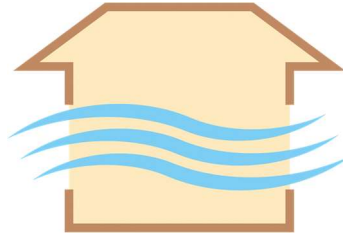


Preventing the spread of COVID-19

Washing hands/Gargle



Avoid closed spaces



Wear a mask



Telephone Consultation (Japanese)

If you have symptoms such as,
breathing difficulty, intense tiredness (fatigue), high fever

Ichinoseki Public Health Center	TEL : 0191-26-1415 FAX : 0191-26-3565	Weekdays 9 : 00am~5 : 00pm
Consultation Call Center	TEL : 019-651-3175 FAX : 019-626-0837	Available 24hrs, 7 days a week

Consultation about COVID-19

Iwate COVID-19 Call Center	TEL : 019-629-6085 FAX : 019-626-0837	9 : 00am~9 : 00pm Every day, 7 days a week
Ministry of Health, Labour and Welfare Covid-19 Call Center	TEL : 0120-565653 (toll-free number) FAX : 03-3595-2756	9 : 00am~9 : 00pm Every day, 7 days a week

Information from Iwate pref. and Ichinoseki

【Iwate Prefecture】



(Japanese)



(English)

【Ichinoseki City hall】



(Japanese)



(English)

COVID-19 Multilingual information

Telephone Consultation

◆AMDA Medical information Center◆ (特定非営利活動法人 AMDA 国際医療情報センター)

03-6233-9266 (charges apply)

10 : 00am~4 : 00pm Weekdays

Japanese, English, Chinese, Korean, Thai, Spanish, Portuguese, Tagalog, Vietnamese

<https://www.amdamedicalcenter.com/>

◆「Japan Visitor Hotline」◆多言語対応コールセンター (JNTO 日本政府観光局)

050-3816-2787 (charges apply)

365days, 24hrs

Japanese, English, Chinese, Korean

<https://www.japan.travel/en/plan/hotline/>



◆Foreign Residents Support Center(FRESC)◆ (出入国在留管理庁)

0120-76-2029 (toll-free number)

9 : 00am~5 : 00pm Weekdays

Japanese, English, Chinese, Korean, Spanish, Vietnamese, Tagalog...etc. 14 languages

<http://www.moj.go.jp/nyuukokukanri/kouhou/fresc01.html>



News

◆News Web Easy (NHK)

Easy Japanese News

<https://www3.nhk.or.jp/news/easy/>



◆NHK-World Japan (NHK)

Multilingual Emergency updates

<https://www3.nhk.or.jp/nhkworld/>



Apps

◆(COCOA)COVID-19 Contact-Confirming App. (厚生労働省)

Alerts you of possible contact you may have had with a positive case.

Japanese, English, Chinese



Google Play



App Store

◆Iwate pref.-COVID-19 personal support

Official LINE Account (岩手県庁)

COVID-19 updates Japanese

★ add friends using a QR code →



Others

◆COVID-19 Multilingual Information◆ (厚生労働省)

Japanese, English, Chinese, Korean, Portuguese

<https://www.covid19-info.jp/>



◆Immigration and Residence Information related to COVID-19◆ (出入国在留管理庁)

<http://www.moj.go.jp/isa/covid-19>

◆COVID-19 Countermeasures ~For Pregnant Woman~◆ (SHARE)

https://share.or.jp/health/knowledge/covid-19_countermeasures_for_pregnant_women.html



Ichinoseki International Association