

What can I do if I think I may have COVID-19?

Ignoring your body's response may risk spreading the virus to those close to you.

**If you have a fever, fatigue, or loss of taste or smell,
call the Nagano Multilingual Call Center.**

0120-691-792 (24 hours)

Consultation is available in 19 languages.

Are you worried about any of the following?

I don't have enough money to visit a hospital... → **Nagano Prefectural Government and Nagano City Hall pay some treatment costs for COVID-19.**

I can't afford to stop working... → **The New Foreign Residents Support Center (FRESC) accepts consultation in 14 languages.
(Tel: 0120-76-2029)
Hours: 9:00 a.m. to 5:00 p.m. Monday to Friday**

I'm worried about harassment... → **Anyone can be infected with COVID-19.
The Foreign-language Human Rights Hotline accepts consultation about discrimination and harassment against you or your business in 10 languages.
(Tel: 0570-090911)
Hours: 9:00 a.m. to 5:00 p.m. Monday to Friday**

I don't know who I should talk to... → **The Nagano Prefecture Multicultural Consultation Center accepts consultation in 15 languages.
(Tel: 026-219-3068)
Hours: 10:00 a.m. to 6:00 p.m.
(Weekdays except 1st and 3rd Wednesdays, and 1st and 3rd Saturdays)**

- Early treatment is best for you as well as those around you.
- If someone you know feels unwell, **encourage them to seek consultation.**
- Let acquaintances know about these services via social media (Twitter, LINE, Facebook, etc.).

The Nagano Prefectural Government is committed to protecting you from COVID-19. Please call if you need assistance.