

Urgent request to prevent transmission of COVID-19

- 1 Thoroughly wash hands, wear a face mask and practice proper cough etiquette.
- 2 When indoors Avoid the three C's. Closed spaces Crowded places Close contact
When outdoors Avoid the two C's Crowded places Close contact
- 3 Except for the following essential tasks marked #, please strictly refrain from leaving home for unnecessary or non-urgent reasons. #medical appointments #purchasing food, medicine or essential items for living
#exercise to maintain health such as taking a walk etc
Strictly refrain from visiting restaurants, cafe's, bars etc.
To protect yourself and others, reduce social contact by a minimum of 70% or even better 80%.
- 4 Refrain from travel in and out of the Prefecture – especially avoid travel during Golden Week.
- 5 For those with children or other relatives living outside the Prefecture, please communicate to your family that for the time being visits to Yamagata Prefecture should be avoided.
For religious ceremonies and such please postpone or avoid participation by people from outside the Prefecture.
For pregnant women wanting to return to their family home for childbirth, please travel home as soon as possible.
- 6 Beware of false rumors and stay calm.

COVID-19 Consultation, Medical Exam, Testing – Process

If you feel concerned

Whether you have symptoms or not . . .

If you want to ask something about COVID-19 or,
If you are worried...at all



 advice line

Ministry of Health, Labour and Welfare Advice Line
0120-565653
Freedial 9am-9pm 7 days a week

If you suspect you have COVID-19

- Symptoms of a common cold, persistent fever
- Extreme lethargy, difficulty with breathing
- Close contact with an infected person
- You have recently returned from overseas



 Phone consultation

COVID-19 Advice hotline
Yamagata Prefecture Hotline (call center - free dial)
[24 hours, 7 days a week incl. holidays and weekends]
0120-880006



As required, you will be guided
to a medical facility

COVID-19 Infection Outpatient Clinic

The Public Health Offices listed here have limited or no capacity to provide direction in English. It is strongly advised to have a fluent Japanese speaker make enquiries and receive instructions on your behalf if required.

Yamagata Prefecture, COVID-19 Advice Line Open weekdays 8:30am – 5:15pm

Murayama Health Center	023-627-1100
Yamagata City Health Center	023-616-7274
Mogami Health Center	023-329-1268
Okitama Health Center	023-822-3002
Shonai Health Center	023-566-4920
Infectious Diseases Control Office	023-630-2315

For those with hearing or speech disabilities please
use this fax number 023-625-4294



Yamagata
Prefecture