

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

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

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

**0120-974-998 (24 hours)**

Consultation is available in 20 languages.

### Are you worried about any of the following?

**I don't have enough money to visit a hospital...**

**I can't afford to stop working...**

**I'm worried about harassment...**

**I don't know who I should talk to...**

**COVID-19 testing and hospital fees and treatment expenses if you test positive are free. (Some medical expenses are not subject to coverage.)**

**The New Foreign Residents Support Center (FRESC) accepts consultation in 14 languages. (Tel: 0120-76-2029)**  
Hours: 9:00 a.m. to 5:00 p.m. Monday to Friday

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

**The Nagano Prefecture Multicultural Consultation Center accepts consultation in 15 languages. (Tel: 026-219-3068 / 080-4454-1899)**  
Hours: 10:00 a.m. to 6:00 p.m.  
(Weekdays except 1st and 3rd Wednesdays, and 1st and 3rd Saturdays)

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

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