

Protect your loved ones from COVID-19. Don't get infected and don't infect others.

Take steps to avoid getting infected with COVID-19.

- 👉 Senior citizens aged 65 and older should be especially careful.
- 👉 Families should also take precautions.

Frequently wash your hands.

Don't share towels, bathroom cups, or other personal items.

Serve food in individual portions rather than shared family-style.

Frequently disinfect doorknobs and light switches.

Regularly air out the room.

Avoid touching your eyes, mouth, nose and other places where the virus can enter.

Use a mask when talking even at home.

※Keep elderly family members safe

Avoid long face-to-face conversation.

※Keep elderly family members safe

Select places with the rainbow COVID-19 safety sticker.



Businesses with the rainbow COVID-19 safety sticker are taking precautions to prevent infection.

■ If you feel unwell or wish to learn more about COVID-19:

[Coronavirus Call Center](#)

(Support offered in Japanese, English, Chinese, and Korean)

Phone: 0570-550571

Hours: 9 a.m. to 10 p.m.

■ If you are feeling anxious or are facing hardships from COVID-19:

[Tokyo Coronavirus Support Center for Foreign Residents \(TOCOS\)](#)

(Support offered in 14 languages including English, Chinese and Korean)

Phone: 0120-296-004

Hours: 10 a.m. to 5 p.m. (Closed weekends/holidays)



一般財団法人

東京都つながり創生財団

Tokyo Metropolitan Foundation "TSUNAGARI"