

# If you think you are sick with Coronavirus Disease 2019 (COVID-19) (英語)

Please refrain from visiting a clinic or a hospital directly even if you have a fever or other cold like symptoms. If you think you are sick with COVID-19 or may be infected with COVID-19 after referring to the symptoms below, then please call the Consultation Desk of Tokyo Metropolitan Government for COVID-19 or The New Coronavirus Multilanguage Consultation Center by Japan Medical Association.



A cold like symptoms that lasts for over four days.



If you feel extremely weak, have a shortness of breath or have high fever, please consult as soon as possible.

If you do not have the above symptoms, please stay home and rest. However, if you are an elderly, pregnant, have underlying conditions, are on dialysis, immunosuppressants or chemotherapy, then you should seek care by calling the consultation desk immediately even with a mild cold like symptoms.

Updated 5/8:

Note: The above information reflects the latest and updated guidelines by the Ministry of Health, Labour, and Welfare as of May 8, 2020.

**The above guideline for seeking care in Japan has been set by the Ministry of Health, Labour, and Welfare. It is the same for everyone living in Japan, regardless of the nationality.**

Consultation Desk of  
Tokyo Metropolitan  
Government for  
COVID-19

**☎ 03-5320-4592**

The New Coronavirus  
Multilanguage Consulta-  
tion Center by Japan  
Medical Association

**☎ 03-6233-9266**

Consultation in English avail-  
able every day

Weekdays 10:00-17:00

Sat, Sun, Hlolidays 10:00-15:00

English and Chinese consultation available at **☎ 090-3359-8324** on **weekdays 10:00-17:00**.