

INFORMACIÓN SOBRE EL NUEVO CORONAVIRUS (COVID-19)

Recomendaciones del Ministerio de Sanidad de Japón para prevenir el COVID-19

Traducción no oficial

CÓMO PREVENIR EL NUEVO CORONAVIRUS

¿Qué es el nuevo coronavirus?

El coronavirus es una infección vírica. **Se caracteriza por fiebre, dolor de garganta, tos prolongada (alrededor de una semana) y, en muchos casos, malestar general.** El período de incubación suele ser de 1 a 12,5 días (en la mayoría de los casos de 5 a 6 días).

Se cree que el nuevo coronavirus se transmite por vía respiratoria (salpicadura de la saliva) o mediante contacto.

Contagio por vía respiratoria (salpicadura de la saliva)	El contagio se produce cuando el virus de la persona infectada es expulsado al aire a través de estornudos, tos o saliva, pasando a otra persona por la boca o la nariz mediante la respiración.
Contagio por contacto	El contagio se produce cuando la persona infectada estornuda o tose tapándose la boca con las manos y luego esas mismas manos tocan algún objeto. Si otra persona toca el objeto infectado, el virus se adhiere en su mano y cuando esta persona se toca la boca o la nariz, el virus se contagia a través de las membranas mucosas.

Es necesario tener mucho cuidado ya que en los casos más graves, la infección puede derivar en neumonía o fallecimiento. Las personas mayores y aquellos con problemas respiratorios son más propensos a contraer la enfermedad.

Medidas preventivas

Lo más importante es lavarse bien las manos utilizando jabón o alcohol desinfectante. El lavado de las manos debe ser frecuente y, en cualquier caso, al regresar a casa, y antes o después de cada comida y de cocinar.

Si se tapa la boca con las manos al toser o estornudar, el virus puede adherirse a los objetos que toque posteriormente, haciendo que el virus pase a otras personas. Por lo tanto, es muy importante toser sobre un pañuelo y tirarlo a la papelera.

Las personas con enfermedades crónicas o de edad avanzada, deben tomar precauciones adicionales, como evitar los lugares concurridos.

Si tiene fiebre u otros síntomas de resfriado, es preferible no ir a la escuela o al trabajo.

Si tiene síntomas de resfriado, compruebe si tiene fiebre y anote diariamente su temperatura.

Personas que deben extremar precauciones

Las personas con alguno de los siguientes síntomas, deben consultar al "Centro de información para personas que han viajado al extranjero":

Resfriado o fiebre de más de 37.5 ° C durante 4 días o más.

Fuerte fatiga (malestar) o dificultad respiratoria (disnea)

※ **Las personas mayores o con enfermedades respiratorias deben consultar si dichos síntomas duran más de 2 días.**

Si tras consultar al "Centro de información para personas que han viajado al extranjero" sospechase de una infección por coronavirus, le derivarán a un "Centro de atención especializado".

Acuda al centro de atención usando mascarilla y evite el transporte público.

Consulte el "Centro de información para persona que han viajado al extranjero" de cada prefectura en el siguiente enlace:

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/covid19-kikokusyasessyokusya.html

Para consultas generales

Para otras consultas generales, como dudas sobre los síntomas, llame al siguiente número de teléfono:

Ministerio de Sanidad, Trabajo y Bienestar Tel. 0120-565653 (línea gratuita)

Horario de atención de 09:00 a 21:00 (sábados, domingos y días festivos incluidos)

En casos de minusvalía o dificultad en el habla Fax 03-3595-2756



Solicitamos su cooperación en las medidas contra la infección

Las medidas básicas para la prevención de infecciones como la enfermedad por el nuevo coronavirus son el "lavado de manos" y los "buenos modales al toser (incluyendo el uso de mascarillas)".

(1) Lavado de manos

Cómo lavarse las manos correctamente

Antes de lavarse las manos

- Mantener las uñas cortas
- Quitarse los accesorios como reloj y anillos



1. Luego de mojar bien las manos haciendo correr el agua, aplicar jabón y frotar muy bien las palmas entre sí.



2. Frotar cada dorso de las manos con la palma de la otra mano.



3. Frotar muy bien la punta de los dedos y entre las uñas.



4. Lavar entrelazando los dedos.



5. Lavar el dedo pulgar haciendo movimientos rotatorios con la palma de la otra mano.



6. No olvidarse de lavar también las muñecas.

Luego de lavarse con jabón, enjuagar con suficiente agua y secar bien con una toalla limpia o toalla de papel.

(2) Buenos modales al toser

3 modales al toser

- Cumplir estos modales en lugares donde se reúnen las personas como trenes, oficinas, escuelas, etc.



No toser o estornudar sin tomar ninguna medida

No cubrirse con la mano al toser o estornudar



Usar mascarilla (Cubrir la boca y nariz)

Cubrir la boca y nariz con pañuelo o pañuelo de papel

Cubrir la boca y nariz con la manga

Uso correcto de la mascarilla



1. Cubrir perfectamente tanto la boca como la nariz

2. Colocar el elástico en las orejas

3. Cubrir hasta la nariz asegurándose de que no haya espacio entre la mascarilla y la cara

首相官邸
Prime Minister's Office of Japan

厚生労働省
Ministry of Health, Labour and Welfare



MHLW COVID-19

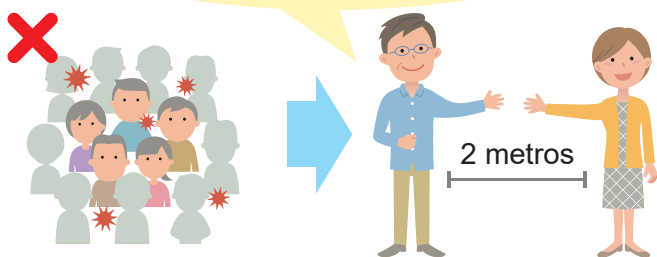
Buscar

Solicitamos su cooperación para prevenir la propagación del COVID-19

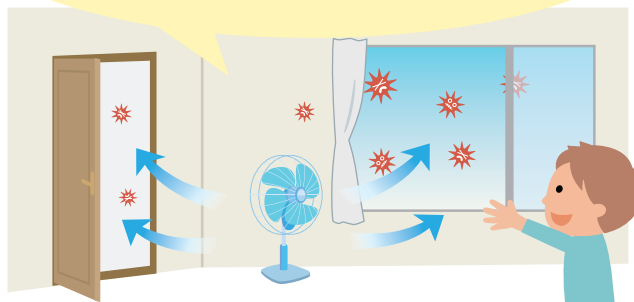
¡Evitemos los "espacios cerrados", "lugares concurridos" y "contactos cercanos"!

- Evitemos en lo posible las "tres C". ¡Tener precaución en lugares concurridos y contactos cercanos también al aire libre!

Mantener suficiente distancia
de otras personas.



Ventilar con frecuencia
abriendo puertas y ventanas.



Evitar hacer ejercicio en lugares concurridos aunque sea al aire libre.

Se puede salir a caminar o correr entre pocas personas.

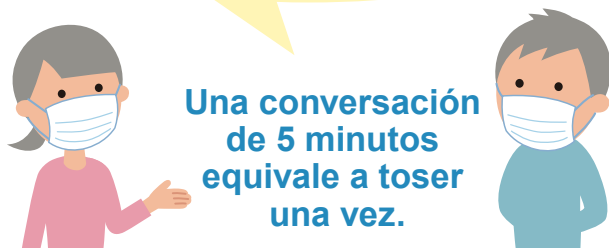


Mantener distancia
también en restaurantes.

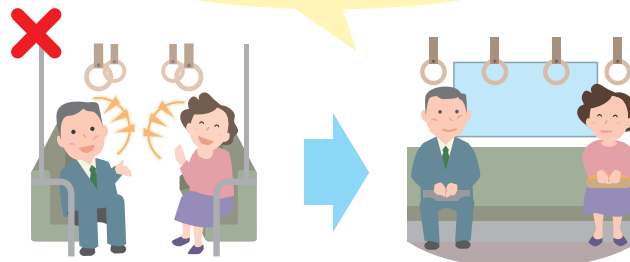
- Evitar las comidas entre muchas personas.
- Sentarse dejando un espacio libre al costado.
- No sentarse frente a frente.



Usar mascarillas
cuando conversa.



Evitar conversar
en trenes y ascensores.



La enfermedad por el nuevo coronavirus se propaga por medio de estas vías

Gotas

Contacto

**Cerrado
Concurrido
Cercano**

Microgotas

Entrada del virus por la nariz y boca a través de los dedos de las manos

#Manija de la puerta
#Panel táctil

Inhalación de partículas y gotas que contienen el virus mediante conversación o tos

#Bares con agasajos
#Banquetes y reuniones
#Voz alta #Canciones
#Teatros #Vestidores
#Sala de reuniones

En espacios cerrados mal ventilados, las partículas de menos de 5 μm permanecen en el aire por un tiempo, pudiendo propagarse la infección hasta cierta distancia.

* Lo que se llama "infección por vía aérea" se reconoce en la bacteria de la tuberculosis y el virus del sarampión, y alude a que las gotas más pequeñas flotan en el aire durante largo tiempo a través de, por ejemplo, el aire acondicionado, pudiendo infectar hasta lugares distantes. Es necesario tener en cuenta que es un concepto diferente a la "infección por microgotas".



¡Evitemos las "tres C"!

(1) Espacios **C**errados mal ventilados; (2) Lugares **C**oncurridos por muchas personas;
(3) Contactos **C**ercanos donde hay conversación o emisión de voz a poca distancia



¡Es importante lavarse bien las manos, desinfectarse las manos y dedos, usar mascarillas y mantener una distancia física de 2 m (1 m como mínimo)! ¡También es importante una **ventilación** adecuada!

"5 situaciones" que pueden aumentar el riesgo de infección

Situación ①

Reuniones sociales con consumo de alcohol

- Beber alcohol eleva los ánimos y al mismo tiempo disminuye la atención. A su vez, embota la audición lo que provoca que se levante la voz al hablar.
- El riesgo de infección aumenta mucho cuando existe un gran número de personas en un espacio pequeño durante un largo período de tiempo.
- Además, el uso compartido de vasos y palillos aumenta el riesgo de infección.



Situación ②

Comidas durante mucho tiempo en grupos numerosos

- Comidas durante largo tiempo, recepciones y banquetes por la noche con consumo de alcohol aumentan el riesgo de infección en comparación con una comida rápida.
- Cuando un grupo numeroso de gente, de 5 o más personas, consume alimentos y bebidas, aumenta el riesgo de infección ya que es necesario levantar la voz y las gotas de saliva se esparcen con mayor frecuencia.



Situación ③

Conversación sin máscara

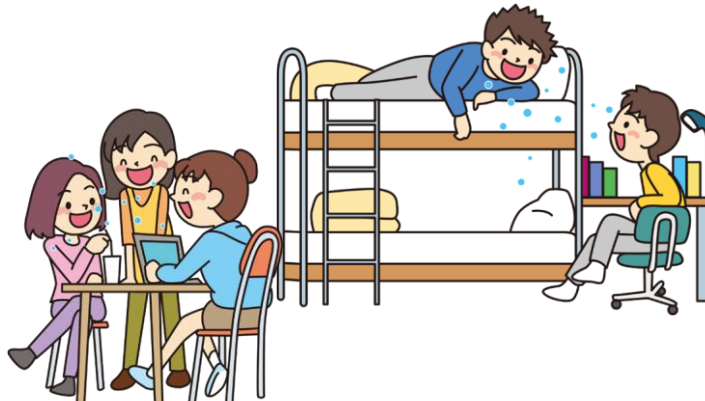
- Conversar de cerca sin una máscara aumenta el riesgo de infección por microgotas o por aire.
- Algunos casos de infección sin máscaras se observaron durante reuniones sociales en los karaokes estilo cabina.
- Cuidese al viajar dentro de un coche o autobús.



Situación ④

Convivencia en un espacio pequeño

- La convivencia en un espacio pequeño aumenta el riesgo de infección ya que varias personas utilizan un espacio cerrado durante un largo período de tiempo.
- Han llegado comunicaciones sobre casos sospechosos de infecciones en locales comunes como dormitorios y baños en las residencias o albergues.



Situación ⑤

Cambio de ubicación

- Si cambia de ubicación, por ejemplo, cuando hace una pausa en el trabajo, el riesgo de infección puede aumentar debido a la relajación y los cambios en el entorno ambiental.
- Han sido detectados casos sospechosos de infección en salas de descanso, zonas para los fumadores y guarderropas.



ENLACES DE INTERÉS

Para seguir la evolución de la situación te recomendamos las siguientes

PÁGINAS WEB OFICIALES

Ministerio de Sanidad de Japón: bit.ly/2SEIYdv

Organización Mundial de la Salud: bit.ly/37wsuYY

Ministerio de Asuntos Exteriores de España (Recomendaciones de viaje): bit.ly/385ybgI

Ministerio de Sanidad de España: bit.ly/2HK6eR7

Embajada de España en Tokio: bit.ly/32wQWIO

NHK (Español): bit.ly/3bLjDpJ

Gobierno de Tokio: bit.ly/2KNTiOF

Servicio de información médica de Tokio (Himawari): bit.ly/326GGXz

CUENTAS DE TWITTER

Ministerio de Asuntos Exteriores de España: [@MAECgob](https://twitter.com/MAECgob)

Ministerio de Sanidad de España: [@sanidadgob](https://twitter.com/sanidadgob)

Embajada de España en Tokio: [@EmbEspJapon](https://twitter.com/EmbEspJapon)

Agencia de Turismo de Japón: [@JapanSafeTravel](https://twitter.com/JapanSafeTravel)

NHK WORLD News: [@NHK_WORLD_News](https://twitter.com/NHK_WORLD_News)

LÍNEAS DE INFORMACIÓN TELEFÓNICA

Oficina de Turismo de Japón: 050-3816-2787

Servicio de información médica de Tokio (Himawari): 03-5285-8181

Centro de apoyo de Tokio a residentes extranjeros (TOCOS): 0120-296-004

Lista de centros de consulta telefónica sobre el COVID-19 en el área de Tokio

Servicio de información para extranjeros de Osaka: 06-6773-6533 /

06-6941-2297 Servicio de información para extranjeros de Kioto: 075-343-9666

Servicio de información para extranjeros de Hokkaido: 011-200-9595

MEDIDAS PREVENTIVAS DEL GOBIERNO METROPOLITANO DE TOKIO

Directrices para eventos organizados por el Gobierno Metropolitano de Tokio

Qué hacer si piensa que podría estar infectado por el COVID-19

とうきょう と がいこくじん しんがた 東京都外国人新型コロナ生活相談センター

TOCOS トコス Tokyo Coronavirus Support Center for Foreign Residents

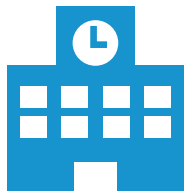
Si necesita ayuda a causa del coronavirus (COVID-19),
puede consultar en español, japonés, inglés u otros 11 idiomas. Tenemos intérpretes.

コロナ (COVID-19) で 困ったときに スペイン語、日本語、英語、その他11言語で 相談できます。通訳が います。



Sobre el dinero

かね
お金のこと



Sobre la escuela

がっこう
学校のこと



Sobre el trabajo

しごと
仕事のこと



Sobre la enfermedad

びょうき
病気のこと



0120-296-004

Gratis
むりよう
無料

Lunes~Viernes

げつようび きんようび
月曜日~金曜日

AM 10:00 - PM 5:00

Cerramos sábados, domingos y festivos.
どようび にちようび しめけつ やす
土曜日・日曜日・祝日は お休みです。

Primero hablaremos en japonés sencillo.

はじめに、やさしい日本語で 話します。

Luego podrá consultar en su idioma.

それから、あなたが わかる言葉で 相談することができます。

A continuación presentamos algunas consultas que llegan a TOCOS.

TOCOSには 次のような 相談が あります。



¿Qué puedo hacer para protegerme del nuevo coronavirus?

しんがた
新型コロナにならないように 何を しますか?

A

Lávese las manos con jabón.

●せっけんで 手を 洗って ください。

Limpie sus manos con un desinfectante a base de alcohol.

●アルコール消毒液で 手を きれいに してください。

Utilice mascarilla.

●マスクをして ください。

Utilice una mascarilla o un pañuelo para tocar.

●咳をするとき、マスクや ハンカチなどを 使って ください。

Evite los lugares con mucha gente.

●たくさん 人が いる 場所へ 行かないで ください。

Quédese en casa a menos que tenga alguna necesidad.

●必要が ないときは、できるだけ 家に いて ください。



東京都生活文化局

TOKYO METROPOLITAN GOVERNMENT
BUREAU OF CITIZENS AND CULTURAL AFFAIRS



Creo que me contagié del nuevo coronavirus. ¿Qué puedo hacer?

しんがた
新型コロナになったかもしれません。どうしたら、いいですか？



No vaya al trabajo o a la escuela.

しごと がっこう やす
仕事や学校は休んでください。



Si sigue teniendo fiebre o tos similares a las de un resfriado...

かぜ せき ねつ つづ
●風邪のような咳や熱が続くとき…



Si siente cansancio...

からだ
●体がだるいとき…



Si respira con dificultad...

いき くる
●息が苦しいとき…

Llame al Centro de Llamadas sobre el Nuevo Coronavirus, o a la línea de atención para personas que han regresado del exterior o para quienes han estado en contacto con un contagiado (Kikokusha-Sesshokusha Soudan Center) de su localidad.

しんがた す きこくしゃ セッショクシャ でんわ そうだん でんわ そうだん
新型コロナコールセンターや 住んでいるところの 帰国者・接触者電話相談センターに 電話で 相談してください。



¿Dónde puedo hacer la prueba del nuevo coronavirus?

しんがた けん さ しら
新型コロナの 検査(調べること)は どこで できますか？



Llame al Centro de Llamadas sobre el Nuevo Coronavirus, o a la línea de atención para personas que han regresado del exterior o para quienes han estado en contacto con un contagiado (Kikokusha-Sesshokusha Soudan Center) de su localidad.

しんがた す きこくしゃ セッショクシャ でんわ そうだん でんわ そうだん
新型コロナコールセンターや 住んでいるところの 帰国者・接触者電話相談センターに 電話で 相談してください。



La empresa suspendió sus operaciones. No tengo dinero. ¿Puedo solicitar un préstamo?

しごと やす かね かね か
仕事が休みになりました。お金がありません。お金を借ることが できますか？



Llame al Centro de Consultas para Préstamo Temporal del Fondo de Emergencia y el Fondo General de Ayuda para particulares o al Consejo de Bienestar Social de su localidad.

こじん む きんきゆう こぐち し きん そうごう し えん し きんそうだん す シャかいふくし きょうぎ かい でんわ
個人向け緊急小口資金・総合支援資金相談コールセンターや 住んでいるところの 社会福祉協議会に 電話してください。



Nos quedamos sin trabajo a causa del nuevo coronavirus. La compañía me dijo “renuncia a la empresa”. ¿Qué puedo hacer?

しんがた しごと かいしゃ かいしゃ い
新型コロナで 仕事がなくなりました。会社が「会社をやめてください。」と言いました。どうしたら、いいですか？



Llame a la línea de consultas para trabajadores extranjeros.

がいこくじん ろうどうしゃ む そうだん でんわ
外国人労働者向け相談ダイヤルに 電話してください。



東京都生活文化局

TOKYO METROPOLITAN GOVERNMENT
BUREAU OF CITIZENS AND CULTURAL AFFAIRS

Protect your loved ones from COVID-19.

Don't get infected and don't infect others.

Take steps to avoid getting infected with COVID-19.

☞ Senior citizens aged 65 and older should be especially careful.

☞ Families should also take precautions.

Frequently wash
your hands.



Don't share towels,
bathroom cups,
or other personal
items.



Serve food in individual
portions rather than
shared family-style.



Frequently disinfect
doorknobs and light
switches.



Regularly air out the room.



Avoid touching your eyes,
mouth, nose and other
places where the virus
can enter.



Use a mask when talking
even at home.



※Keep elderly family members safe

Avoid long face-to-face
conversation.



※Keep elderly family members safe

Select places with the
rainbow COVID-19
safety sticker.



Businesses with the rainbow COVID-19
safety sticker are taking precautions to prevent infection.

■ If you feel unwell or wish to learn more about COVID-19:

[Coronavirus Call Center](#)

(Support offered in Japanese, English, Chinese, and Korean)

Phone: 0570-550571

Hours: 9 a.m. to 10 p.m.

■ If you are feeling anxious or are facing hardships from COVID-19:

[Tokyo Coronavirus Support Center for Foreign Residents \(TOCOS\)](#)

(Support offered in 14 languages including English, Chinese and Korean)

Phone: 0120-296-004

Hours: 10 a.m. to 5 p.m. (Closed weekends/holidays)



一般財団法人

東京都つながり創生財団

Tokyo Metropolitan Foundation "TSUNAGARI"

Keep in mind the “Five Keeps” of Dining

Keeep groups small



Keeep meals short (just under an hour)



Keeep voices down



Keeep portions separate



Keeep rooms ventilated and disinfected



And

Keeep thanking our healthcare workers



Avoid prolonged meals and talking in a loud voice.



Keep your mask on except when eating.



New dining etiquette for the new normal.

感染防止徹底宣言



新型コロナウイルス
感染拡大防止中

〇〇〇×××

東京都



The rainbow COVID-19 safety sticker indicates that steps are being taken to prevent the spread of infection where displayed.



TOKYO
METROPOLITAN
GOVERNMENT



一般財団法人
東京都つながり創生財団
Tokyo Metropolitan Foundation "TSUNAGARI"

Precautions to be taken to prevent the spread of infection

In order to help prevent the spread of the novel coronavirus, please keep the following points in mind when attending events and dining together.



If you are not feeling well, do not attend events and refrain from dining together.



Refrain from participating in events and from dining in places where conditions such as closed spaces, crowding and close-contact settings are likely, or where basic infection prevention measures are not thoroughly implemented. In particular, refrain from participating in events or parties where large numbers of people are crowded together and where people are talking loudly.



When participating in events and dining together, ensure that appropriate infection prevention measures are taken, such as keeping an appropriate distance from other people, sanitizing your hands and fingers, wearing masks, and refraining from talking loudly.



Refrain as much as possible from participating in events on the streets or in restaurants that involve consuming alcohol in larger quantities or late at night, while taking into consideration the religious and cultural characteristics of such events.



Consider new ways of enjoying yourself, such as spending time at home with your family or participating in online events, depending on your needs.



If you are suspecting that you have been infected with the novel coronavirus and have questions about receiving a medical examination, etc., call the consultation service of the local government in the area where you live.

「ありがとう」が感染予防の輪をつくる



新型コロナウイルス感染症対策推進室

Telephone Consultation Service

■ Consultation services in each prefecture

(for questions about receiving medical examinations)

やさしいにほんご (Plain Japanese) ➔ <https://www.covid19-info.jp/area-jp.html>

English ➔ <https://www.covid19-info.jp/area-en.html>

Português (Portuguese) ➔ <https://www.covid19-info.jp/area-pt.html>

简体中文 (Simplified Chinese) ➔ <https://www.covid19-info.jp/area-cs.html>

繁体中文 (Traditional Chinese) ➔ <https://www.covid19-info.jp/area-ct.html>

한국어 (Korean) ➔ <https://www.covid19-info.jp/area-kr.html>

■ Ministry of Health, Labour and Welfare, Telephone Consultation Service

(for questions about outbreaks and general information)

 **0120-565-653** (9:00–21:00)

Available Languages English, 中文 (Chinese), 한국어 (Korean), Português (Portuguese), Español (Spanish),
ภาษาไทย (Thai), Tiếng Việt (Vietnamese)

Information regarding daily life support for foreign residents

■ Foreign Residents Support Center (FRESC)

(Immigration Services Agency of Japan)

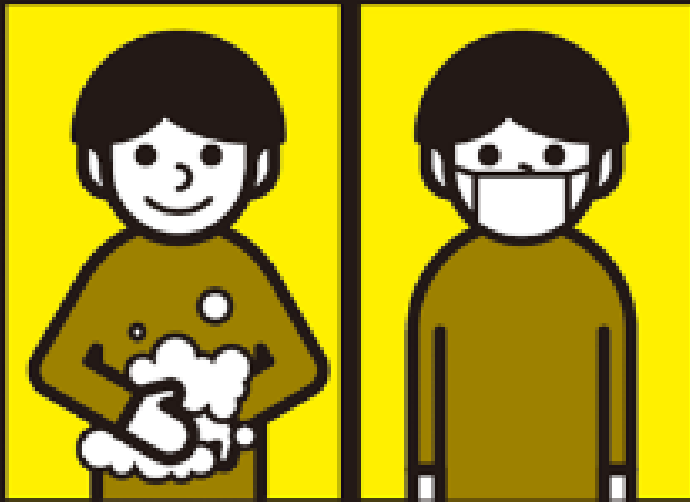
<http://www.moj.go.jp/isa/support/fresc/fresc01.html>

■ A DAILY LIFE SUPPORT PORTAL FOR FOREIGN NATIONALS

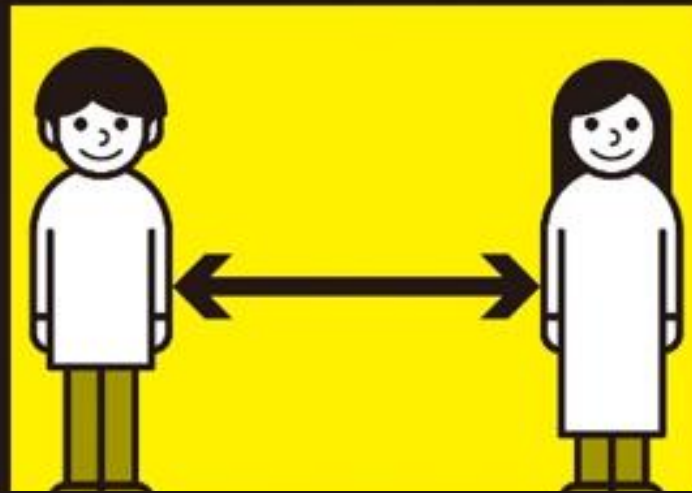
Various language versions of a list of the support measures that are provided by each ministry as well as a list of local consultation services that are available for foreign residents.

Homepage: <http://www.moj.go.jp/isa/support/portal/index.html>

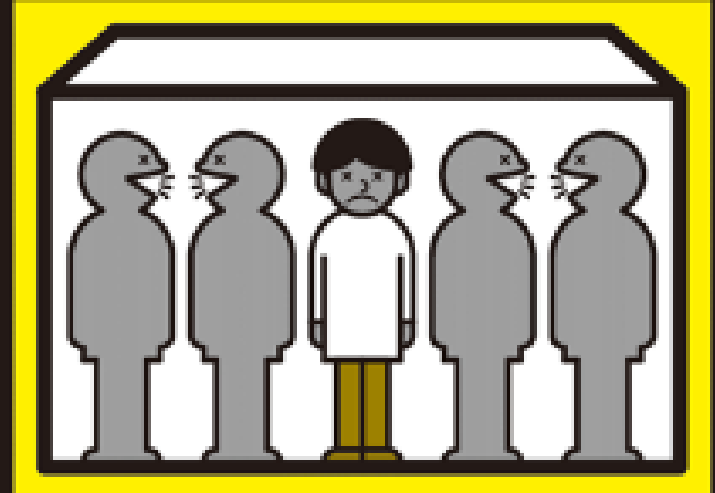
Do not let up on COVID-19 precautions!



**Wash hands
Wear a mask**



SOCIAL DISTANCE



NO 3Cs

Closed spaces, Crowded places,
Close-range conversation

Enhancing Support for People Recovering at Home

Bolstering systems for response should symptoms worsen while self-isolating at home

Content

Patients recovering at home can receive consultations over the **phone, online, or through home visits** by doctors.

Launch

April 20, 2021 (Tuesday)



Oxygen Stations

Establishment of oxygen stations that temporarily accept COVID-19 patients with mild or moderate symptoms to provide them with oxygen are steadily underway.

Locations ※as of August 26

- **Ebara Hospital** Ota-ku
- **Toshima Hospital** Itabashi-ku
- **Tama-Nambu Chiiki Hospital** Tama-shi
- **Tomin-no-Shiro** Shibuya-ku



Tomin-no-Shiro

Oxygen and medical care stations

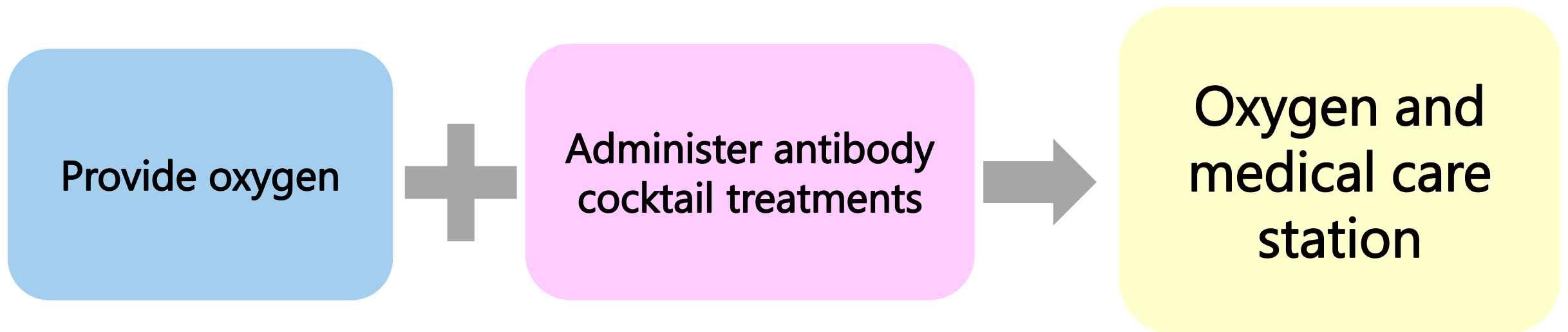
To be ready to respond to sudden changes in the condition of COVID-19 patients recovering at home, the TMG is building up the system for the provision of medical care, including provision of oxygen and antibody cocktail treatments.

Locations:

Tomin-no-Shiro (Opened August 23rd, 130 beds)

Tsukiji Depot (Scheduled to open mid to late September)

TMG Chofu Office within Ajinomoto Stadium (Scheduled to open mid to late September)



Online lottery system (Shibuya Vaccination Center)

An online lottery system is being used for vaccination reservations at the Shibuya Vaccination Center.

Eligibility: Individuals 16 to 39 years of age who live, work, or study in Tokyo

Vaccination center location: Shibuya Ward Labor and Welfare Hall

Vaccine offered: Pfizer

How to enter the lottery

Submission of entry: Entries must be submitted between the hours of 7 a.m. and 5 p.m. the day before you wish to take the vaccine
(Through September 15th, excludes Sundays and September 11th)

How to submit an entry: Through the Tokyo Metropolitan Government Official LINE Account



TMG Official LINE
account



Reservation
instructions

AstraZeneca Vaccine

Eligibility for taking the vaccine:

Tokyo residents who fall into one of the following categories

- ① 40 years old and over
- ② Individuals 18 years old and over who require the AstraZeneca vaccine due to an allergy which prevents them from taking the Pfizer or Moderna vaccine, etc.
- ③ Individuals who took their first vaccine dose while overseas, etc., and wish to be administered a second dose

Location: Tokyo Metropolitan Government Building
North Observatory Vaccination Center

Vaccine: AstraZeneca

How to make
a reservation

Those who qualify under ① or ②, use the QR code to make a reservation.
(Japanese language only)

Those who qualify under ③, call **0570-034-899**
between the hours of 9 a.m. and 6 p.m. to request a reservation



Vaccinations available for all eligible Tokyo residents and commuters

From October 2, all Tokyo residents and those studying or working in Tokyo who are at least 12 years old can receive a vaccination at the following three sites.

Vaccine Type	Venue
Moderna	Tokyo Metropolitan Government Bldg. No. 1 North Observatory
	Tokyo Metropolitan Government Bldg. No. 1 South Observatory
	Tachikawa-Kita Vaccination Center

Those who have underlying conditions, etc., that put them at high risk of developing severe symptoms should reserve as soon as possible.

**Use the QR code
below for reservations**



Del 1 al 24 de octubre/Medidas de prevención de rebrotes en Tokio

Prevenir Covid-19 por

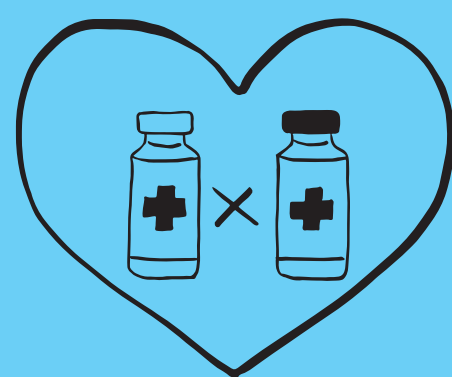
Vacuna
ataque

y

Prevención total de contagios
defensa



La vacuna y cóctel de anticuerpos son eficaces para prevenir la aparición y contra el Covid-19 grave



抗体カクテル療法

Airar frecuentemente



Lavarse las manos a menudo



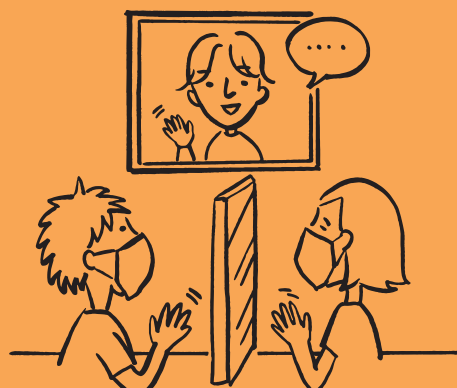
Llevar mascarilla de tamaño adecuado



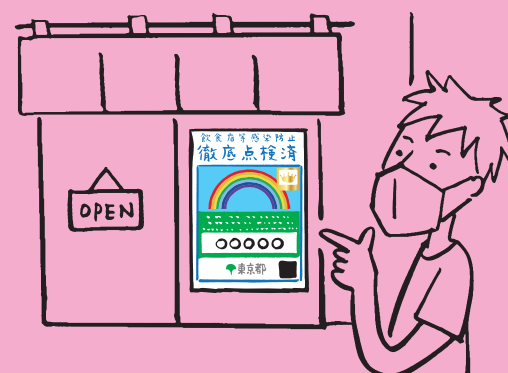
Prevención total de Covid-19 también ayuda prevenir la gripe



Aprovechar las herramientas de comunicación remota



¡Para comer fuera utilice los locales con la etiqueta azul!





中和抗体薬治療コールセンター

Covid-19 Antibody Treatment Call Center

抗体カクテル療法についてのご相談はこちらまで

You can consult about antibody treatment in 11 languages.

03-5320-5909

年中無休 / 9時～17時

Open year round
9 a.m. – 5 p.m.



English 中文（简体・繁體） 코리언 Tiếng Việt Tagalog नेपाली भाषा

မြန်မာဘာသာစကား ภาษาไทย Français Português Español

Covid-19 Antibody Treatment Call Center

Interested in receiving antibody cocktail treatment

Covid-19 Antibody Treatment Call Center
(Handles inquiries in 11 languages)

Eligible individuals

Tokyo Metropolitan Government

Arrangements made for treatment
facility, transportation, etc.

Treatment facilities

Medical institution where
treatment is administered

Oxygen and medical
care station

Designated hotel for
recovery

【 COVID-19 VACCINE 】



We prepare walk-in vaccination centers

○Eligible applicants (① and ② are essential)

① Those aged 12 years and over

(Those aged 12 to 15 must be accompanied by a guardian.)

② Those who live, attend school, or work in Tokyo

○Things to bring (① and ② are essential)

① Vaccination coupon

② ID card (Residence card, passport, Employee ID, Student ID etc.)



○Venue

・NHK-Shibuya-friendship theater vaccination center (1st Dose till November 1st)

2-1 Jinnan Shibuya-ku, Tokyo

12:00 p.m. till 7:00 p.m.



・Gyo-ko-Chika vaccination center (1st Dose till November 11th)

4-1 2-chome Marunouchi Chiyoda-ku, Tokyo

(Underground passage)

12:00 p.m. till 8:00 p.m.



Important things you need to know before
get vaccination, please read our HP



If you want to know more, please call Coronavirus call center. 12 languages available

☎ 0570-550571 (Coronavirus Call Center) Daily 9:00:a.m. till 10:00 p.m

Japanese, English, Chinese, Korean, Vietnamese, Tagalog, Nepali, Burmese,

Thai, French, Portuguese, Spanish



東京都

Tokyo Metropolitan Government

TOKYO Vaction

To promote vaccinations, the Tokyo Metropolitan Government is holding a campaign called TOKYO Vaction* .

*“Vaction” is portmanteau of vaccine and action.



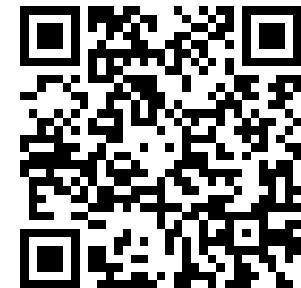
How to Register Your Information

STEP 1

First, register in the “TOKYO Vaction” LINE official account as a friend.

Agree and add friends

For details



How to Register Your Information

STEP 2

Select "Open the app" from the menu on the chats screen of the "TOKYO Vaction" LINE official account to go to the login page.



How to Register Your Information

STEP 3

When you select "Login," a message requesting answer to allow link between your LINE account and the TOKYO Vaction app appears. Please confirm the details and select "Allow."



How to Register Your Information

STEP 4

Select “Register your ID documents” and, following the screen instructions, take photographs first of your ID documents and then of your vaccinations records, and upload them.



How to Register Your Information

STEP 5

Registration completed.



Receive Benefits

Present “My Page” to receive benefits

Present “My Page” to receive benefits from stores displaying the TOKYO Vaction sticker. Benefits vary by store.

Apply special benefits from the app.

You can apply for special offers from the app starting Monday, November 15th.

Sticker



My Page



After completing your vaccinations, register your information on the TOKYO Vaction LINE Account.



Walk-in Vaccination Centers

Place & Hours

- **NHK Shibuya Friendship Theater Vaccination Center**
12pm-7pm
- **Gyoko-chika Vaccination Center**
12pm-8pm
- **Tokyo Dome Vaccination Center**
Only open during Nov. 15 (Mon.) – Nov. 18 (Thurs.)
9am-1:30pm



For details



Don't forget your vaccination ticket (from your municipality) and ID !

Walk-in Vaccination Centers

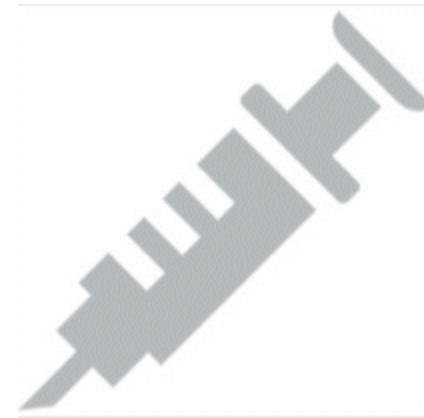
Eligibility

Those living, working, or studying in Tokyo who are at least 12 years

✕ Those aged 12-15 must be accompanied by their guardian to receive a vaccination at the Tokyo Dome Vaccination Center.

Vaccine

Moderna



For details

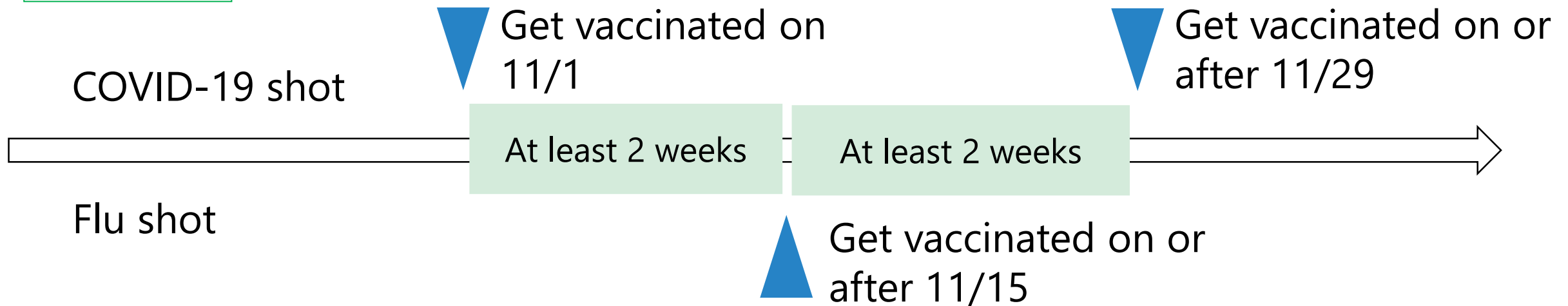


Don't forget your vaccination ticket (from your municipality) and ID !

Interval between COVID-19 and Flu Vaccinations

A two week interval is necessary between getting the COVID-19 and flu vaccine and vice versa.

Example



Opening of the Application Desk for Stay at a TMG Designated Hotel for Recovery

【Eligible applicants】

Those who wish to stay at a designated hotel for recovery and who fulfill both of the following conditions.

1. Is a Tokyo resident under 65 years of age
2. Is asymptomatic or has only mild symptoms of COVID-19

【Call the following telephone number】

03-5320-5997

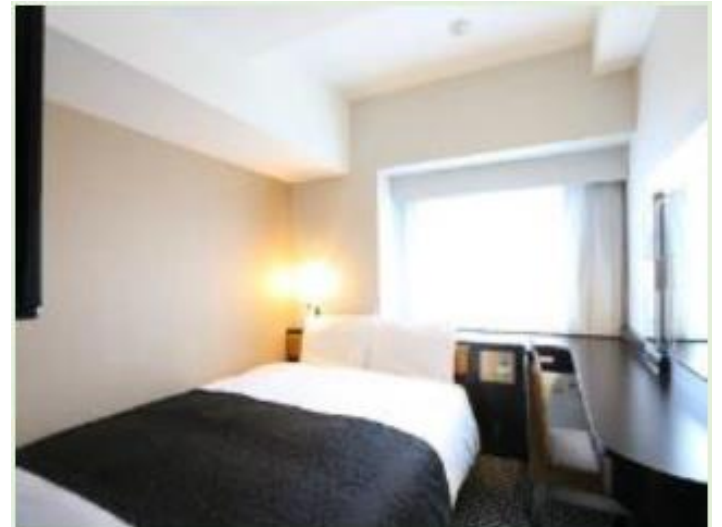
Every day, from 9 a.m. to 4 p.m.

■ Services provided in 11 foreign languages ■

Burmese, Chinese, English, French, Korean, Nepali,
Portuguese, Spanish, Tagalog, Thai, Vietnamese

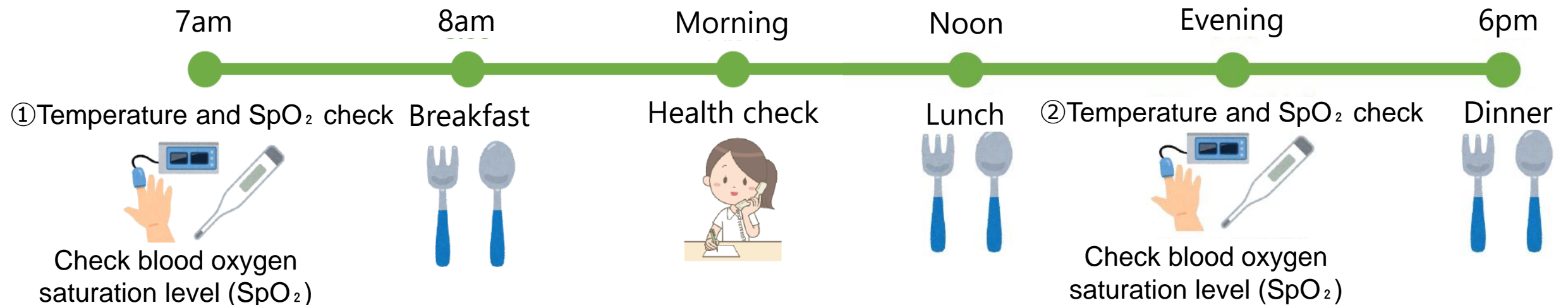
Preparations for Stay at a Designated Hotel

- ◇ A car will pick you up at your home, etc., to take you to the hotel.
- ◇ Please bring your health insurance card, thermometer, bath towel(s), sleepwear and other essentials with you.
- ◇ If you are taking any medications, bring them with you with an extra supply.
- ◇ You will not be charged for your stay or food served.



A typical day at a designated hotel for recovery

- ◇ A nurse contacts you to check your symptoms and condition daily.
- ◇ Nurses are on call 24 hours a day to respond to your questions whenever they arise.
- ◇ If your condition changes, a remote consultation will be performed by a doctor.
- ◇ Nurses and other staff are prepared to visit your room if you cannot be reached due to a sudden change in condition, etc.



A typical day at a designated hotel for recovery

The meals served change daily.

Jelly drinks and heat-and-eat *okayu* (Japanese rice porridge) are available for those without an appetite.



**Additional food
available**



A typical day at a designated hotel for recovery

Accommodations are also made for food allergies.



Beef



Pork



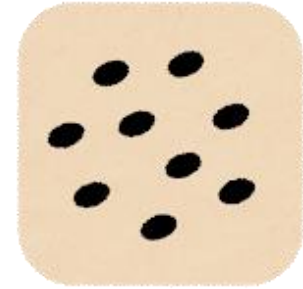
Shrimp



Crab



Peanuts



Sesame



Wheat



Buckwheat



Eggs



Milk/dairy

Scan the QR code for details
on designated hotels for recovery



Vaccination Situation in Tokyo

Seniors

(Age 65 and older)

**First Vaccination
Received**

91.2 %

**Second Vaccination
Received**

90.6 %

Eligible Tokyo Residents

(Includes all residents age 12 and older)

**First Vaccination
Received**

83.1 %

**Second Vaccination
Received**

81.5 %

✕ Excludes health care workers

がいこくじん そう だん 外国人コロナワクチン相談センター

コピック
COVIC

COVID-19 **V**accination **I**nformation
Center for International Citizen

コロナ(COVID-19)の ワクチンで こま困ったときに そう だん相談できます
You can ask for advice on COVID-19 vaccination in time of need.



ワクチンを受けたい
I want to get vaccinated
for COVID-19.



どこで よ やく予約をするか しりたい
I want to know how to
make a reservation.



やさしい にほんご日本語で そう だん相談できます You can consult us in “Easy Japanese”.

03-6261-6356

げつ よう び きん よう び
月曜日～金曜日 **AM 10:00 – PM 4:00**
Monday through Friday

ど よう び にち よう び しゅくじつ やす
土曜日・日曜日・祝日はお休みです There is no service on Saturdays, Sundays, and public holidays.

Omicron Variant Consultation Services

If you have any questions or concerns about the Omicron variant,
please call the following.

COVID-19 Omicron Variant Call Center

0570-550-571

Every day, from 9 a.m. to 10 p.m.

■ Services provided in 11 foreign languages ■

Burmese, Chinese, English, French, Korean, Nepali,
Portuguese, Spanish, Tagalog, Thai, Vietnamese

Covid-19 Consultation services

Telephone numbers for Covid-19 consultation services if TMC Navi services are not available.

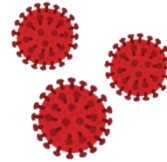
◆ **No symptoms but worried about Covid-19**

Name: COVID-19 Call Center

Tel: 0570-550-571

Available Times: 9:00-22:00

Available Languages: Japanese, English, Chinese, Korean, Vietnamese, Tagalog, Nepali, Burmese, Thai, French, Portuguese, Spanish



◆ **Experiencing fever** **- For persons without a family doctor**

Name: Tokyo Fever Consultation Center

Tel: 03-5320-4592

Available Times: 0:00-24:00

Available Languages: Japanese, English, Chinese, Korean, Vietnamese, Tagalog, Nepali, Burmese, Thai, French, Portuguese, Spanish



◆ **Discomfort after receiving vaccine**

Name: Tokyo Metropolitan Government COVID-19 Vaccine Side Effects Consultation Center

Tel: 03-6258-5802

Available Times: 0:00-24:00

Available Languages: Japanese, English, Chinese, Korean, Vietnamese, Tagalog, Nepali, Burmese (Myanmar), Thai, French, Spanish, Portuguese



For more information, please consult with Municipal Coronavirus Inquiry Desks. Click the following blue link.

<https://tabunka.tokyo-tsunagari.or.jp/info/2021/05/content-1.html>

Response by restaurants

Certified establishments

Businesses are strongly advised to seat no more than 4 people in the same group at the same table.

For groups of 5 or more, businesses are strongly advised to verify vaccination records or negative COVID-19 test results (including records displayed using the TOKYO Vaction App service).



Response by Tokyo Metropolitan facilities, etc.

From January 11th

- **In principle closed, excludes sports facilities, libraries, metropolitan parks, etc.**
- **Also excludes special exhibits at museums, performances at theaters and auditoriums, etc.**

■ Examples of facilities closed ■

Ueno Zoological Gardens, Tokyo Sea Life Park,
Hama-rikyu Gardens, Jindai Botanical Gardens,
TMG Building Observatories,
Edo-Tokyo Open Air Architectural Museum, etc.



Free COVID-19 Testing

- ① **Residents of Tokyo who are worried they may have been infected, and those who want to eliminate their concerns about infection prior to engaging in an activity, etc.**
- ② **Those unable to get vaccinated due to medical reasons and children under the age of 12 (when necessary to attend events, etc.)**

1 Go to a testing site (e.g., pharmacy, private testing facility).

■ Testing facilities are listed on the website. ■ Please bring personal ID.

2 Get tested.

3 Receive results.

■ If you test positive, please call and consult a medical institution immediately.

Website



Inquiries: reception@tokyo-metro-pcr.jp

Bureau of Social Welfare and Public Health website is now available in 13 foreign languages (machine translation)

It is now easier to obtain COVID-19 and other information.

Burmese, Chinese (simplified, traditional), English, French, Indonesian, Korean, Malay, Nepali, Portuguese, Spanish, Tagalog, Thai, Vietnamese



[音声読み上げ・文字拡大・色合い変更](#) [English Site](#) [都庁総合トップページ](#)



日本語 English 中文簡化 繁體中文 한국어 Tiê'ng Việť Tagalog नेपाली
မြန်မာ Malay Indonesian ภาษาไทย Français Português Español

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[施設案内](#)

[各種申請](#)

[調査・統計](#)

[職員募集](#)

[問合せ](#)

Tokyo Fever Consultation Center

- The center offers consultation to people having fever and other symptoms.

Tokyo Fever Consultation Center

Phone: **03-5320-4592** Hours: 24 hours/All days

03-6258-5780 Hours: 9am - 5pm/All days

Language support: **11 languages**

Burmese

Chinese

English

French

Korean

Nepali

Portuguese

Spanish

Tagalog

Thai

Vietnamese

Tokyo Coronavirus (Omicron) Call Center

- The call center offers general consultation and consultation on the Omicron variant.

Tokyo Coronavirus (Omicron) Call Center

Phone: **0570-550-571** Hours: 9am - 10pm/All days

Language support: **11 languages**

Burmese

Chinese

English

French

Korean

Nepali

Portuguese

Spanish

Tagalog

Thai

Vietnamese

Current COVID-19 Cases in Tokyo

**As of
January 19th**

Hospitalized

1,805

**Recovering
at designated hotels**

2,751

Recovering at home

15,458

Stop the Virus

Initiatives to prevent the spread of infection
and protect the health care system ①

I Recovery at designated hotels



Build a thorough system for health care delivery

Secure hospital beds, etc.

to avoid strain on the health care delivery system



Hospitals **6,919** beds

Temporary Hospitalization Stations **46** beds

Temporary acceptance of patients awaiting hospitalization

Oxygen and Medical Care Stations

Facilities : **600** beds Hospitals : **120** beds

Provide oxygen and medical treatment to patients with mild to moderate symptoms

For those concerned that they may be infected

Free tests

for residents, etc., of Tokyo who have no symptoms

Eligibility

- ① People with **no symptoms who need negative test results** for activities such as dining and events, etc.
- ② Tokyo residents **with no symptoms who:**
 - are afraid that they might be infected
 - should be relieved of fears over infection

Period:

- ① Dec. 23, 2021 – March 31, 2022
- ② Dec. 25, 2021 – Feb. 13, 2022

Prevent mild patients from developing severe symptoms

Antibody treatment

COVID-19 Antibody Treatment Call Center

03-5320-5909

(Every day from 9 am to 5 pm)

Build a system to provide oral drugs

To enhance vaccine effects

Third vaccination shot

Implementing booster shots for health care workers, police and fire department workers at mass vaccination sites

Stop the Virus

Initiatives to prevent the spread of infection
and protect the health care system ②

I Recovery at designated hotels



Recuperate in an environment that
approaches that of daily life
**Establish new designated
facilities for recovery**

Newly establish **facilities for recovery** in
central Tokyo and Tama with
accommodations such as **common space
and spaces for remote work and exercise.**

Total: approx. 1,000 beds

Eligibility

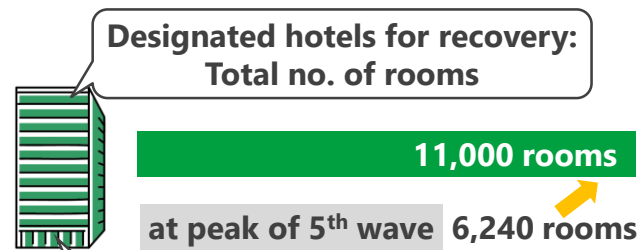
Asymptomatic patients who could
infect family members, etc.



Tokyo Sports Square (Yurakucho stn.)
Open from Jan. 25 (about 350 beds)

Prevent infecting family members
and others close by
**Secure designated hotels
for recovery**

Scheduled to secure a total of **11,000
rooms**



**Nurses stationed
24 hrs/day**



**3 meals
provided/day**



Free Wi-Fi

Can apply directly for stay

**Reception Desk for Recovery
at a Designated Hotel**

COVID-19 patients can **directly apply
for stay** without waiting for contact
from the public health center

Eligibility

- Tokyo residents under 65 years old
- No symptoms or mild symptoms
(e.g. cough but no breathing problems)

**Reception Desk for Recovery
at a Designated Hotel**

03-5320-5997

(Every day from 9 am to 4 pm)

Services available in Japanese and
11 other languages

Stop the Virus

Initiatives to prevent the spread of infection
and protect the health care system ③
I At-home recovery and consultation services



Self-Isolation Handbook for COVID-19 Patients

to prevent the spread of infection at
home while recovering from the virus

Checklist

10 steps for families to follow

- Updated handbook
which compiles
infection prevention
measures to be taken
at home



- Created a checklist
containing key points
to be aware of while
recovering at home,
places to contact for
information or help,
etc.



Support for those recovering at home

to allow them to feel safe during the
self-isolation period

- Scheduled to open **Uchisapo Tokyo**
(Support center for those recovering at home)

To handle inquiries **24 hours a day.**



- Strengthening **At-Home Recovery
Follow-up Center** systems

Center follows up with **people 50 and older**
and those with **underlying conditions.**

- Health care support from **local doctors**

- Online medical consultations**
throughout Tokyo

- Visits to patients** by designated
medical institutions

- Securing **pulse oximeters**

- Enhancing **food delivery services**



Establishment of various consultation desks

I want to know more about COVID-19,
but I don't know who to ask.

Tokyo Coronavirus (Omicron) Call Center
0570-550-571

(Every day from 9 am to 10 pm)

I want to get a free PCR test.

TMG Free PCR Testing Call Center
03-4405-4958

(Every day from 9 am to 7 pm)

I have a fever. What should I do?

① See your regular physician.

② Visit a health care or test provider.

③ Tokyo Fever Consultation Center
03-5320-4592
(24 hours a day)
03-6258-5780
(Every day from 9 am to 5 pm)



Scan to see
a list of
health care
providers
and testing
sites.

Keep society going

Initiatives to achieve a balance between stopping the spread of infection and maintaining socio-economic activities



Support for securing staff to temporarily fill in for employees absent from work due to COVID-19

Support for urgently securing human resources to fill in for essential workers

Program to **subsidize half of the cost** (up to the maximum amount) **of securing temporary staff** to fill in when employees become infected with COVID-19.

Eligibility

Small to medium-sized **super markets, convenience stores, and other businesses that sell groceries**

Conditions

A minimum of 10% of employees are absent due to COVID-19 infections



Secure temporary staff to fill in

Pre-registration period:
Feb. 1 – 13, 2022

Work remotely while staying at a hotel Support for working remotely from a hotel

Program to support a Business Continuity Plan (BCP) that utilizes working remotely from a hotel to protect society and families

Support for initiatives for staying at and working remotely from hotels in Tokyo for six consecutive dates

Offer **200** hotel rooms in Tokyo at the reduced rate of **2,000 yen per night per person**



Work remotely while at a hotel for six days

Period: **Feb. 1 – Mar. 18, 2022**

To keep your business operating even when an unforeseen disruption occurs

Support for formulating a Business Continuity Plan (BCP)

- Use **checklists** to evaluate your company's readiness for situations such as when more than 10% of employees are absent.

- Provides **consultation on formulating a BCP, advice, and introduction to best practices**

『BCP策定の総点検チェックリスト』		
【BCPの策定など】	YES	NO
・ 感染症に対応したBCPを策定していますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ BCPを策定した後に、BCPを定めていますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 優先業務の洗い出しをしていますか。	<input type="checkbox"/>	<input type="checkbox"/>
【体制について】		
・ 優先する業務の実施体制が事前に用意できていますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 出勤できない従業員の業務を代行できる従業員を決めていますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 1割を超える従業員が欠勤した場合、代替業務の確保方法を決めてありますか。(OB・OG等への声掛けなど)	<input type="checkbox"/>	<input type="checkbox"/>
・ 代替業務の確保のため、他社との協力する仕組みなどがありますか。	<input type="checkbox"/>	<input type="checkbox"/>
【その他】		
・ 取引先などと感染症拡大時の対応について相談していますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 生産やサービスの維持に必要な、適量とは異なる材料等の調達方法はありますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 事業の休止や縮小に対応した資金計画がありますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 都の実援策があることを知っていますか。	<input type="checkbox"/>	<input type="checkbox"/>

Uchisapo Tokyo call center for those recovering at home

Date established: **Monday, January 31, 2022**

Phone number: **0 1 2 0 – 6 7 0 – 4 4 0**
24 hours a day



Call the center if:

- ◆ **You are worried about your condition as you recover at home.**
- ◆ **You would like to request groceries or a pulse oximeter.**
- ◆ **You have general questions (non-medical or health related questions), etc.**

Assistance available in Japanese and 11 foreign languages

Burmese, Chinese, English, French, Korean, Nepali, Portuguese,
Spanish, Tagalog, Thai, Vietnamese

Examples of food to have ready

Food you should stock up on includes beverages to keep you hydrated, food that you can eat when you're not feeling well, and food that is easy to prepare.

【Beverages to keep you hydrated】

Sports drinks, oral rehydration solutions, jelly drinks, etc.



【Food that you can eat when you're not feeling well】

Pre-cooked rice porridge, cooked rice packets, somen noodles, etc.



【Food that is easy to prepare】

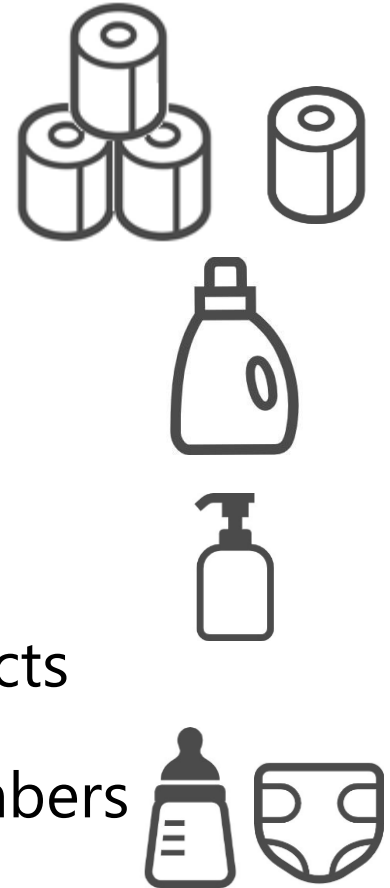
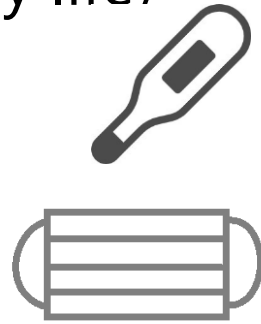
Pre-cooked food packs, canned food, instant soup, frozen food, etc.

Stock up on about 1-2 weeks worth of food, slightly more than you would usually have prepared.

Examples of daily items to have ready

Have your health insurance card ready

- ☐ Everyday medications (non-prescription) , medicine for fever and pain relief
- ☐ Thermometer (check for battery life)
- ☐ Alcohol disinfectants
- ☐ Masks
- ☐ Trash bags
- ☐ Tissue paper
- ☐ Toilet paper
- ☐ Sanitary products
- ☐ Detergents
- ☐ Hand soap
- ☐ Essential hygiene products for households with infants and elderly members



Stock up on about two weeks worth of daily items, slightly more than you would usually have prepared.

Protect Lives

Reinforce the health care delivery system
for emergency response to the spread of infection ①

Secure beds, treatment, testing, prevention, etc.



TOKYO
METROPOLITAN
GOVERNMENT

Build a thorough system for health care delivery
**Secure hospital beds, etc., to avoid strain
on the health care delivery system**

Hospitals **6,919** beds

Temporary Hospitalization Stations **46** beds

Temporary acceptance of patients awaiting hospitalization



Oxygen and Medical Care Stations

Facilities : **600** beds

Hospitals : **120** beds

Provide oxygen and medical treatment to
patients with mild to moderate symptoms

**Effective use of beds
by promoting patient transfer/discharge**

Promote the transfer, etc., of patients with improved symptoms
to hospitals accepting patients with mild or moderate symptoms,
and newly accept patients with severe and moderate symptoms

Prevent mild patients from developing severe symptoms
Antibody treatment

COVID-19 Antibody Treatment Call Center

03-5320-5909 (Every day from 9 am to 5 pm)

Build a system to provide oral drugs

Secure testing opportunities for close contacts

Distribution of testing kits

New

Hospitals conducting COVID testing and consultations
distribute testing kits to asymptomatic close contacts.
Asymptomatic close contacts who have not gone to a hospital,
but are requesting testing kits are sent kits.

Move up vaccinations of essential workers

Third vaccination shot

Scale up

Strongly promote vaccinations at mass vaccination centers
established by the Tokyo government

Protect Lives

Reinforce the health care delivery system
for emergency response to the spread of infection ②

Recovery at designated hotels



TOKYO
METROPOLITAN
GOVERNMENT

Recuperate in an environment that
approaches that of daily life

Establish new designated facilities for recovery

A designated facility for recovery with
accommodations such as a common
space and remote work space is in
operation in central Tokyo.
Another will be established in the
Tama area.

Total: approx. 1,000 beds

Eligibility

Asymptomatic patients who could
infect family members, etc.

Application Desk for Recovery
at Designated Facilities

03-4485-3726
(24 hours a day)

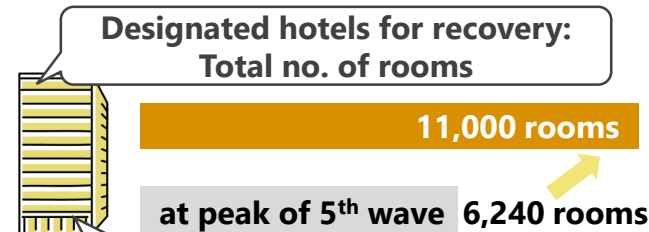
Services available in Japanese and
11 other languages

Prevent infecting family members
and others close by

Secure designated hotels for recovery

- Secure a total of 11,000 rooms
by mid-February
- Strengthen house calls to those
staying at the facilities

Scale up



Nurses stationed
24 hrs/day



3 meals
provided/day



Free Wi-Fi

Can apply directly for stay

Reception Desk for Recovery at a Designated Hotel

COVID-19 patients can directly apply
for stay without waiting for contact
from the public health center

Eligibility

- Tokyo residents under 65 years old
- No symptoms or mild symptoms
(e.g. cough but no breathing problems)

Reception Desk for Recovery
at a Designated Hotel

03-5320-5997
(Every day from 9 am to 4 pm)

Services available in Japanese and
11 other languages

Protect Lives

Reinforce the health care delivery system
for emergency response to the spread of infection ③

At-home recovery and consultation services



TOKYO
METROPOLITAN
GOVERNMENT

Support for those recovering at home

to allow them to feel safe during the
self-isolation period

- Opening of Uchisapo Tokyo
(Support center for those recovering at home)

0120-670-440

(24 hrs./day, every day.)

Available in 11 foreign languages

Can apply from the website for food items
and pulse oximeter delivery.



- Strengthening At-Home Recovery
Follow-up Center systems

Center follows up with **people 50 and older**
and those with **underlying conditions**.

- Health care support from local doctors
- Online medical consultations
throughout Tokyo
- Visits to patients by designated
medical institutions

Self-Isolation Handbook for COVID-19 Patients

to prevent the spread of infection at
home while recovering from the virus

Checklist

10 steps for families to follow

- Updated handbook
which compiles
infection prevention
measures to be taken
at home



- Created a checklist
containing key points
to be aware of while
recovering at home,
places to contact for
information or help,
etc.



Establishment of various consultation desks

I want to know more about COVID-19,
but I don't know who to ask.

Tokyo Coronavirus (Omicron) Call Center
0570-550-571

(Every day from 9 am to 10 pm)

I want to get a free PCR test.

TMG Free PCR Testing Call Center
03-4405-4958

(Every day from 9 am to 7 pm)

I have a fever. What should I do?

① See your regular physician.

② Visit a health care or test provider.

③ Tokyo Fever Consultation Center
03-5320-4592
03-6258-5780
(24 hours a day)



Scan to see
a list of
health care
providers
and testing
sites.

Protect Lives

Initiatives to protect the lives of senior citizens who are at high risk of developing severe symptoms



Prevent the elderly from getting infected at home Subsidize stay at hotels, etc., by senior citizens

New

Senior citizens who wish to keep away from the members of their household for a certain period of time by staying at a hotel or ryokan will be subsidized 5,000 yen/night for the accommodation fees.

Eligibility

- Resident of Tokyo who is at least 65 years old, and living with family members in the same household.

Conditions

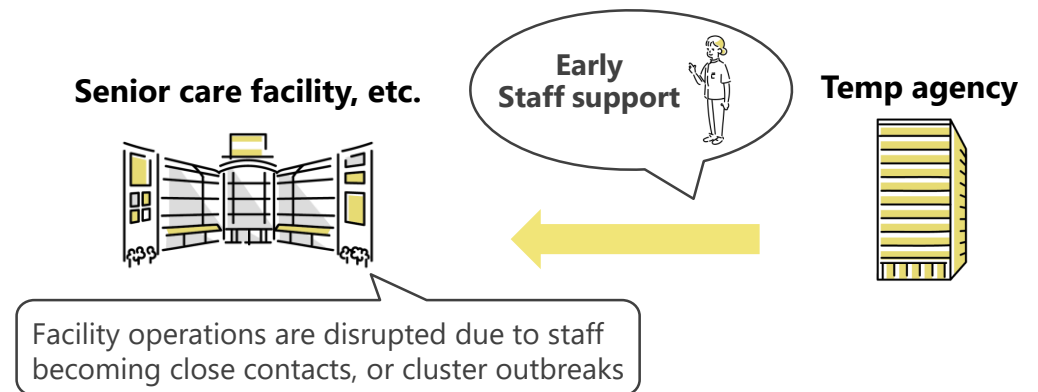
- Consecutive 6-day stay at a hotel, etc., covered by this program.
- A written pledge of testing negative for COVID and temperature taking at the hotel are required.
- Basically refrain from outings other than for meals or purchasing daily essentials.



Early support for continuity of operations Bolster the support system for facilities for the elderly

New

Bolster the system for sending support staff to senior care facilities that are facing difficulties in continuing operations due to the absence of staff who have contracted the virus or are close contacts.



Making house calls on senior care facility residents Strengthen the system for house calls on facilities for senior citizens

New

Protect Everyday Life

Initiatives to maintain children's daily lives and learning



Don't bring in, take home, or spread the virus Strengthening infection measures for children

- Thoroughly enforce the basic steps to prevent infection
- Expand the use of COVID testing to students and teaching and administrative staff.
- Encourage vaccinations
- Bolster measures in the households **Scale up**

Distribute checklists, etc., to households



To maintain educational activities Continuation of school operations

- Online learning inside and outside schools **Scale up**

Staggered attendance with in school and at home learning



Online classes

Through such combinations, encourage hybrid learning



- Promote booster shots among teaching and administrative staff **Scale up**
- Appropriate implementation of class closure **Shorten period of closure, etc.**
- Application of BCP for school operations (business continuity plan)

According to the percentage of teaching and administrative staff unable to report to work, select what duties should be given priority and prepare a system for role-sharing and support.

- Bolster staff support for schools **Scale up**

To maintain the daily lives of households with small children

Strengthen measures for child daycare facilities

- Revise the infection prevention leaflet for daycare facilities
- Upload videos on infection prevention measures to be taken at daycare facilities on the TMG website and inform daycare facilities of this.
- Expand intensive testing to cover daycare facilities and babysitters. **Scale up**
- Promote vaccinations among daycare facility workers
- Infection support teams aid daycare facilities that had cluster infections **New**



Protect Everyday Life

Initiatives to achieve a balance between stopping the spread of infection and maintaining socio-economic activities



Support for securing staff to temporarily fill in for employees absent from work due to COVID-19

Support for urgently securing human resources to fill in for essential workers

Program to subsidize half of the cost (up to the maximum amount) of securing temporary staff to fill in when employees become infected with COVID-19.

Eligibility

Small to medium-sized super markets, convenience stores, and other businesses that sell groceries

Conditions

A minimum of 10% of employees are absent due to COVID-19 infections



Secure temporary staff to fill in

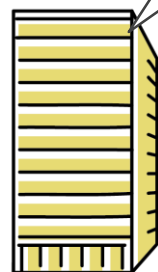
**Pre-registration period:
Feb. 1 – 13, 2022**

Work remotely while staying at a hotel Support for working remotely from a hotel

Program to support a Business Continuity Plan (BCP) that utilizes working remotely from a hotel to protect society and families

Support for initiatives for staying at and working remotely from hotels in Tokyo for six consecutive dates

Offer 200 hotel rooms in Tokyo at the reduced rate of 2,000 yen per night per person



Period: Feb. 1 – Mar. 18, 2022

To keep your business operating even when an unforeseen disruption occurs

Support for formulating a Business Continuity Plan (BCP)

• Use checklists to evaluate your company's readiness for situations such as when more than 10% of employees are absent.

• Provides consultation on formulating a BCP, advice, and introduction to best practices

『BCP策定の総点検チェックリスト』		
【BCPの策定など】	YES	NO
・ 感染症に対応したBCPを策定していますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ BCPを策定したタイミングを定めていますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 優先業務の洗い出しをしていますか。	<input type="checkbox"/>	<input type="checkbox"/>
【体制について】		
・ 優先する業務の実施体制が事前に用意できていますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 出勤できない従業員の業務を代行できる従業員を決めていますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 1割を超える従業員が欠勤した場合、応務員の確保方法を決めてありますか。(OB・OG等への声掛けなど)	<input type="checkbox"/>	<input type="checkbox"/>
・ 応務員の確保のため、他社との協力する仕組みなどがありますか。	<input type="checkbox"/>	<input type="checkbox"/>
【その他】		
・ 取引先などと感染拡大時の対応について相談していますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 生産やサービスの維持に必要な、通常とは異なる材料等の調達方法はありますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 事業の休止や縮小に対応した資金計画がありますか。	<input type="checkbox"/>	<input type="checkbox"/>
・ 都の支援策があることを知っていますか。	<input type="checkbox"/>	<input type="checkbox"/>

Priority Preventative Measures

Duration

Monday, February 14 – Sunday, March 6

Area

All of Tokyo

Main Requests

【To the people of Tokyo】

- Refrain from non-essential outings, avoid crowded places and busy times
- Refrain from rashly going to restaurants, etc., after the hours they were requested to close

【To the businesses of Tokyo】

- Limit use of facilities (shorten business hours)
- Limit holding events, etc.

Requests to restaurants, etc.

	Certified establishments (Can choose one of the options below)		Non-certified establishments
Business hours	5 a.m. to 9 p.m.	5 a.m. to 8 p.m.	5 a.m. to 8 p.m.
Alcoholic beverage service (includes customers bringing their own)	11 a.m. to 8 p.m.	Suspend	Suspend
Use by groups	Up to 4 people at a table However, if the restaurant can verify negative COVID-19 test results for all members of a group, 5 or more people can be seated at the same table.		Up to 4 people at a table

Booster (3rd) vaccinations can now be registered on the TOKYO Vaction App Service

◆ Those who have already completed registration of their first and second vaccinations:

- ① Use the “Register 3rd shot” option displayed on your “My page” to submit proof of vaccination.
- ② When the secretariat has finished confirming your documents, a “Completed 3rd vaccination” badge will appear.

◆ First time users:

Using a smartphone, access the special site, and add the official TOKYO Vaction LINE account as a friend to your LINE account. Follow the instructions given in the message you receive.



For details



**For first time users:
How to register to
use the TOKYO
Vaction App service**

How to Register Your Information

STEP 1

First, register in the “TOKYO Vaction” LINE official account as a friend.

Agree and add friends

For details



How to Register Your Information

STEP 2

Select “Open the app” from the menu on the chats screen of the “TOKYO Vaction” LINE official account to go to the login page.



How to Register Your Information

STEP 3

When you select “Login,” a message requesting permission to link your LINE account and the TOKYO Vaction app appears. Please confirm the details and select “Allow.”



How to Register Your Information

STEP 4

Select “Register your ID documents” and, following the instructions shown on the screen, take photographs first of your ID documents and then of your vaccinations records, and upload them.

The screenshot shows the registration interface of the TOKYOワクションアプリ. At the top, a teal header bar contains the text "TOKYOワクションアプリに登録". Below this, a message states: "本人確認書類、接種記録等の登録で特典に応募できます。まずは登録から！" (You can apply for benefits by registering your ID documents, vaccination records, etc. Let's start with registration!). There are two main buttons: a teal button with a pencil icon and the text "本人確認書類を登録する" (Register ID documents), and a white button with teal text that says "接種記録等は本人確認書類登録後に登録可能です" (Vaccination records, etc. can be registered after ID document registration). At the bottom, there is a section titled "本人確認書類の判定履歴" (Vetting history of ID documents) which currently displays "判定履歴がありません" (No vetting history).

How to Register Your Information

STEP 5

Registration completed.



**Those who received their second shot
at least six months before the day of
the third shot can be vaccinated at
Tokyo's mass vaccination centers.**

**On the day of the vaccination,
don't forget to bring your
vaccination coupon and personal ID.**

To the People of Tokyo

**Mass vaccination centers
for the third vaccination
operated by the
Tokyo Metropolitan
Government**

Walk-in Vaccination Centers

Vaccination Center	Hours	Eligibility
Gyoko-chika	2 p.m. to 7 p.m.	Those who live, work, or study in Tokyo (18 years of age and above)
Tachikawa Takamatsu	12 p.m. to 5 p.m.	
Tokyo Dome	9:30 a.m. to 1 p.m. <small>*Available only on March 18,22,and 23</small>	
Nogizaka ✕Open from 3/22	2 p.m. to 7 p.m.	
Tokyo Metropolitan Gov't. Bldg. North Observatory ✕Open from 3/22	10 a.m. to 5:30 p.m.	

For people who live, work, or study in Tokyo (18 years of age and above)

Vaccination Center	Hours
Gyoko-chika	12 p.m. to 9 p.m.
Tokyo Metropolitan Government Bldg. (South Observatory)	9:30 a.m. to 6:30 p.m.
Tachikawa Minami	10 a.m. to 6 p.m.

How to make
a reservation

Scan the QR code to make Reservations
It is easier to get reservations on weekdays.



For people who live, work, or study in Tokyo (18 years of age and above)

Vaccination Center	Hours	
Sanraku Hospital	(Tuesday and Wednesday)	2:30 p.m. to 7:30 p.m.
	(Friday)	5 p.m. to 7:30 p.m.
	(2 nd and 4 th Saturday of the month)	1:30 p.m. to 4:30 p.m.
Nogizaka	12 p.m. to 8 p.m.	
Tachikawa Takamatsu	10 p.m. to 6 p.m.	

How to make
a reservation

Scan the QR code to make Reservations

It is easier to get reservations on weekdays.



For residents of Tokyo (18 years of age and above)

Vaccination Center	Hours
Tokyo Dome	9 a.m. to 2 p.m.

How to make
a reservation

Scan the QR code to make Reservations



For people who live, work, or study in Tokyo (18 to 39 years of age)

Vaccination Center	Hours
Tokyo Metropolitan University (Arakawa Campus)	10 a.m. to 6 p.m.
Tokyo Metropolitan University (Minami Osawa Campus)	10 a.m. to 6 p.m.

How to make
a reservation

Scan the QR code to make Reservations



For those with limited mobility

Vaccination Center	Hours
Jindai Botanical Gardens (Drive-through)	9:30 a.m. to 5:30 p.m.

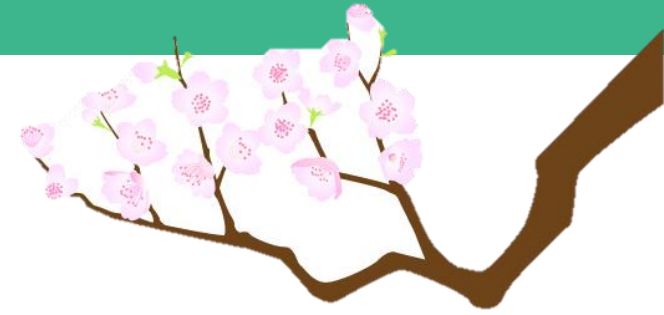
How to make
a reservation

Please call 0570-034-899



When visiting metropolitan parks, etc.

Please **refrain** from the following
during the cherry blossom viewing season.

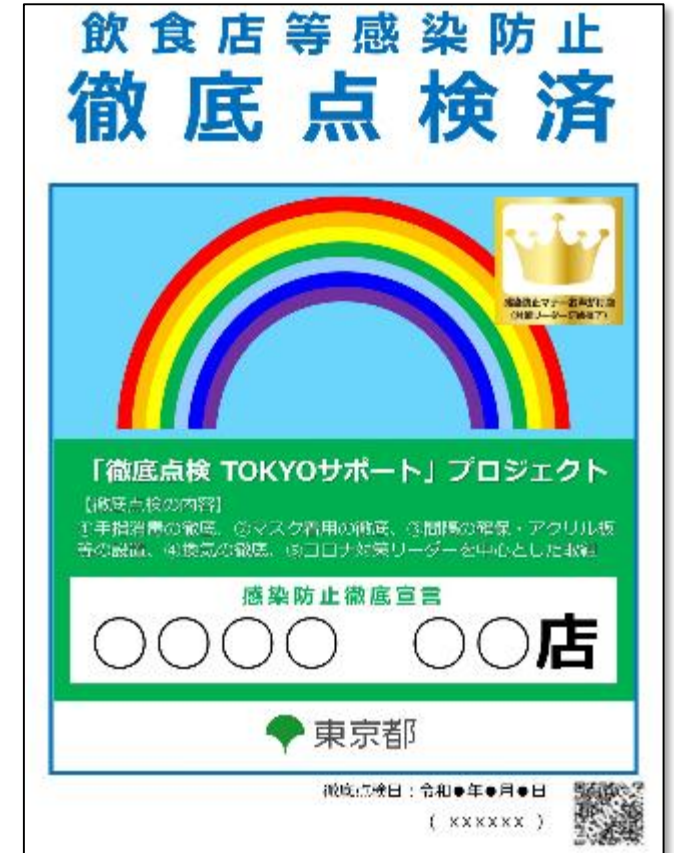


- ✗ Holding parties serving alcohol.
- ✗ Spreading out picnic sheets in open or green areas for dining.
- ✗ Prolonged use of outdoor tables for dining, etc.

- ◆ When walking about to enjoy the sakura blossoms, please take steps to prevent infection such as wearing masks and avoiding crowds.
- ◆ Please also follow any rules each park may have.

Requests to those using restaurants, etc.

- Be sure to choose certified establishments displaying the **blue COVID-19 Safety Sticker**.
- Refrain from conversing without a mask and from speaking in a loud voice.



To the People of Tokyo

- Keep groups small and avoid crowded places and times.
- When dining, keep meals short, groups small, and voices low.
- Refrain from traveling when you have symptoms such as fever.



To the People of Tokyo

- Refrain from drinking, etc., in groups on roads and in parks.
- Make use of online meetings and remote work.
- Even after you have been vaccinated, continue taking the basic preventive steps such as wearing a mask and washing your hands.



To the People of Tokyo

- Ventilate your home frequently.
- If you feel unwell, seek medical help immediately and avoid contact with people.
- If you are concerned that you might be infected, please get tested.



The fourth vaccination is now available.

Eligibility for the fourth vaccination

The following are eligible:

- 60 years of age and older***
- 18 years of age and older (those who have been advised by their doctor to get the 4th vaccination due to an underlying medical condition or their high risk of developing serious illness)***

***A minimum of five months must have passed since completion of the third vaccination.**

- To receive a vaccination coupon, please contact the municipality where you live.**

Extension of Free COVID Testing Period

Free COVID-19 Testing

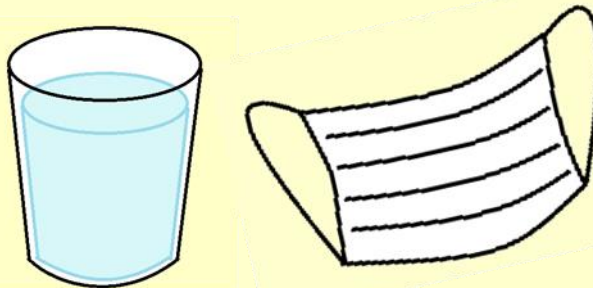
Eligibility	Period
Those with no symptoms who need confirmation as testing negative in order to go out dining, attend events, go on trips, etc.	Up to Wednesday, August 31
Residents of Tokyo who do not have any symptoms such as fever and fall under the following <ul style="list-style-type: none">• Those who fear they may be infected• Those who wish to eliminate their concerns about infection prior to engaging in an activity, etc.	Until further notice

Take precautions against heatstroke when wearing a mask

When you can maintain distance from others outdoors, remove your mask from time to time.

Drink water before you get thirsty.

When indoors, make sure to ventilate rooms and use your air conditioning or other means to adjust the temperature.



Tokyo Fire Department
Emergency Telephone
Consultation Center
#7119



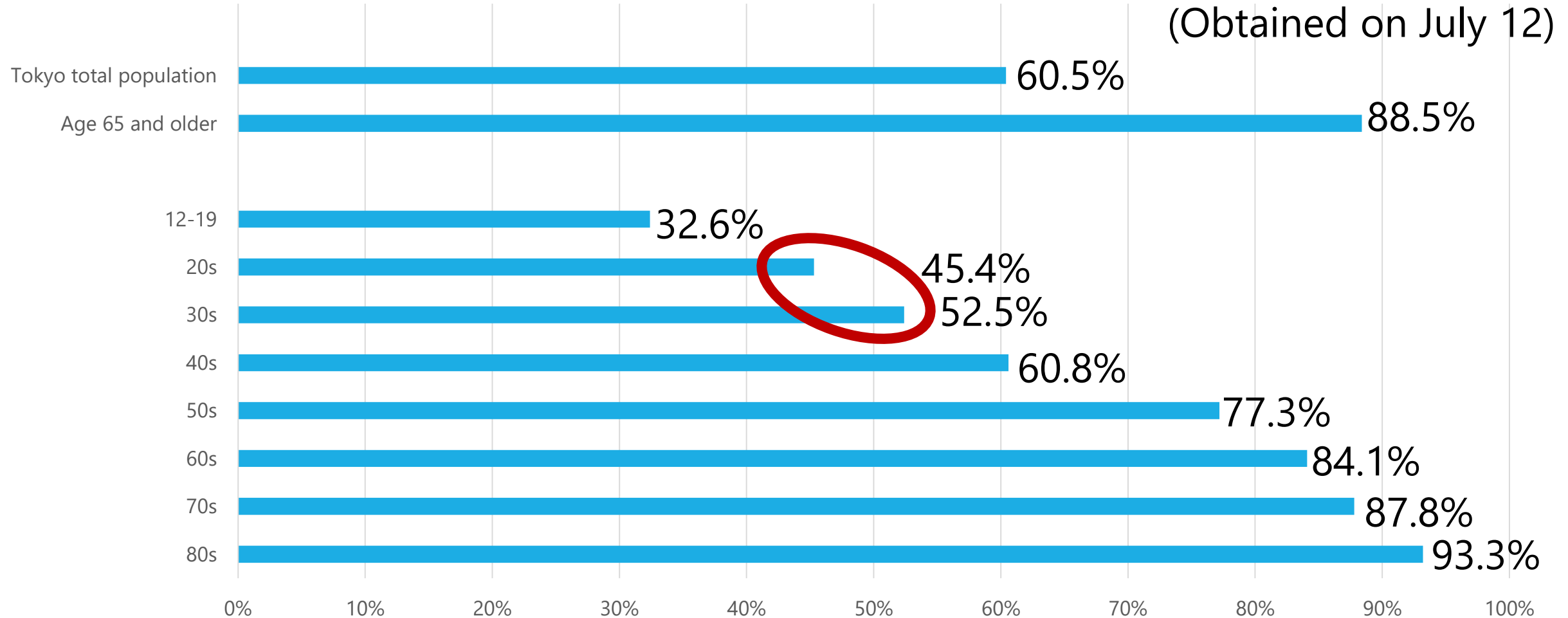
Tokyo EMS Guide



**Please get vaccinated
as soon as possible.**

The number of new positive cases is rising in Tokyo.

Number of people who have completed the third vaccination by age group



Get your third vaccination as soon as possible.

**Please continue to firmly
implement basic
infection prevention
measures.**

- ☑ **Frequently ventilate rooms** by opening windows, using fans, etc.



☑ **Avoid** crowded places and busy times of day as much as possible!



- ☑ **Wearing a mask** is key to preventing the spread of infection. While being careful to avoid heat stroke, wear a mask, especially when engaging in conversation and when in crowded areas!



☒ **Choose Covid-19 safety **certified** restaurants when dining out.**



- ☑ **Wash and disinfect your hands frequently throughout the day.** For example, when you return home, prior to meals, when you arrive at work, when you enter shops, etc.



- ◆ **Actions you can take to prevent the spread of infection**
 - **Even young people can develop severe symptoms and experience aftereffects (long Covid, etc.).**

Get vaccinated early to protect yourself, those dear to you, and society. And so that you can enjoy the summer!
 - **If you are worried that you may be infected, get tested prior to meeting friends or loved ones.**
 - If you feel even a bit unwell, do not force yourself to engage in activities, even if you have work or other plans.
See a doctor!



Reception Desk for Recovery at a Designated Hotel

Those who want to “recover at a designated hotel”, can apply here.

03-5320-5997 All days | From 9:00 a.m.
to 4:00 p.m.




English 中文（简体・繁體） 코리언 Tiếng Việt Tagalog नेपाली भाषा
မြန်မာဘာသာစကား ภาษาไทย Français Português Español

The same phone number is used for all 11 languages.

Walk-in Vaccination Centers

Walk-in Vaccination Centers

Vaccination Center	Vaccine		Hours	Eligibility
Gyoko-chika	Pfizer	Moderna	2 p.m. to 7 p.m.	Those who live, work, or study in Tokyo  Scan the QR code above for details.
Tachikawa-Minami	Pfizer		12 p.m. to 5 p.m.	
	Novavax			
Tokyo Metropolitan Gov't. Bldg. North Observatory	Pfizer Novavax		10 a.m. to 5:30 p.m.	

Free Distribution of Antigen Test Kits

Antigen test kits distributed free of charge to close contacts residing in Tokyo

Antigen test kits are being distributed to close contacts so that they can test themselves if symptoms appear while quarantining at home.

◆ Eligibility for kits

Residents of Tokyo

(includes those staying

in Tokyo for a long period of time)

who are COVID-19 close contacts.



Antigen test kits distributed free of charge to close contacts residing in Tokyo

◆How to apply


You can apply upon learning that you are a close contact.
Please apply using the dedicated web form.

For details



**Let's renew our efforts
to practice infection
prevention measures!**

Situations linked to a higher risk of infection

Places where people gather (Events, festivals, etc.)	<ul style="list-style-type: none">• Cooperate with infection prevention measures implemented by the organizers, etc.
Places where people remove their masks.	<ul style="list-style-type: none">• Maintain distance from others, keep conversation during meals to a minimum.
Places where people eat and drink (Gatherings where meals take place, barbeques, etc.) 	<ul style="list-style-type: none">• Refrain from talking in a loud voice, keep your mask on except when eating or drinking.• Refrain from participating in meals that go on for a long period of time to the extent possible.



Steps to take when meeting with senior citizens, those with underlying conditions, etc.

Meeting with senior citizens, those with underlying conditions, etc.






- Get tested prior to meeting with individuals who fall into these categories. Firmly take steps to prevent the spread of infection.
- Properly wear your mask when having a conversation.
- Use online meeting options as much as possible.

Steps to take at home

<p>When at home</p>	<ul style="list-style-type: none">• Frequently ventilate rooms even when using the air conditioning. 
<p>When you go out</p> 	<ul style="list-style-type: none">• Check your temperature before going out and make sure to wash and disinfect your hands when you return home.• If you have children, make sure that they thoroughly take infection prevention measures when they go to cram school, extracurricular activities (lessons, etc.), and school club activities and when they return home.

When you go to work and while at the office, etc.

<p>Prior to going to work</p> 	<ul style="list-style-type: none">• If you feel even the slightest bit unwell, refrain from going to work.• Use remote work and staggered commuting hours when possible.
<p>When on the train, bus, etc.</p>	<ul style="list-style-type: none">• Properly wear a mask and refrain from conversing with others. 
<p>At the office</p> 	<ul style="list-style-type: none">• To reduce contact with others, use video conferences and online meeting options.• Be especially careful in locker rooms, cafeterias, dining areas, etc.

Additional steps to prevent the spread of infection

If you become infected and absolutely must go out during the recovery period

- Firmly take steps to prevent the spread of infection, including wearing a mask and avoiding crowded places.



**Food and daily items to
have ready in case you
need to self-isolate**

Examples of food to have ready

Food you should stock up on includes beverages to keep you hydrated, food that you can eat when you're not feeling well, and food that is easy to prepare.

【Beverages to keep you hydrated】

Water, sports drinks, oral rehydration solutions, jelly drinks, etc.



【Food that you can eat when you're not feeling well】

Pre-cooked rice porridge, cooked rice packets, somen noodles, etc.



【Food that is easy to prepare】

Pre-cooked food packs, canned food, instant soup, frozen food, etc.

Stock up on about 1-2 weeks worth of food, slightly more than you would usually have prepared.

Examples of daily items to have ready

Have your health insurance card ready

- ☐ Everyday medications (non-prescription) , medicine for fever and pain relief
- ☐ Thermometer (check for battery life)
- ☐ Alcohol disinfectants
- ☐ Masks
- ☐ Trash bags
- ☐ Tissue paper
- ☐ Toilet paper
- ☐ Sanitary products
- ☐ Detergents
- ☐ Hand soap
- ☐ Essential hygiene products for households with infants and elderly members



Stock up on about two weeks worth of daily items, slightly more than you would usually have prepared.

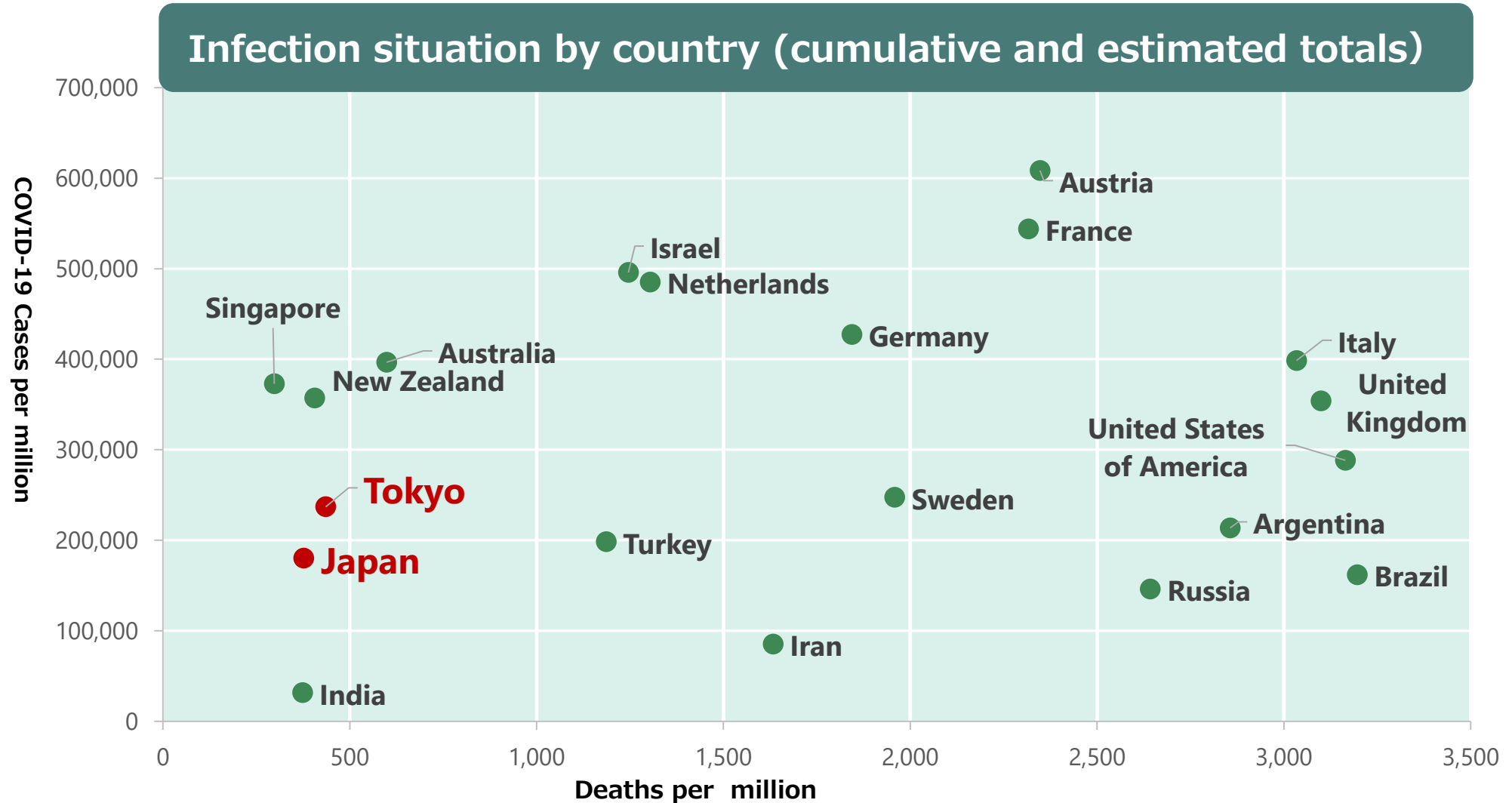
The Tokyo Metropolitan Government's Covid-19 Response

- Protect the Lives of Tokyo's Residents -

November 1, 2022



The COVID-19 infection situation in Tokyo and Japan compared to other countries

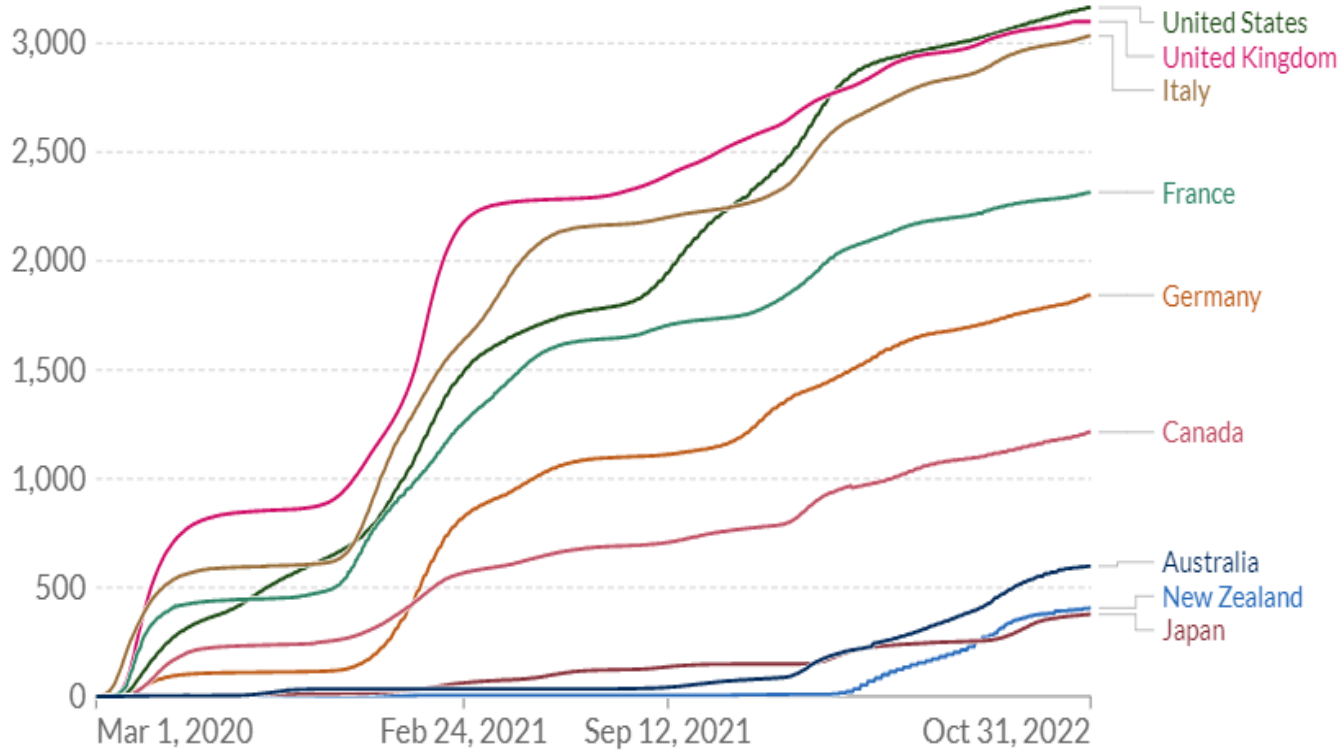


Source: : <https://ourworldindata.org/> (as of Oct 31, 2022)

Both cases and deaths in Tokyo and Japan remain low compared to the rest of the world.

COVID-19 deaths in the world

(cumulative deaths per million people)



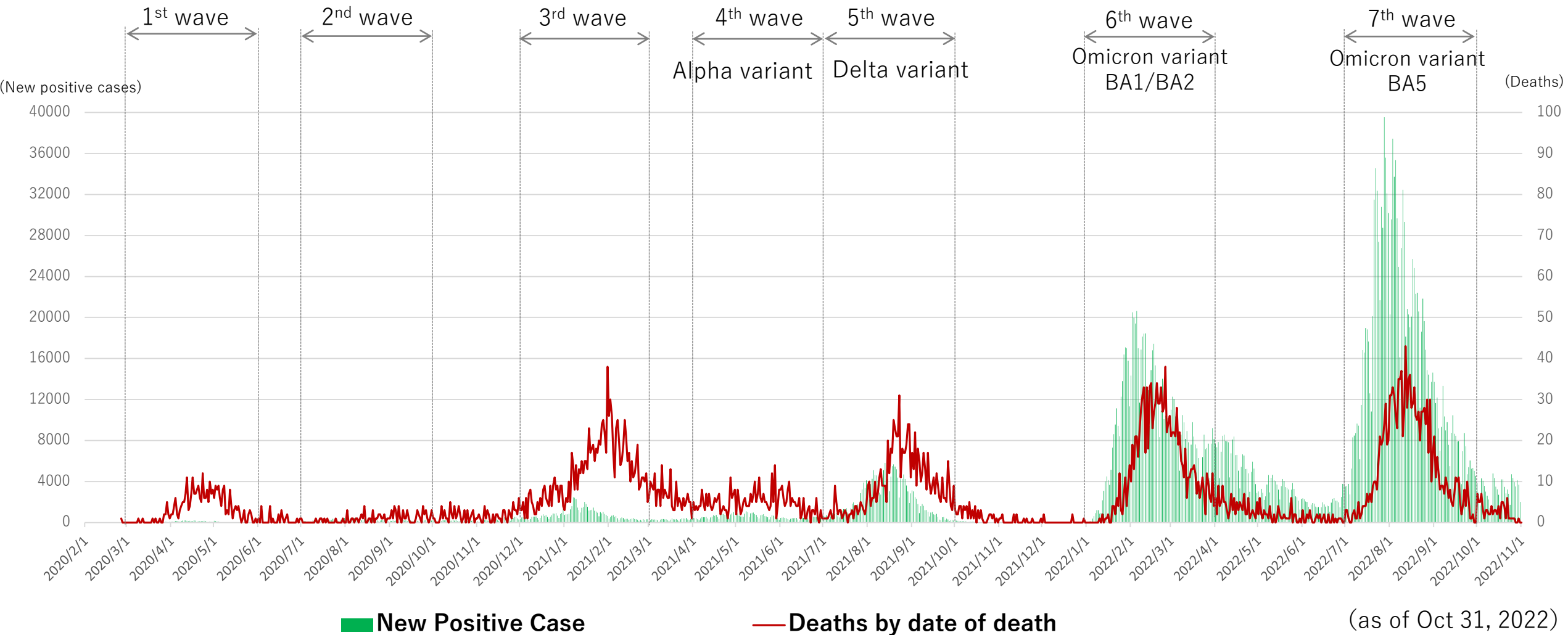
Source : Our World in Data (as of Oct 31, 2022)

Japan had the lowest number of COVID-19 deaths per million people among the 38 OECD countries.

	Country	Cumulative deaths (per million people)
1	Japan	377.28
2	New Zealand	406.15
3	South Korea	563.71
4	Iceland	571.19
5	Australia	598.42
9	Canada	1213.75
⋮		
17	Germany	1843.52
20	France	2316.12
27	Italy	3033.68
29	United Kingdom	3098.97
30	United States	3164.12

Tokyo
435.67

Changes in new COVID-19 cases and deaths in Tokyo



Although the number of new cases in the 6th and 7th waves was much higher than previous waves, the number of deaths remained at a low level.

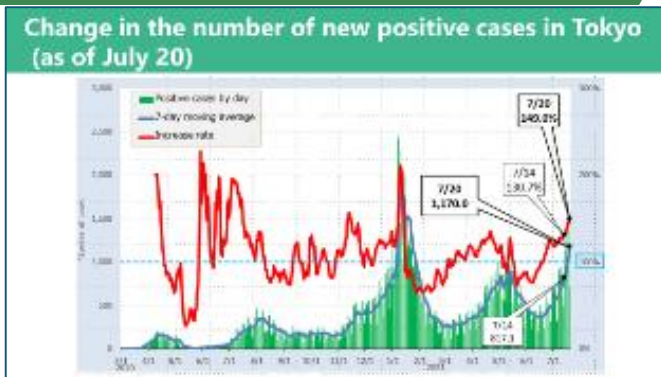
Ongoing monitoring of the COVID-19 situation

- Meetings are held to monitor the COVID-19 infection situation and the health care delivery system.
- At the meeting, Tokyo's response is determined based on the analyses by physicians and infectious disease experts.

Monitoring by
a team of experts

Monitoring meeting
The views of the team of
experts are reported.

Response by
Tokyo



Tokyo's fundamental stance on COVID-19 response

- **Protect the lives of Tokyo's residents.**
- **Support the livelihoods of Tokyo's residents and the business activities of companies in Tokyo.**
- **Strike a balance between curbing the spread of infection and maintaining socioeconomic activities.**

Ongoing provision of information on COVID-19

- The governor personally relays information on COVID-19, which is based on scientific monitoring and evidence, to the people and businesses of Tokyo.
- According to the situation, requests calling for proper steps against infection are made.

Living with COVID



Repel the virus: Vaccinations



Expel the virus: Ventilation

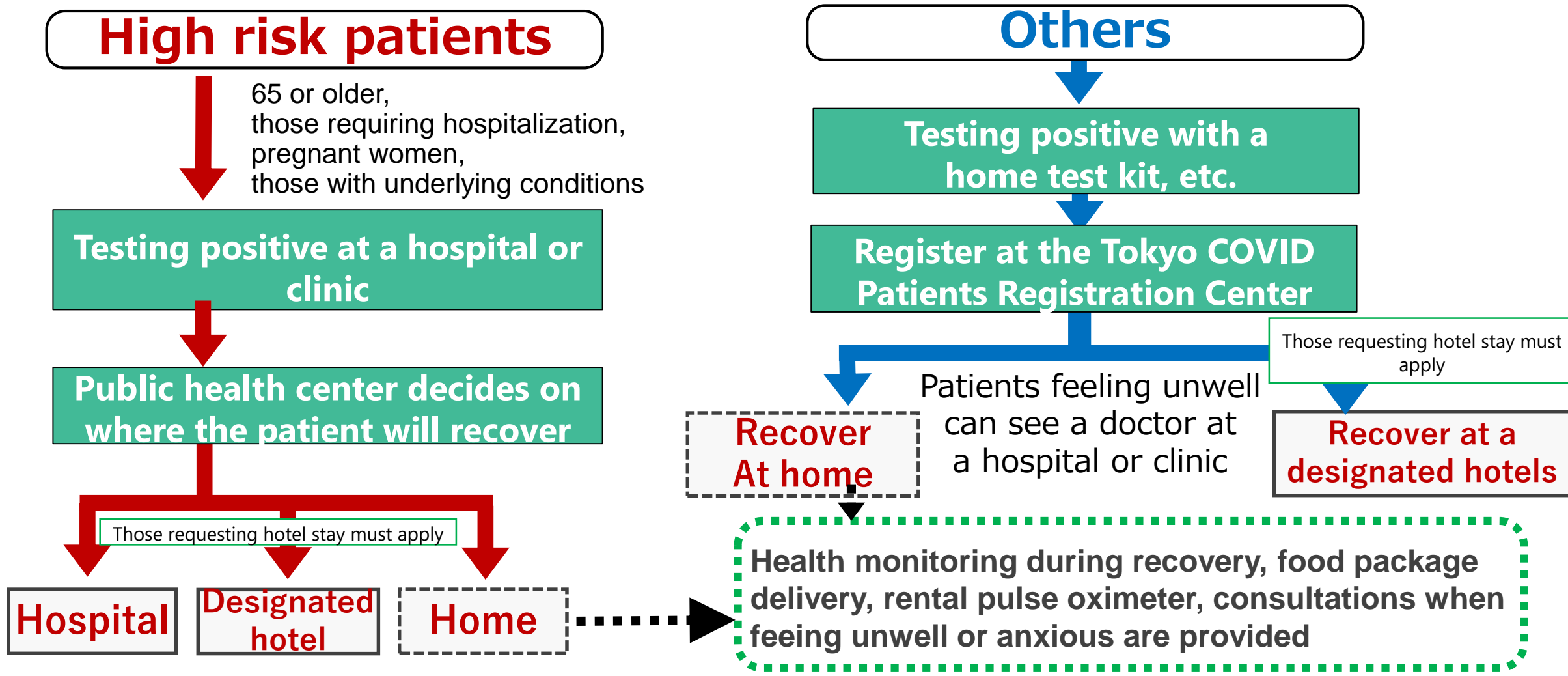


Block the virus: Masks



Support for COVID19 Patients (Overview)

The Tokyo Metropolitan Government has prepared various forms of free support depending on the patient's risk of developing serious symptoms.



Protect residents' lives and health: Tokyo Model

(1) Temporary medical facilities

Patients requiring long-term care or dialysis can rest assured during their recuperation.



Can receive rehabilitation therapy to prevent reduction of activities of daily living (ADL).



Dialysis is possible during COVID-19 treatment.

Protect residents' lives and health: Tokyo Model

(2) Recovery at a designated hotel

Recovery at a designated hotel

Patients with light symptoms can recover for free at a hotel prepared by the Tokyo Metropolitan Government. Nurses are stationed at these hotels and meals are provided.



Administration of antiviral drugs

Those staying at hotels can receive antiviral drugs to prevent serious symptoms from developing.



Interpreting services in the following 11 languages are also provided:
Burmese, Chinese, English, French, Korean, Nepali, Portuguese, Spanish, Tagalog, Thai, Vietnamese

Protect residents' lives and health: Tokyo Model

(3) Support for recovery at home

At-home Recovery Follow-up Center

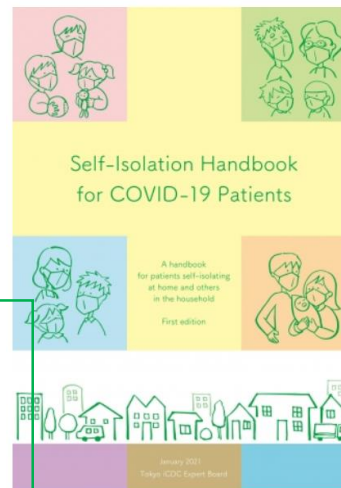
Health care consulting services are provided 24/7.
PC and smartphone monitoring of health conditions and consultations can be provided, and for patients feeling unwell, online or in-person consultations are available.



Follow-up centers provide interpreting services in the following 11 languages: Burmese, Chinese, English, French, Korean, Nepali, Portuguese, Spanish, Tagalog, Thai, Vietnamese

Uchisapo Tokyo

General consulting services are provided for those recovering at home when they have problems or feel unwell. Pulse oximeters are loaned and food packages provided free of charge.



Self-Isolation Handbook for COVID-19 Patients

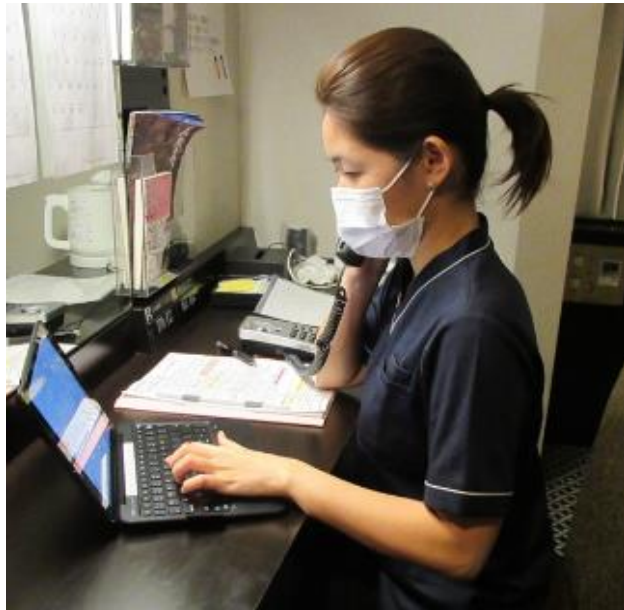
An easy-to-read guide on what to be careful about while recovering at home.

Protect residents' lives and health: Tokyo Model

(4) Health monitoring and home visits

Health monitoring by medical institutions

A physician from a nearby clinic checks the health conditions of patients isolating at home, and if they do not feel well, will make sure that they receive proper care.



Health monitoring (image)

Home visits and online medical care system

Consultations by a physician can be received at home or at nursing homes, in person or online.



Protect residents' lives and health: Tokyo Model

(5) Vaccinations

Vaccination bus

The Tokyo Metropolitan Government is sending vaccination buses so that people can receive free shots at facilities for the elderly and the disabled, and at universities.



Receiving vaccinations at a vaccination bus.

Covid-19 vaccination centers



Vaccinations are provided at the Tokyo Metropolitan Government building as well.

Efforts taken together by the people and businesses of Tokyo and the Tokyo government (1)

High conformation to social norms and public health awareness of the people, and thorough infection prevention measures have kept Japan's number of cases and deaths comparatively lower than other countries without a lockdown or other compulsory measures.

■ **Residents are careful about and practice the following in daily life** (Resident survey conducted on April 1, 2022)

- **Take steps such as wearing a mask and washing hands (over 90%)**
- **Avoid the three Cs (85%)**



Efforts taken together by the people and businesses of Tokyo and the Tokyo government (2)

- Restaurants and bars have COVID Safety Leaders. Leaders receive training and based on accurate knowledge, promote their establishment's infection prevention measures. They also request customers to uphold infection prevention manners.
- As of April 2022, over 90% of these establishments in Tokyo are taking proper infection prevention measures.



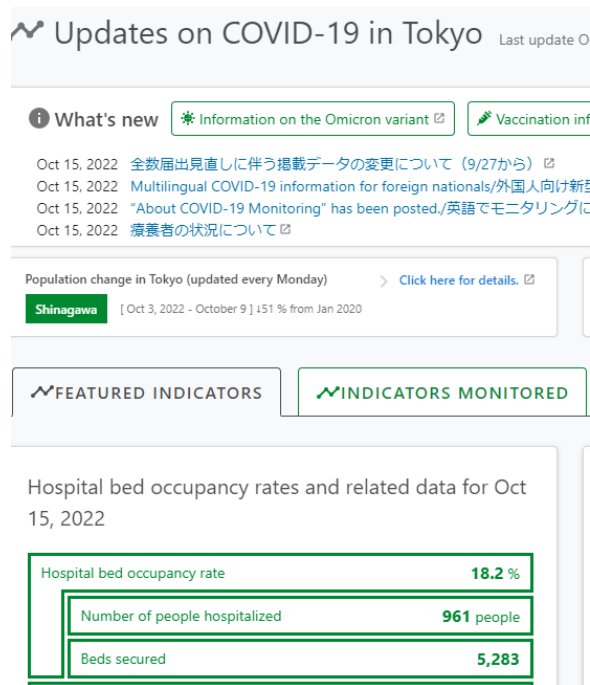
This sticker shows that the establishment is taking proper infection prevention measures.

Information for foreign residents and visitors to Tokyo

(1) Information such as Tokyo's infection situation and analyses

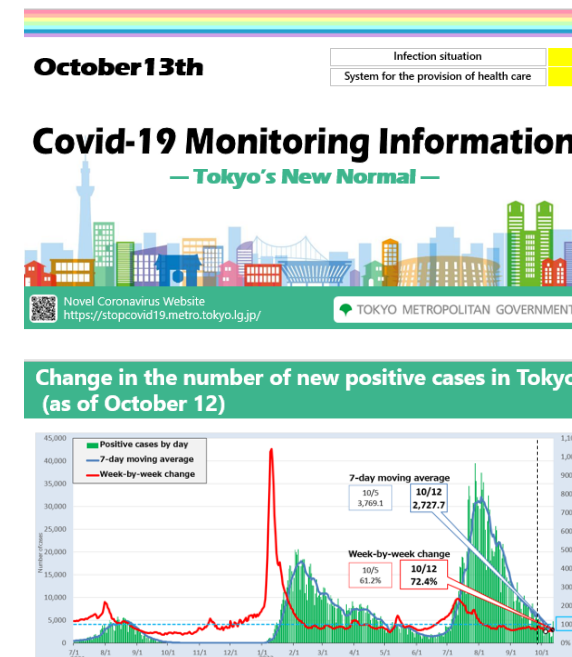
COVID-19 Information Website

Contains basic data such as number of infections and hospitalizations in Tokyo.



COVID-19 Monitoring Information

Provides an easy-to-understand overview of analyses by the monitoring meeting.



Information for foreign residents and visitors to Tokyo

(2) Information on consultation desks and assistance services

Multilingual COVID-19 information for foreign nationals

The Tokyo Metropolitan Government has launched a new multilingual website to provide various types of information related to COVID-19.

CONTENTS:

- 最新情報 Updates on COVID-19 in Tokyo
- 医療情報・感染対策 Medical information / COVID-19 countermeasures
- 訪都旅行者向け For tourists in Tokyo
- 在住外国人向け生活情報 Living information for foreign nationals residing in Tokyo



Leaflet listing consultation and call centers

Distributed by the Tokyo Metropolitan Government at Tourist Information Centers, etc.

新型コロナウイルス・オミクロン株コールセンター
<Tokyo Coronavirus (Omicron) Call Center>
一般的な相談やオミクロン株の相談ができます。
0570-550-571 毎日 | 午前9時から午後10時まで

東京都発熱相談センター
<Tokyo Fever Consultation Center>
発熱等の症状がある方が相談ができます。
03-6258-5780 / 03-5320-4592 毎日 | 24時間

English 中文 (简体・繁体) 코리언 Tiếng Việt Tagalog नेपाली भाषा
မြန်မာဘာသာ ភាសាខ្មែរ Français Português Español

Tokyo Coronavirus (Omicron) Call Center
The call center offers general consultation and consultation on the Omicron variant.
0570-550-571 All days | Mon 9:00 a.m. to 10:00 p.m.

Tokyo Fever Consultation Center
The center offers consultation to people having fever and other symptoms.
03-6258-5780 / 03-5320-4592 毎日 | 24hours

变种新冠病毒・奥米克隆呼叫中心
<Tokyo Coronavirus (Omicron) Call Center>
受理一般咨询以及奥米克隆的相关咨询。
0570-550-571 每天 | 上午9时开始至下午10时结束

東京都發熱諮詢中心
<Tokyo Fever Consultation Center>
受理有發熱等症狀者的諮詢。
03-6258-5780 / 03-5320-4592 每天 | 24小時

變種新冠病毒・奧米克隆呼叫中心
<Tokyo Coronavirus (Omicron) Call Center>
受理一般諮詢以及奧米克隆的相關諮詢。
0570-550-571 每天 | 上午9時開始至下午10時結束

東京都發熱諮詢中心
<Tokyo Fever Consultation Center>
受理有發熱等症狀者的諮詢。
03-6258-5780 / 03-5320-4592 每天 | 24小時

Tổng đài tư vấn về biến thể Omicron, virus Corona
<Tokyo Coronavirus (Omicron) Call Center>
Chúng tôi hỗ trợ tư vấn cho những thắc mắc liên quan đến biến thể Omicron và những thắc mắc chung về virus Corona.
0570-550-571 Hằng ngày | Sáng từ 9:00 đến 22:00

Tổng đài tư vấn khi bị sốt của thành phố Tokyo
<Tokyo Fever Consultation Center>
Chúng tôi hỗ trợ tư vấn đối với những người có triệu chứng bị sốt.
03-6258-5780 / 03-5320-4592 Hằng ngày | 24 giờ

Tokyo Coronavirus (Omicron) Call Center
Maaring kumonsulta ukol sa pangkalahatang konsultasyon at Omicron variant.
0570-550-571 Araw-araw | Maagang 9:00 am hanggang 10:00 pm

Tokyo Fever Consultation Center
Maaring kumonsulta ang mga taong may sintomas ng lagnat atbp.
03-6258-5780 / 03-5320-4592 Araw-araw | 24oras





TOKYO METROPOLITAN GOVERNMENT

**Get the Omicron booster early so
that you can enjoy the year-end
and New Year holiday season
with peace of mind!**





**There is concern about a
COVID-19 and seasonal flu
twindemic.**





- **Please prepare in advance for when you have a fever by stocking items such as COVID-19 test kits, fever-reducing medication, and food and beverages.**
- **Please consider getting vaccinated.**



**The Tokyo COVID Patients
Registration Center
has been opened to serve
as the support desk for patients
who are not included in reports
made to public health centers.**



Influenza has reached the epidemic alert level in Tokyo



- **Seasonal influenza is spreading.**
- **This may become an epidemic.
You should be even more careful about
not catching or spreading the flu.**

Aim to get the Omicron booster as soon as possible



Aim to get the Omicron booster as soon as possible

- The Omicron booster is also being offered at mass vaccination centers operated by the Tokyo Metropolitan Government.
- If you prefer not to make a reservation, walk-in vaccination centers or centers with times of day set aside for walk-in patients are also available.

Aim to get the Omicron booster as soon as possible

Eligibility for the Omicron booster

- Those who are 12 years of age and older who have received the first and second doses.
- At least three months have passed since receiving a COVID-19 vaccination
 - * One booster shot per person

Tokyo Coronavirus (Omicron) Call Center



The call center offers general consultation and consultation on the Omicron variant.

0570-550-571

Every day
From 9:00 a.m. to 10:00 p.m.



English 中文 (简体・繁體) 코리언 Tiếng Việt Tagalog नेपाली भाषा
မြန်မာဘာသာစကား ภาษาไทย Français Português Español

**This phone number provides services
in all of the above 11 languages.**

Tokyo Fever Consultation Center



03 - 5320 - 4551

03 - 5320 - 4411

03 - 6258 - 5780

03 - 5320 - 4592

Every day
24 hours/day



English 中文 (简体・繁體) 코리언 Tiếng Việt Tagalog नेपाली भाषा
မြန်မာဘာသာစကား ภาษาไทย Français Português Español

**All four of the above phone numbers
provide services in the above 11 languages.**

Mass vaccination centers operated by the TMG offering vaccinations for the Omicron variant

Vaccination Center	Vaccine	Eligibility
<ul style="list-style-type: none">• Tokyo Metropolitan Gov't. Bldg. North Observatory• Gyoko-chika• Tachikawa Minami• Sanraku Hospital	<p>Pfizer or Moderna boosters targeting the Omicron BA.4-5 subvariants are available.</p>	<p>Those who live, work, or go to school in Tokyo (at least 12 years of age) who have received their 1st and 2nd doses, but have yet to receive their 3rd , 4th or 5th dose.</p>

Mass Vaccination Centers Operated by the TMG offering vaccinations for the Omicron variant

Scan the QR code
to make reservations 🖱️



- **Please prepare in advance for when you have a fever by stocking items such as COVID-19 test kits, fever-reducing medication, and food and beverages.**
- **Please consider getting vaccinated.**



Steps to prevent infection

Steps to prevent infection

- Firmly taking steps to prevent infection is effective at preventing COVID-19 and the seasonal flu.
- Thoroughly ventilate rooms even in the winter by opening windows or using exhaust fans.



Steps to prevent infection

- Especially make sure to wear a mask when in crowded areas or engaged in conversation.
- If you don't feel well, refrain from going out, including going to work and to school.



Steps to prevent infection

- To all possible extent, try to avoid crowded places and times both inside facilities and outdoors.
- When dining out, select a restaurant that has been certified by the Tokyo Metropolitan Government as taking proper steps against infection.



Steps to prevent infection

- Take thorough steps against infection when meeting older people and others at high risk.
- Reconfirm the basic steps to prevent infection at school events, etc.



Multilingual COVID-19 information for foreign nationals

The Tokyo Metropolitan Government has launched a new multilingual website to provide various types of information related to the COVID-19.

Please use the QR code below to access it.



外国人向け新型コロナ情報 / Multilingual COVID-19 information for foreign nationals

🕒 2022/06/24

外国人向け新型コロナ情報 Multilingual COVID-19 information for foreign nationals



外国人向けに発信しているCOVID-19関連情報をご紹介します。

Introducing COVID-19 related information aimed at foreign nationals.

CONTENTS:

- 📌 最新情報 **Updates on COVID-19 in Tokyo**
- 📌 医療情報・感染対策 **Medical information / COVID-19 countermeasures**
- 📌 訪都旅行者向け **For tourists in Tokyo**
- 📌 在住外国人向け生活情報 **Living information for foreign nationals residing in Tokyo**

Analysis of the infection situation and health care provision system

Infection situation

Although the infection situation is not trending upward, vigilance against the virus is needed.

System for the provision of health care

The provision of non-COVID health care is under pressure.