

Tips for Staying Healthy During your Trip

In Japan, there are already confirmed cases of infection from the new strain of Corona Virus that originated in Wuhan City in central China. 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
- gargling with water
- wearing a face mask

In Case of Symptoms

If you develop a cough or fever, please visit a medical institution for a checkup as quickly as possible.

For a list of facilities that can accommodate international visitors, see the medical care guide on the JNTO website.

https://www.jnto.go.jp/emergency/eng/mi_guide.html

*Site can be viewed in English, Chinese (simplified and traditional), and Korean

Dealing with Language Barriers

If you are unable to communicate with staff at your hotel or medical institution regarding your symptoms, please call the Nagano Multilingual Call Center.

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

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