

Important notice for preventing COVID-19 outbreaks.

# Avoid the “Three Cs”!

- 1. Closed spaces** with poor ventilation.
- 2. Crowded places** with many people nearby.
- 3. Close-contact settings** such as close-range conversations.



One of the key measures against COVID-19 is to prevent occurrence of clusters.  
Keep these “Three Cs” from overlapping in daily life.



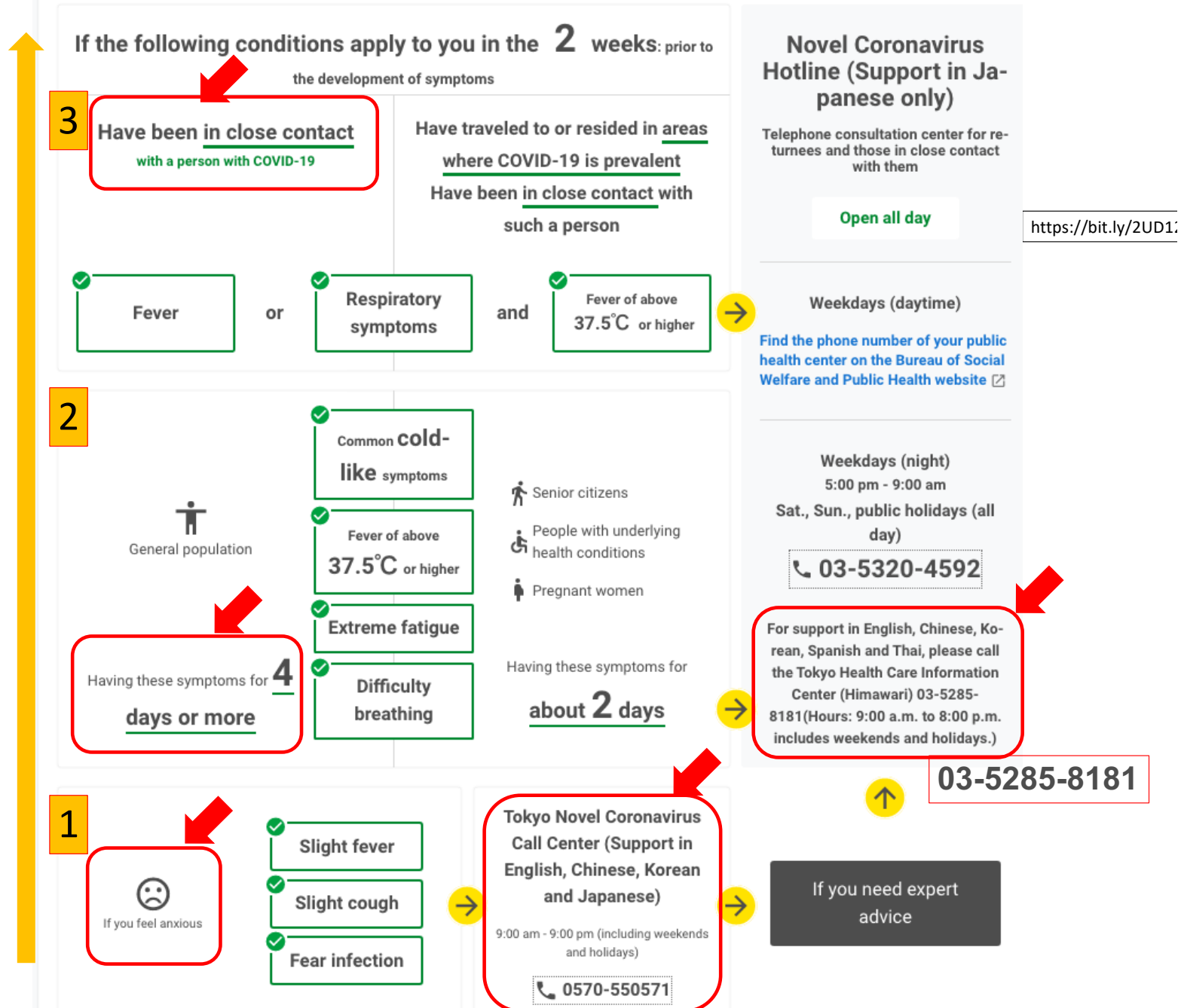
MHLW COVID-19

Search



# If you feel concerned about COVID-19 and if your residence is in Tokyo,

## Consultation desks for COVID-19



(Source: Tokyo Metropolitan Gov., <https://stopcovid19.metro.tokyo.lg.jp/en/flow> )

# Tokyo Metropolitan Government website for Covid-19 is comprehensive

<https://stopcovid19.metro.tokyo.lg.jp/en/flow>

- For support in English, Chinese, Korean, Spanish and Thai, please call the **Tokyo Health Care Information Center (Himawari)**
- 03-5285-8181
- (Hours: 9:00 a.m. to 8:00 p.m. includes weekends and holidays.)

## Novel Coronavirus Hotline (**Support in Japanese only**)

Telephone consultation center for returnees and those in close contact with them

Open all day

平日（夜間）

午後5時から翌朝午前9時

土日祝 終日

電話番号03-5320-4592

Shinjuku Multicultural Plaza

[http://www.foreign.city.shinjuku.lg.jp/en/benri/benri\\_2/](http://www.foreign.city.shinjuku.lg.jp/en/benri/benri_2/)

**(Supported languages) English, Chinese, Korean, Thai, Nepal, Myanmar**

Hachioji City Consulting counters for a foreigner

[https://translation2.j-](https://translation2.j-server.com/LUCHOJC/ns/tl.cgi/https://www.city.hachioji.tokyo.jp/kurashi/shimin/004/004/gaikokujinnosoudan/p021016.html?SLANG=ja&TLANG=en&XMODE=0&XCHARSET=utf-8&XJSID=0)

[server.com/LUCHOJC/ns/tl.cgi/https://www.city.hachioji.tokyo.jp/kurashi/shimin/004/004/gaikokujinnosoudan/p021016.html?SLANG=ja&TLANG=en&XMODE=0&XCHARSET=utf-8&XJSID=0](https://translation2.j-server.com/LUCHOJC/ns/tl.cgi/https://www.city.hachioji.tokyo.jp/kurashi/shimin/004/004/gaikokujinnosoudan/p021016.html?SLANG=ja&TLANG=en&XMODE=0&XCHARSET=utf-8&XJSID=0)

**(Supported language) English**

Tokyo Metropolitan Welfare and Health Bureau

TELEPHONE INFORMATION SERVICES ON MEDICAL INSTITUTIONS

<https://www.fukushihoken.metro.tokyo.lg.jp/iryo/sodan/komatta/gaikokuugo.html>

Ministry of Health, Labor and Welfare LINE (Japanese)

(You can consult a doctor on your smartphone with LINE Healthcare. 30 minutes free)

Click here to add friends  
<https://lin.ee/qZZIxWA>



Click here for QR code

### Additional information:

English: [https://www.metro.tokyo.lg.jp/english/topics/2020/0128\\_00.html](https://www.metro.tokyo.lg.jp/english/topics/2020/0128_00.html)

Chinese: [https://www.metro.tokyo.lg.jp/chinese/topics/2020/0128\\_00.html](https://www.metro.tokyo.lg.jp/chinese/topics/2020/0128_00.html)

Korean: [https://www.metro.tokyo.lg.jp/korean/topics/2020/0206\\_00.html](https://www.metro.tokyo.lg.jp/korean/topics/2020/0206_00.html)

Ministry of Health, Labor and Welfare:

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/dengue\\_fever\\_qa\\_00014.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/dengue_fever_qa_00014.html)

**Information from the next pages are for your information as the contacts are only available in Japanese. If you are willing to use Japanese, it is certainly fine to contact.**

Information sources:

Tokyo: <https://stopcovid19.metro.tokyo.lg.jp/en/flow>

Chiba: <https://stopcovid19.code4chiba.org/flow/>

Saitama: <https://saitama.stopcovid19.jp/flow/>

Kanagawa: <https://www.pref.kanagawa.jp/osirase/1369/flow>

## General telephone consultation counter for new coronavirus infections (Tokyo)

Weekday night (from 5:00 pm to 9:00 the following morning) and all day on weekends and holidays

Phone number: 03-5320-4592

(Supported languages) Japanese, English, Chinese, Korean

### Special area (in Japanese only)

	Location	Health center name	Phone number	Opening hours
A	Adachi	Adachi Public Health Center	03-3880-5747	Weekdays 8: 30-17: 15
	Arakawa	Arakawa Ward Health Center	03-3802-4243	Weekdays 8: 30-17: 15
	Itabashi	Itabashi Ward Health Center	03-6905-6367	Weekdays 8: 30-17: 00
	Edogawa	Edogawa Public Health Center	03-5661-1124	Weekdays 9: 00-17: 00
	Ota	Ota Ward Health Center	03-5744-1360	Weekdays 9: 00-17: 00
Ka	Katsushika	Katsushika City Public Health Center	03-3602-1376	Weekdays 8: 30-17: 15
	Kita	Kita Ward Health Center	03-3919-4500	Weekdays 9: 00-17: 00
	Koto	Koto Ward Health Center	03-3647-5879	Weekdays 8: 30-17: 15
Sa	Shinagawa	Shinagawa Ward Health Center	03-5742-9105	Weekdays 9: 00-17: 00
	Shibuya	Shibuya Ward Health Center	03-3463-3650	Weekdays 8: 30-17: 15
	Shinjuku	Shinjuku Ward Health Center	03-5273-3836	Weekdays 9: 00-17: 00
	Suginami	Suginami Health Center	03-3391-1299	Weekdays 9: 00-17: 00
	Sumida	Sumida Ward Health Center	03-5608-1443	Weekdays 9: 00-17: 00
	Setagaya	Setagaya Public Health Center	03-5432-2910	Weekdays 8: 30-17: 15
Ta	Taito	Taito Health Center	03-3847-9402	Weekdays 9: 00-17: 00
	Chuo	Chuo Ward Health Center	03-3541-5254	Weekdays 9: 00-17: 00
	Chiyoda	Chiyoda Public Health Center	03-5211-8175	Weekdays 8: 30-17: 15
	Toshima	Ikebukuro Public Health Center	03-3987-4179	Weekdays 9: 00-17: 00
Na	Nakano	Nakano Ward Health Center	03-3382-6532	Weekdays 9: 00-17: 00
	Nerima	Nerima Ward Health Center	03-5984-4761	Weekdays 9: 00-17: 00
Ha	Bunkyo	Bunkyo Public Health Center	03-5803-1824	weekdays 9: 00-17: 00
Ma	Minato	Minato Public Health Center	03-3455-4461	Weekdays 8: 30-17: 15
	Meguro	Meguro Ward Health Center	03-5722-9089	Weekdays 9: 00-17: 0

**Tama area (in Japanese only)**

	Location	Health center name	Phone number	Opening hours
A	Akishima City	Tama Tachikawa Public Health Center	042-524-5171	Weekdays 9: 00-17: 00
	Akiruno City	Nishitama Public Health Center	0428-22-6141	Weekdays 9: 00-17: 00
	Inagi City	Minamitama Health Center	042-371-7661	Weekdays 9: 00-17: 00
	Ome City	Nishitama Health Center	0428-22-6141	Weekdays 9: 00-17: 00
	Okutama Town	Nishitama Health Center	0428-22-6141	Weekdays 9: 00-17: 00
Ka	Kiyose City	Tama Kodaira Public Health Center	042-450-3111	Weekdays 9: 00-17: 00
	Kunitachi City	Tama Tachikawa Public Health Center	042-524-5171	Weekdays 9: 00-17: 00
	Koganei City	Tama Fuchu Public Health Center	042-362-2334	Weekdays 9: 00-17: 00
	Kokubunji City	Tama Tachikawa Public Health Center	042-524-5171	Weekdays 9: 00-17: 00
	Kodaira City	Tama Kodaira Public Health Center	042-450-3111	Weekdays 9: 00-17: 00
	Komae City	Tama Fuchu Public Health Center	042-362-2334	Weekdays 9: 00-17: 00
Ta	Tachikawa City	Tama Tachikawa Public Health Center	042-524-5171	Weekdays 9: 00-17: 00
	Tama City	Minamitama Health Center	042-371-7661	Weekdays 9: 00-17: 00
	Chofu City	Tama Fuchu Public Health Center	042-362-2334	Weekdays 9: 00-17: 00
Na	Nishi-Tokyo City	Tama Kodaira Public Health Center	042-450-3111	Weekdays 9: 00-17: 00
Ha	Hachioji City	Hachioji City Public Health Center	042-645-5195	Weekdays 8: 30-17: 15
	Hamura City	Nishitama Health Center	0428-22-6141	Weekdays 9: 00-17: 00
	Higashi Kurume City	Tama Kodaira Public Health Center	042-450-3111	Weekdays 9: 00-17: 00
	Higashimurayama City	Tama Kodaira Public Health Center	042-450-3111	Weekdays 9: 00-17: 00
	Higashiyamato City	Tama Tachikawa Public Health Center	042-524-5171	Weekdays 9: 00-17: 00
	Hino City	Minamitama Health Center	042-371-7661	Weekdays 9: 00-17: 00
	Hinodemachi	Nishitama Public Health Center	0428-22-6141	Weekdays 9: 00-17: 00
	Hinohara Village	Nishitama Public Health Center	0428-22-6141	Weekdays 9: 00-17: 00
	Fuchu City	Tama Fuchu Public Health Center	042-362-2334	Weekdays 9: 00-17: 00
	Fussa City	Nishitama Health Center	0428-22-6141	Weekdays 9: 00-17: 00
Ma	Machida City	Machida City Public Health Center	042-724-4238	Weekdays 9: 00-17: 00
	Mizuho Town	Nishitama Health Center	0428-22-6141	Weekdays 9: 00-17: 00
	Mitaka City	Tama Fuchu Public Health Center	042-362-2334	Weekdays 9: 00-17: 00
	Musashino City	Tama Fuchu Public Health Center	042-362-2334	Weekdays 9: 00-17: 00
	Musashimurayama City	Tama Tachikawa Public Health Center	042-524-5171	Weekdays 9: 00-17: 00

## General telephone consultation counter for new coronavirus infections (Kanagawa ken)

Dial for exclusive use of Kanagawa new coronavirus infectious disease

Phone number 045-285-0536

Reception hours: 9am to 9pm (weekdays and holidays)

(Supported languages) Japanese

Location	Health center name	Phone number (in Japanese only)	Night Phone number (in Japanese only)	Opening hours
<b>Yokohama City (in Japanese)</b>	New Coronavirus Infectious Disease Call Center	045-550-5530		From 9 am to 9 pm (including weekends and holidays)
	New Coronavirus Infectious Disease Returnees and Contact Center	045-664-7761		From 9 am to 9 pm (including weekends and holidays)
	Aoba		045-978-2323	From 9 am to 9 pm
	Asahi		045-954-6190	From 9 am to 9 pm
	Izumi		045-800-2323	From 9 am to 9 pm
	Isogo		045-750-2323	From 9 am to 9 pm
	Kanagawa		045-411-7195	From 9 am to 9 pm
	Kanazawa		045-788-7878	From 9 am to 9 pm
	Konan		045-847-8485	From 9 am to 9 pm
	Kohoku		045-540-2323	From 9 am to 9 pm
	Sakae		045-894-8181	From 9 am to 9 pm
	Seya		045-367-5620	From 9 am to 9 pm
	Tsuzuki		045-948-2499	From 9 am to 9 pm
	Tsurumi		045-510-1818	From 9 am to 9 pm
	Totsuka		045-866-8480	From 9 am to 9 pm
	Naka		045-224-8181	From 9 am to 9 pm
	Nishi		045-320-8498	From 9 am to 9 pm
	Hodogaya		045-334-6357	From 9 am to 9 pm
	Midori		045-930-2323	From 9 am to 9 pm
	Minami		045-341-1111	From 9 am to 9 pm

Location	Health center name	Phone number	FAX number	Opening hours
<b>Kawasaki City</b> (in Japanese)	Kawasaki New Coronavirus Infectious Disease Call Center	044-200-0730		From 8:30 to 17:15 (Saturday, Sunday and public holidays are also implemented)
	Kawasaki	044 – 201 – 3189	044 – 201 – 3291	Weekdays 8: 30-17: 15
	Saiwai Ward	044 – 556 – 6715	044 – 556 – 6659	Weekdays 8: 30-17: 15
	Nakahara Ward	044 – 744 – 3104	044 – 744 – 3342	Weekdays 8: 30-17: 15
	Takatsu Ward	044 – 861 – 3341	044 – 861 – 3308	Weekdays 8: 30-17: 15
	Miyamae Ward	044 – 856 – 3217	044 – 856 – 3274	Weekdays 8: 30-17: 15
	Tama Ward	044 – 935 – 3217	044 – 935 – 3394	Weekdays 8: 30-17: 15
	Aso Ward	044 – 965 – 5218	044 – 965 – 5204	Weekdays 8: 30-17: 15

Location	Center name	Phone number	Opening hours
<b>Sagamihar City</b> (in Japanese)	New Coronavirus Infectious Disease Call Center	042-769-8204	From 9:00 am to 9:00 pm (including Saturdays, Sundays and holidays)
	Returnee and Contact Center	042-769-9237	24 hours (including Saturdays, Sundays and holidays)

Location	Center name	Phone number	FAX number	Opening hours
<b>Yokosuka City</b> (in Japanese)	Returnee and Contact Center	046-822-4308	046-822-4874	Weekdays: from 8:30 to 20:00, Saturdays and holidays: from 9:00 to 17:00
	New coronavirus infectious disease consultation counter	046-822-4317	046-822-4874	Weekdays 8: 30-17: 15

Location	Center name	Phone number	Opening hours
<b>Fujisama City</b> (in Japanese)	Health Center Returnee and Contact Center	0466-50-8200	From 9 am to 9 pm (including weekends and holidays)
	Health Prevention Division	0466-50-3593	Weekdays 8: 30-17: 15

Location	Center name	Phone number	FAX number	Opening hours
<b>Chigasaki City</b> (in Japanese)	Returnee and Contact Center	0467-55-5395 0467-55-5368	0467-82-0501	From 9:00 to 21:00 (Saturday, Sunday and public holidays also implemented)



## Kanagawa ken (prefecture) continued

<b>Municipalities (in Japanese only)</b>	<b>Health center name</b>	<b>Phone number Weekdays (8: 30-17: 15)</b>	<b>Phone numbr Weekday night (17:15-8:30 the following day), holiday (24 hours)</b>	<b>Fax number</b>
Hiratsuka, Oiso, Ninomiya	Hiratsuka Health and Welfare Office	0463(32)0130	In prefectural office 045 (285) 1015	0463(35)4025
Hadano City, Isehara City	Hadano Center	0463(82)1428	In prefectural office 045 (285) 1015	0463(83)5872
Kamakura City, Zushi City, Hayama Town	Kamakura Health and Welfare Office	0467(24)3900	In prefectural office 045 (285) 1015	0467(24)4379
Miura City	Misaki Center	046(882)6811	In prefectural office 045 (285) 1015	046(881)7199
Odawara City, Hakone Town, Manazuru Town, Yugawara Town	Odawara Health and Welfare Office	0465(32)8000	In prefectural office 045 (285) 1015	0465(32)8138
Minami Ashigara City, Nakai Town, Oi Town, Matsuda Town, Yamakita Town, Kaisei Town	Ashigara Center	0465(83)5111	In prefectural office 045 (285) 1015	0465(82)8408
Atsugi City, Ebina City, Zama City, Aikawa Town, Kiyokawa Village	Atsugi Health and Welfare Office	046(224)1111	In prefectural office 045 (285) 1015	046(225)4146
Yamato City, Ayase City	Yamato Center	046(261)2948	In prefectural office 045 (285) 1015	046(261)7129

## General telephone consultation counter for new coronavirus infections (Saitama ken)

Saitama Prefectural Coronavirus Infectious Disease Prefectural Support Center

TEL: 0570-783-770 (24 hours reception) (Supported languages) Japanese

Faculty of Health and Medical Care Health Policy Section FAX: 048 (830) 4808

Location	Health center name	Phone number	FAX number	Opening hours
Saitama City (in Japanese)	Saitama City Public Health Center Disease Prevention Section	048-840-2220	048-840-2230	Daytime (8: 30-17: 15)
	New Coronavirus Infectious Disease Prefectural Support Center	0570-783-770		Night (17: 15-8: 30)
	Nishi Ward Health Center	048-620-2700	048-620-2769	Weekdays 9: 00-17: 00
	Kita Ward Health Center	048-669-6100	048-669-6169	Weekdays 9: 00-17: 00
	Omiya Ward Health Center	048-646-3100	048-646-3169	Weekdays 9: 00-17: 00
	Minuma Ward Health Center	048-681-6100	048-681-6169	Weekdays 9: 00-17: 00
	Chuo Ward Health Center	048-840-6111	048-840-6115	Weekdays 9: 00-17: 00
	Sakura Ward Health Center	048-856-6200	048-856-6279	Weekdays 9: 00-17: 00
	Urawa Health Center	048-824-3971	048-825-7405	Weekdays 9: 00-17: 00
	Minami Ward Health Center	048-844-7200	048-844-7279	Weekdays 9: 00-17: 00
	Midori Ward health center	048-712-1200	048-712-1279	Weekdays 9: 00-17: 00
	Iwatsuki Ward Health Center	048-790-0222	048-790-0259	Weekdays 9: 00-17: 00
Location	Health center name	Phone number	FAX number	Opening hours
Kawagoe City (in Japanese)	Kawagoe City Returnee and Contact Center (Kawagoe City Public Health Center Health Prevention Section)	049-227-5107	049-227-5108	Daytime (8: 30-17: 15)

Location	Health center name	Phone number	FAX number	Opening hours
Koshigaya City (in Japanese)	Health and Medical Department Health Center Health General Affairs Section (Countermeasures for Infectious Diseases and Diseases)	048-973-7531	048-973-7534	Daytime (8: 30-17: 15)

Location	Health center name	Phone number	FAX number	Opening hours
Kawaguchi City (in Japanese)	Kawaguchi City Public Health Center Management Section	048-266-5557 (representative) 048-423-2334 (directly in charge of management) 048-423-6614 (directly in charge of medical and pharmaceutical affairs)	048-423-8852	Daytime (8: 30-17: 15)

(Supported languages) Japanese only

Saitama ken (prefecture) continued

Location	Health center name	Phone number	FAX number	Opening hours
Warabi City, Toda City	Southern public health center	048-262-6111	048-261-0711	Weekdays 8: 30-17: 15
Asaka City, Shiki City, Wako City, Niiza City, Fujimi City, Fujimino City, Miyoshi Town	Asaka Public Health Center	048-461-0468	048-461-0133	Weekdays 8: 30-17: 15
Matsubushi, Kasukabe	Kasukabe Health Center	048-737-2133	048-736-4562	Weekdays 8: 30-17: 15
Soka City, Yashio City, Misato City, Yoshikawa	Soka Health Center	048-925-1551	048-925-1554	Weekdays 8: 30-17: 15
Konosu City, Ageo City, Okegawa City, Kitamoto City, Ina Town	Konosu Health Center	048-541-0249	048-541-5020	Weekdays 8: 30-17: 15
Higashimatsuyama City, Namerikawa Town, Arashiyama Town, Ogawa, Kawashima, Yoshimi, Tokiwa-cho, Higashi-Chichibu-mura	Higashimatsuyama Public Health Center	0493-22-0280	0493-22-4251	Weekdays 8: 30-17: 15
Sakado City, Tsurugashima City, Moroyama Town, Ogose Town, Hatoyama Town	Sakado Public Health Center	049-283-7815	049-284-2268	Weekdays 8: 30-17: 15
Tokorozawa, Hanno, Sayama, Iruma City, Hidaka City	Sayama Health Center	04-2954-6212	04-2954-7535	Weekdays 8: 30-17: 15
Gyoda, Kazo, Hanyu	Kazo Health Center	0480-61-1216	0480-62-2936	Weekdays 8: 30-17: 15
Kuki City, Hasuda City, Satte City, Shiraoka City, Miyashiro Town, Sugito Town	Satte Health Center	0480-42-1101	0480-43-5158	Weekdays 8: 30-17: 15
Kumagaya, Fukaya, Yorii	Kumagaya Public Health Center	048-523-2811	048-523-4486	Weekdays 8: 30-17: 15
Honjo City, Misato Town, Kamikawa Town, Kamisato Town	Honjo Public Health Center	0495-22-6481	0495-22-6484	Weekdays 8: 30-17: 15
Chichibu, Yokoze, Minano, Nagatoro Town, Ogano Town	Chichibu Health Center	0494-22-3824	0494-22-2798	Weekdays 8: 30-17: 15

## General telephone consultation counter for new coronavirus infections (Chiba ken)

Information on telephone consultation counters (call centers)

Phone number : 0570-200-613 (Supported languages) Japanese only

Response time : 24 hours (including weekends and holidays)

Location	Health center name	Phone number (in Japanese)	Opening hours
Chiba City	Telephone consultation counter for citizens	043-238-9966	From 9:00 am to 5:00 pm (including Saturdays, Sundays and public holidays)
Funabashi City	New type coronavirus infectious disease consultation center	047-409-3127	From 8:00 am to 8:00 pm (Open daily)
Kashiwa City	New type coronavirus infectious disease consultation center	04 - 7167 - 6777	Weekdays 9: 00-17: 00

Health center name	Weekdays 9: 00-17: 00	Phone number (in Japanese)	Fax number
Narashino Health and Welfare Center (Narashino Public Health Center)		047-475-5154	047-475-5122
Ichikawa Health and Welfare Center (Ichikawa Public Health Center)		047-377-1103	047-377-5013
Matsudo Health and Welfare Center (Matsudo Public Health Center)		047-361-2139	047-368-0689
Noda Health and Welfare Center (Noda Public Health Center)		04-7124-8155	04-7124-2878
Inba Health and Welfare Center (Inba Health Center)		043-483-1466	043-486-2777
Inba Health and Welfare Center (Inba Health Center) / Narita branch		0476-26-7231	0476-26-4760
Katori Health and Welfare Center (Katori Public Health Center)		0478-52-9161	0478-54-5407
Miso Health and Welfare Center (Kaiso Health Center)		0479-22-0206	0479-24-9682
Miso Health and Welfare Center (Kaiso Health Center) /Yokaichi Community Health Center		0479-72-1281	0479-73-3709
Yamatake Health and Welfare Center (Sanmu Health Center)		0475-54-0611	0475-52-0274
Chosei Health and Welfare Center (Chosei Health Center)		0475-22-5167	0475-24-3419
Isumi Health and Welfare Center (Isumi Public Health Center)		0470-73-0145	0470-73-0904
Awa Health and Welfare Center (Awa Health Center)		0470-22-4511	0470-23-6694
Awa Health and Welfare Center (Awa Health Center) / Kamogawa Community Health Center		04-7092-4511	04-7093-0794
Kimitsu Health and Welfare Center (Kimitsu Public Health Center)		0438-22-3745	0438-25-4587
Ichihara Health and Welfare Center (Ichihara Health Center)		0436-21-6391	0436-22-8068