

# Tips for Staying Healthy During your Trip

New coronavirus infections have been spreading worldwide, and human-to-human infection has been confirmed even in Japan. In addition, influenza is also spreading around Japan at this time.

In order to prevent the spread of these viruses, we recommend that you take preventive measures and get yourself checked out if symptoms arise.

## Take Preventive Measures

Take measures to protect yourself from germs, such as:

- washing your hands
- practicing good cough/sneeze etiquette
- wearing a face mask

## Inquiries About New Coronavirus Infections

If you have general questions about the new coronavirus infections, or have developed a cough or fever, and suspect a coronavirus infection, please call the 24-hour hotline through **Nagano Multilingual Call Center**.

The Nagano Multilingual Call Center offers interpretation services for international visitors in 17 different languages 24 hours a day.

## How to Call the Hotline

### 1. Call Nagano Multilingual Call Center

Phone Number **0120-691-792** (24 hours a day, 365 days a year)

For international or roaming calls, dial **+81-92-687-5289** (fees apply to international calls)

Spoken languages

English, Chinese, Korean, Thai, Indonesian, German, French, Italian, Russian, Spanish, Portuguese, Vietnamese, Nepalese, Tagalog, Malaysian, Burmese, Khmer

### 2. Tell the Operator the Hotline Number

Hotlines: **026-235-7277**, **026-235-7278**

Tell the operator, "Please put me through to the Coronavirus Hotline of Nagano Prefecture. The number is 026-235-7277."

### 3. Talk to the Hotline Staff Through an Interpreter