



The information in this newsletter is compiled mainly from the prefecture's official public relations pamphlet, *Koho Nagano-ken*.

COVID-19

COVID-19 Consultation

Nagano Prefecture Multicultural Consultation Center accepts consultations from Nagano international residents. Consultation is available through the following:

Phone

026-219-3068
080-4454-1899

Available during days and hours below.

LINE call

Scan the LINE call QR code to call staff.

Available during days and hours below.



Face-to-Face consultation

Location: Monzen Plaza, 3rd Floor
1485-1 Shindencho, Nagano City

Days	Weekdays (except 1st and 3rd Wednesdays) 1st and 3rd Saturdays
Hours	10:00 a.m. to 6:00 p.m.
15 languages available	Burmese, Chinese, English, French, German, Indonesian, Khmer, Korean, Malay, Nepali, Portuguese, Spanish, Tagalog, Thai, Vietnamese

Zoom

Email the address below to book an online consultation:

yoyaku@anpie.or.jp

AI Chatbot

Have questions? Ask our AI Chatbot!
Click the icon on the website to chat.



Arukuma
Nagano Prefecture mascot
©長野県アルクマ

If you are worried that you may have been infected with COVID-19, please call the multilingual call center. (The phone number has changed from April 1, 2021.)

0120-974-998 (24 hours)

Consultation is available in 20 languages.

The Ministry of Health, Labour and Welfare has telephone inquiry services for COVID-19 vaccination. Multi-language consultations are available.

Tel (toll free number): 0120-761770



Languages available	Hours (including Saturdays, Sundays, holidays)
Chinese, English, Japanese, Korean, Portuguese, Spanish	9:00 a.m. to 9:00 p.m.
Thai	9:00 a.m. to 6:00 p.m.
Vietnamese	10:00 a.m. to 7:00 p.m.

Nagano Prefecture New Dining Guidelines

When you have meals together, keep in mind the following and support restaurants in Nagano.

Points for talks during meals:

Avoid spreading droplets; stay out of range of droplets.

1. Use partitions when eating.
2. Maintain a distance of more than 1 meter with others. Avoid facing others.
3. If 1 and 2 cannot be maintained, wear masks or keep silent while eating.



Preventing Bicycle Theft

After the beginning of a new semester or job, you may have more chances to ride a bicycle.

Do you lock your bike?

823 bicycle theft cases occurred in 2020 in Nagano Prefecture, of which 589 (72%) were unlocked.

To prevent robbery,

- Make sure to lock your bicycle on your premises.
- When you leave your bicycle even for short times, use a wire lock too.
- Park your bicycle in a lot with security cameras installed.



Bicycle theft prevention registration is mandatory by law.

When you purchase new one, be sure to register.

Nagano Prefecture Crime Prevention Association website: <https://nagano-bouhan.jp/bicycle/>

Preparing for Landslide Disasters in the Coming Season

The coming season of heavy rainfall causes the risk of sediment disasters. We encourage you to use hazard maps from your municipal office, and to know the location of your evacuation shelter and evacuation routes.

Safety tips (disaster information application)

Safety tips is a multilingual application that provides earthquake early warnings, tsunami warnings, weather warnings, and evacuation advice for international visitors to Japan. It also offers disaster-focused communication cards to help facilitate conversation with those around you, and a list of links to resources relevant during natural disasters.



https://www.mlit.go.jp/kankocho/en/kouhou/page01_000336.html

Please call the Nagano Prefecture Multicultural Consultation Center if you need assistance.
Free consultation is available in 15 languages. ☎ 026-219-3068 / 080-4454-1899
Website: <https://www.naganoken-tabunka-center.jp/en/>

