



What you can do to have a safe and enjoyable trip

# Nagano Prefecture New Travel Guidelines

しあわせ信州

Thank you for choosing Nagano as your destination. 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.

## Three Keys to Preventing Infection

### 1. Maintain social distancing

- Maintain a distance of at least 1 meter between yourself and others (2 meters when possible).
- Avoid facing others while talking.



### 2. Wear a mask and use cough etiquette

- Wear a mask and practice proper cough etiquette in public.
- Wear a mask even when talking on the phone if others are nearby.



### 3. Wash and sanitize your hands regularly

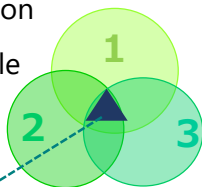
- Wash your hands for 30 seconds using soap and water.
- Alcohol-based hand sanitizers are also effective.



## 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



Increased risk of group infection with the Three 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 behavior that have a high risk of contagion\* and keep notes on your temperature and activities (time and place) for two weeks 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 a fever or flu-like symptoms 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 store 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.

## After Your Travel—Keep at it!—

- Continue checking your health for two weeks 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

信州版 新たな旅のすゝめ

Safe Traveler

安心旅人

Declaration Card

宣言カード



Nagano Prefecture

長野県

# 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 been infected with COVID-19, contact the Nagano Multilingual Call Center or the welfare office (health center) listed for your destination (consultation in Japanese) prior to going to a hospital.

☆ **You may have to stop your travel if you or your company feel unwell.**

Please call one of the consultation services below if you experience any of the following:

- Difficulty breathing, extreme lethargy, a high fever, or other severe symptoms
- Relatively mild flu-like symptoms such as a fever or cough (for those at risk of becoming seriously ill\*)  
\*the elderly; those with diabetes, heart disease or respiratory illness; and those receiving dialysis or using immunosuppressants or anticancer agents
- Relatively mild flu-like symptoms that persist for some time. (Be sure to call if symptoms continue for four days.)
- Any other minor symptoms in pregnant women, or lost of taste or smell

## Nagano Multilingual Call Center (Consultation available in 19 languages)

**Tel: 0120-691-792 (24 hours)**

Languages available: Burmese, Chinese, English, French, German, Indonesian, Italian, Khmer, Korean, Malay, Mongolian, Nepali, Portuguese, Russian, Sinhalese, Spanish, Tagalog, Thai, Vietnamese

## Health Centers (Telephone consultation in Japanese, or fax to 026-403-0320, 24 hours)

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	Matsumoto City, 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

## 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.



For iPhone



For Android

(Cut along the dotted lines.)

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

わたしは「信州版 新たな旅のすゝめ」をふまえて旅行を楽しみつつ、以下の感染防止策を実施します

- I wear a mask in crowded places.**  
人混みではマスクをします
- I wash and sanitize my hands regularly.**  
手洗い・手指消毒をこまめに行います
- I maintain a physical distance with others.**  
旅行の同行者以外の方と一定の距離を保ちます
- I cooperate with precautions set by businesses.**  
事業者が実施する感染防止対策に協力します

**Check all the items for safe travel.**

全ての項目を実践してチェック！旅先でも安心を！

## Precautions by businesses in Nagano

A business practicing the following precautions will display the COVID-19 Countermeasures Declaration sticker.

- Maintains physical distance between customers
- Provides disinfection stations
- Requires use of masks
- Ventilates thoroughly
- Disinfects regularly
- Complies with necessary measures based on national government or organization guidelines.



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