

An **Urgent Request** Concerning Measures to Prevent the Spread of COVID-19

1. Please practice thorough **handwashing, mask-wearing and general 'cough etiquette'**

2. Please avoid **'The 3 Cs'**:

- ① **Closed spaces** (with poor ventilation)
 - ② **Crowded places** (with many people)
 - ③ **Close-contact settings** (e.g. close-range conversations)
-

3. **Refrain from trips outside of the prefecture**

This also applies to business trips and training sessions (please make active use of internet-based alternatives)

4. Please avoid **gatherings involving people from outside of the prefecture, such as religious services and festivals**

5. If you have entered the prefecture from one of the **highly infected areas that are currently under a State of Emergency**, please **remain at home (and work from home) for 2 weeks** to monitor your health

6. **Do not spread rumours or false information, and remain calm**

How to get advice, medical attention and tests for COVID-19

If you are concerned
(Whether you have symptoms or not...)

COVID-19 Consultation Centers (Japanese Only**)**

Mon~Fri (Excluding Public Holidays) 8:30~17:15

Place of residence	Main Contact	Phone Number
Murayama Region (excluding Yamagata City)	Murayama Health Center	023-627-1100
Yamagata City	Yamagata City Health Center	023-616-7274
Mogami Region	Mogami Health Center	0233-29-1268
Okitama Region	Okitama Health Center	0238-22-3002
Shonai Region	Shonai Health Center	0235-66-4920

If you suspect you have symptoms

- **Continuous cold symptoms/fever**
- **Extreme fatigue/shortness of breath**
- **Close contact with an infected person**
- **Just returned from overseas (etc.)**

1



Phone Consultation

COVID-19 Medical Consultation Center

Prefecture-wide number (handled by a call centre, free of charge)

[24h every day, incl. weekends and public holidays]

(Japanese Only) 0120-88-0006

2

**If deemed necessary,
will be seen by a doctor**

Sent to the COVID-19 infectious disease ward

3

Samples taken & sent for inspection

Test administered by Prefectural Health Research Centre

※For those with hearing or language impairments, please use the contact details below:

Fax: 023-625-4294 (Weekdays (except public holidays), 8:30~17:15)