

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"