



## Daily Life

## Information Sharing via Multilingual Social Media

Nagano Prefecture Intercultural Consultation Center has been managing more language choices in social media so foreign residents can access necessary information.

	English	Português	Tiếng Việt	Tagalog	ไทย	Bahasa Indonesia
Facebook						
Twitter						
LINE						
YouTube						
Plain Japanese						

The website offers vital information for foreign residents.

## COVID-19

## Prevention Measures for Delta Variant

Since July, the highly contagious Delta variant has spread over Japan and the number of new infections has increased in Nagano at unprecedented speed.

The Delta variant is more contagious than previous variants and may be more likely to cause severe illness.

Please take care with basic precautions, and let's do our part to help prevent the spread of infection.

**Characteristics  
of  
Delta variant**

- ① **highly contagious**
- ② **higher likelihood of severe illness**
- ③ **drastic increase among young people (particularly 20–30)**

**Appropriate precautions**

- Wear a mask and maintain social distancing while talking.
- Wash and sanitize your hands with proper timing and methods.
- Ventilate frequently and avoid places with poor ventilation.
- If you have a fever, cough, sore throat, runny nose or feel unwell, consult your home doctor as soon as possible.
- Wear an unwoven mask if possible.

## Evacuation Instruction

When weather conditions worsen and disaster risk increases, your local government will issue evacuation information. **All residents should evacuate from affected areas when an Alert Level 4 is issued.** The elderly, those with disabilities and others who may need more time to evacuate should start evacuation when an Alert Level 3 is issued.

Alert level	Evacuation information
<b>5</b>	<b>Emergency safety measures</b>
<b>&lt;Be sure to evacuate by Alert Level 4!&gt;</b>	
<b>4</b>	<b>Evacuation instruction</b>
<b>3</b>	<b>Evacuation of the elderly, etc.</b>
<b>2</b>	Heavy rain, flood or storm surge advisories (Japan Meteorological Agency)
<b>1</b>	Probability of warnings (Japan Meteorological Agency)

Alert Level 5 indicates a life-threatening situation where you can no longer safely evacuate.

**Please evacuate before an Alert Level 5 is issued!**

Multilingual flyers are available here.



### ✓ Emergency preparedness

Multilingual apps and websites in the event of disaster are available. It is helpful to display them.



[http://www.bousai.go.jp/kokusai/web/index\\_en.html](http://www.bousai.go.jp/kokusai/web/index_en.html)

The Japan Meteorological Agency website provides multilingual disaster information including weather warnings/advisories, information on typhoons and earthquakes.



<https://www.jma.go.jp/jma/kokusai/multi.html>

## Free Consultation

Nagano Prefecture Intercultural Consultation Center will hold free consultation events for foreign residents.

City	Date and time	Venue
Shiojiri City	Sat., September 25 10:00 a.m. to 3:00 p.m.	Enpark Shiojiri Civic Communication Center, 3rd Floor, Meeting Room 302 and 303
Ina City	Tue., October 12 10:00 a.m. to 3:00 p.m.	Ina City Hall 1st Floor, Multi-purpose Hall

Languages available:

Burmese, Chinese, English, French, German, Indonesian, Khmer, Korean, Malay, Nepali, Portuguese, Spanish, Tagalog, Thai, Vietnamese

The schedule may be changed due to the COVID situation, etc. See detailed information on the Nagano Prefecture Intercultural Consultation Center website.

Tel:  
026-219-3068

Email:  
[tabunka-center@anpie.or.jp](mailto:tabunka-center@anpie.or.jp)



Please call the Nagano Prefecture Intercultural 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/>

