



しあわせ信州

What you can do to have a safe and enjoyable trip

Nagano Prefecture New Travel Guidelines

Nagano Prefecture has created the following guidelines to help you practice safe travel during the COVID-19 pandemic, as well as seek assistance should the need arise. We wish everyone an enjoyable time during their stay in Nagano.

Keys to Preventing Infection

1. Maintain social distancing

- Maintain a distance (of at least 1 meter even with a mask) between yourself and others.
- Avoid facing others while talking.



2. Wear masks properly

- Wear a mask when talking with people.
- Wear a mask even when talking on the phone if others are nearby.



3. Wash and sanitize your hands regularly

- Wash your hands for 30 seconds using soap and water.
- Alcohol-based hand sanitizers are also effective.



4. Ventilate properly

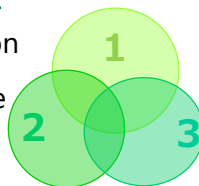
- Ventilate frequently indoors and in the car.
- Ventilate at least once per half-hour for several minutes.



Avoid the "Three Cs"

Avoid the following when going out:

1. Closed spaces with poor ventilation
2. Crowded places with many people
3. Close-contact settings



Let's aim for **zero Cs**.

—Useful Websites—



"Go NAGANO", Nagano's Official Tourism website



Nagano Prefecture New Travel Guidelines website



Nagano Prefecture COVID-19 website

Before You Travel—Prepare!—

- Avoid behaviors that have a high risk of contagion* and keep notes on your temperature and activities (time and place) for 10 days before your departure.
*Social gatherings with drinking and eating, drinking and eating in large groups for long times, talking without a mask, etc.
- Learn the precautions being taken at your destination.
- Think about what you will do if you feel ill.
- Cancel your trip if you have had physical symptoms (fever, cough, sore throat, tiredness, etc.) within the last 10 days including the date of your departure.

During Your Travel—Stay safe!—

- Touch products as little as possible when selecting souvenirs.
- Maintain proper distance in lines.
- Cooperate with government and facility precautions.
- Wash and sanitize your hands both on entrance and exit of stores and facilities.
- Keep a written record of your travel history (time and place), along with photos.
- If you have physical abnormalities during your trip, contact a hospital or health center immediately.

After Your Travel—Keep at it!—

- Continue checking your health for 10 days after returning home.

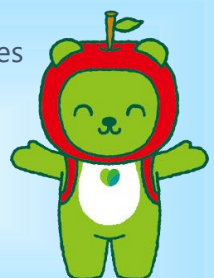


This card is proof that you are taking proper precautions. Check the boxes on the back, then cut along the dotted lines to carry it with you.

(Cut along the dotted lines.)

Nagano's New Travel Guidelines

Safe Traveler Declaration Card



Nagano Prefecture

Arukuma, Nagano Prefecture Mascot ©長野県アルクマ

Practical tips if you have symptoms during your travel

If you experience mild flulike symptoms during your travel and are worried that you may have COVID-19, please visit a local hospital or clinic only after calling in advance. If you are unsure, contact the health center listed for your destination.

*For details: https://www.pref.nagano.lg.jp/kansensho-taisaku/sinryo_kensa.html (Japanese only)

☆ **Contact a medical institution immediately if you have physical symptoms (fever, cough, sore throat, tiredness, etc.) before or during your trip.**

If you have a hearing deficiency, fax to [026-403-0320](tel:026-403-0320).

Health Centers (24 hours) Identify your location to receive a referral to the nearest hospital.

Location	Area (Destination)	Tel
Saku Welfare Office	Komoro City, Saku City, Koumi Town, Sakuho Town, Kawakami Village, Minamimaki Village, Minamiaki Village, Kitaaki Village, Karuizawa Town, Miyota Town, Tateshina Town	0267-63-3178
Ueda Welfare Office	Ueda City, Tomi City, Nagawa Town, Aoki Village	0268-25-7178
Suwa Welfare Office	Okaya City, Suwa City, Chino City, Shimosuwa Town, Fujimi Town, Hara Village	0266-57-2930
Ina Welfare Office	Ina City, Komagane City, Tatsuno Town, Minowa Town, Iijima Town, Minamiminowa Village, Nakagawa Village, Miyada Village	0265-76-6822
Iida Welfare Office	Iida City, Matsukawa Town, Takamori Village, Anan Town, Achi Village, Hiraya Village, Neba Village, Shimojyo Village, Urugi Village, Tenryu Village, Yasuoka Village, Takagi Village, Toyoka Village, Oshika Village	0265-53-0435
Kiso Welfare Office	Agematsu Town, Nagiso Town, Kiso Town, Kiso Village, Otaki Village, Okuwa Village	0264-25-2227
Matsumoto Welfare Office	Shiojiri City, Azumino City, Omi Village, Ikusaka Village, Yamagata Village, Asahi Village, Chikuhoku Village	0263-40-1939
Omachi Welfare Office	Omachi City, Ikeda Town, Matsukawa Village, Hakuba Village, Otari Village	0261-23-6560
Nagano Welfare Office	Suzaka City, Chikuma City, Sakaki Town, Obuse Town, Takayama Village, Shinano Town, Iizuna Village, Ogawa Village	026-225-9305
Hokushin Welfare Office	Nakano City, Iiyama City, Yamanouchi Town, Kijimadaira Village, Nozawaonsen Village, Sakae Village	0269-67-0249
Nagano City Health Center	Nagano City	Weekdays (8:30 a.m. to 5:15 p.m.) 026-226-9964 Weekends, nights (5:15 p.m. to 8:30 a.m.) 026-226-4911
Matsumoto City Health Center	Matsumoto City	0263-47-5670

About Vaccination

- Please consider vaccination, after learning about the effects and side effects.
- If you have been vaccinated, still take care to practice precautions and avoid behaviors that have a high risk of contagion.

COVID-19 Contact-Confirming Application (COCOA)

This app notifies you of close contact with COVID-19 positive users. Provided by the Ministry of Health, Labour and Welfare of Japan. It may entitle you to priority examinations and other support from your nearest health center. We encourage you to use it during your travel.



For iPhone For Android

(Cut along the dotted lines.)

I practice the following precautions based on Nagano's New Travel Guidelines.

- I wear a mask when talking with other people.
- I wash and sanitize my hands regularly.
- I maintain physical distance with others.
- I ventilate properly indoors and in the car.
- I cooperate with precautions set by businesses.

Check all the items for safe travel.

Precautions by businesses in Nagano

A business practicing the following initiatives will display the corresponding sticker:

- The COVID-19 Countermeasures Declaration sticker announces the implementation of proper safety precautions.
- The Safe Business in Nagano sticker is a proof of the precautions under a specific certification system. The system is currently limited to accommodation businesses and food establishments.



We look forward to serving you.

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