

Stop the spread  
of COVID-19

スイッチ!おokayama

# Switch! Okayama

Please keep the "New Normal" in mind in daily life and prevent the spread of COVID-19. We ask for your cooperation. Let's stay healthy.

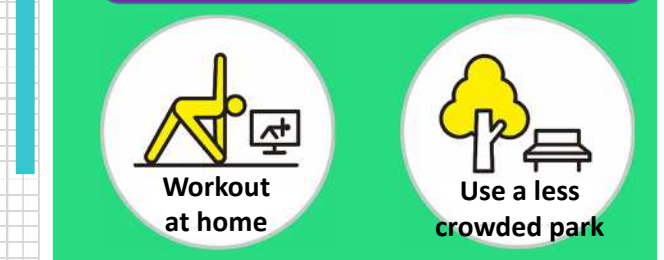
## Daily Routines



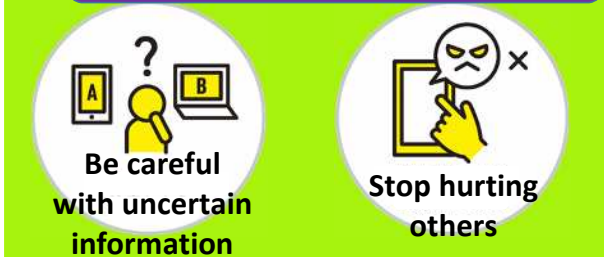
## How to shop safely



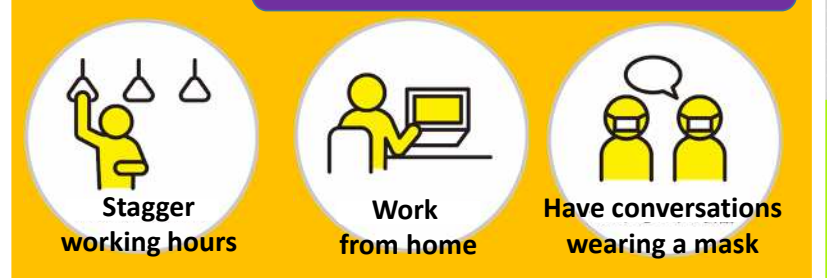
## How to work out safely



## Prevent coronavirus-related discrimination



## How to work safely



- ★Dry air helps spread the virus in winter.
- ★Humidify while ventilating
- ★Wipe and clean frequently

Okayama City General Consultation  
Counter for Foreign Residents

TEL 086-803-1128

(9 a.m. - 4 p.m. Weekdays)

Find various  
information  
from here



Facebook

# About consultation service for the Novel Coronavirus Infection

It is a guide that citizens consult. If you are the applicable person, please contact consultation services.

For those who are suffering from a taste or smell disorder

A loss of taste

A loss of smell

You have strong symptoms

Difficulty breathing

Excessive fatigue

High fever

Although your symptoms of a cold are relatively light

- You are a senior citizen
- You have primary illnesses, e.g., diabetes, Heart failure or respiratory diseases such as COPD
- You undergo dialysis
- You take immunosuppressant drugs or anticancer drugs
- You are pregnant

You feel anxious

Anxiousness of infection

## Okayama City Novel Coronavirus Consultation Center (JAPANESE)

○ 9 a.m. - 9 p.m. Weekdays  
○ 9 a.m. - 5 p.m. Sat./Sun./National Holidays  
**TEL 086-803-1360**  
**FAX 086-803-1337**

○ 9 p.m. - 9 a.m. Weekdays  
○ 5 p.m. - 9 a.m. Sat./Sun./National Holidays  
**TEL 086-803-1360**

※ This is an answering machine.  
Please follow instructions.

## Okayama City General Consultation Counter for Foreign Residents (English/Chinese/Vietnamese)

**TEL 086-803-1128**  
(9 a.m. - 4 p.m. Weekdays)

## Okayama City International Affairs Division (English/Chinese/Korean)

**TEL 086-803-1112**  
(9 a.m. - 4 p.m. Weekdays)  
**FAX 086-225-5408**

## General Contact

Okayama Prefecture Novel Coronavirus  
Call center for infectious diseases  
consultation  
**TEL 086-226-7877**  
24 hours support

Consultation Service of  
Ministry of Health, Labour and Welfare  
**TEL 0120-565653**  
**FAX 03-3595-2756**  
9 a.m. - 9 p.m.

- \*If you have primary illnesses and the symptoms are changed or you are concerned for diseases except the novel coronavirus, please consult a family doctor via the phone first.
- \*Regarding infants, it is preferable that you receive a diagnosis from a pediatrician and please consult Consultation Center for Returnees/Contact or your pediatric care institution via the phone.
- \*As always, a doctor will make an individual decision about the test.