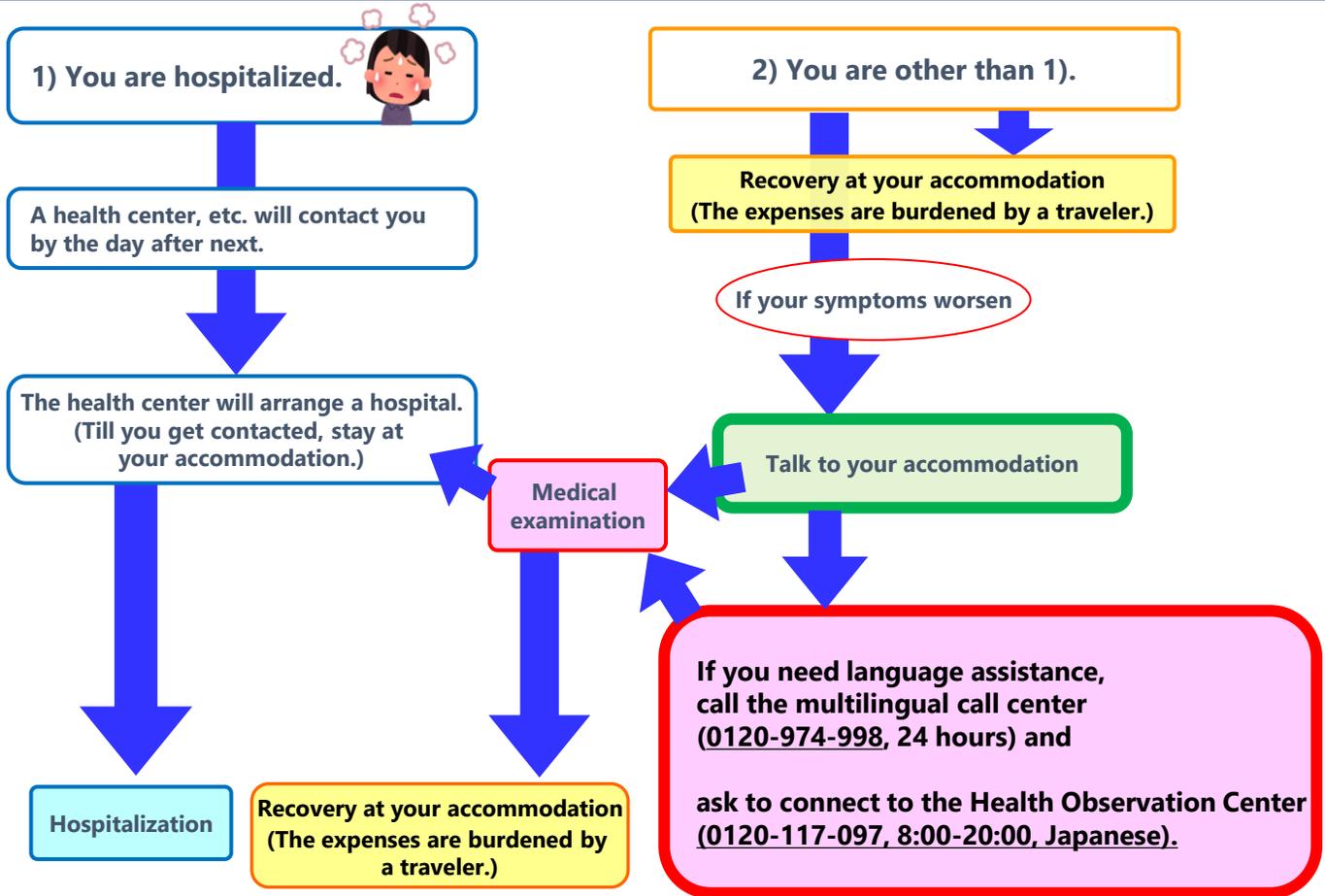


Registration Center
for Those with Mild
Symptoms

For Those Diagnosed with COVID-19

If you are diagnosed with COVID-19, you will go through the following steps. Please talk to your accommodation if you have questions.

Steps to the end of recovery



Notes

- The recovery period is **7 days. (Day 0 is the symptom onset.)**
[e.g.] If symptoms appear on November 1, the period continues to November 8.
24 hours must pass after the symptoms are alleviated.
- During the period, do not go out and avoid contact with outsiders.
- If non-positive people stay in the same room, keep a social distancing, wear a mask indoors, ventilate regularly, and wash your hands frequently.
- If you want to take a medical examination when your symptoms worsen, talk to your accommodation. (Your accommodation will consult a medical institution.)
- If you have difficulty breathing, lose consciousness, get cramps, or have other urgent needs, ask your accommodation to call 119 and tell them that you tested positive for COVID-19.
- We ask the family of positive persons and those staying in the same room to observe their health and quarantine for 5 days in the current accommodation. (The last day of contact with a positive person is Day 0, and the quarantine will end on Day 6.) If any directions are given to change a location, etc., please follow them.