



What you can do to have a safe and enjoyable trip

Nagano Prefecture New Travel Guidelines

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

- 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.



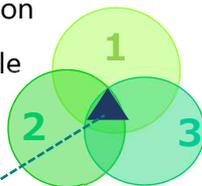
Avoid the "Three Cs"

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 behaviors 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

Safe Traveler Declaration Card



Nagano Prefecture

Arukuma, Nagano Prefecture Mascot
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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, contact the health center listed for your destination, the inquiry counter of your home area, or your family doctor 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.
- Any other minor symptoms in pregnant women, or loss of taste or smell

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, Minamiaiki Village, Kitaaiki 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 |

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.



(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 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.

©長野県 アルクマ Arukuma, Nagano Prefecture mascot

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692-2 Habashita, Minaminagano Nagano City