

To all foreign residents in Iwate

Safety tips to reduce risk of infection from COVID-19

Please be extra mindful of the following:

- ★ **Always** wear masks
- ★ **Keep a distance** when talking with others
- ★ **Avoid** large gatherings
- ★ **Ventilate** frequently
- ★ **Wash or disinfect** your hands
- ★ If you have **a fever** or **a sore throat**, please consult with your Japanese friends or colleagues



★ Please call us if you need help

Support Center for Foreign Residents in Iwate

TEL **019-654-8900**

Email iwate-support-center@iwate-ia.or.jp

9:00 A.M. to 8:00 P.M. Open weekdays & weekends

★ If you have a fever or sore throat...

Consultation Center

TEL 019-651-3175

(Available language in Japanese only)

Open 24 hours/weekdays and weekends

★ Multilingual Helpdesk

Foreign Residents Support Center

TEL 0120-76-2029 (Free dial)

Open: 9:00 A.M. to 5:00 P.M.

Monday to Friday; closed on weekends
and holidays

Available languages:

Japanese, English, Vietnamese,
Chinese, Korean, Spanish,
Portuguese, Nepali, Thai,
Indonesian, Filipino (Tagalog),
Burmese, Khmer (Cambodian),
and Mongolian