First, we will speak in easy Japanese. 

Then, you can consult in language you understand.

TOKOS will answer the questions as follows.

Q: What should I do to avoid getting COVID-19?
A: Wash your hands with soap. 
    Clean your hands with alcohol disinfectant.
    Use a face mask or handkerchief when coughing.
    Stay home as much as possible when you don’t have to go out.

Q: I may have COVID-19. How should I do?
A: Take days off from work or school.
    When your cold-like cough or fever last persistently...
    When you feel tiredness...
    When you have difficulty breathing...

Call the Consultation center for COVID-19 or Consultation center for recent returnees and people who have been exposed to a person with confirmed COVID-19 in your district.

Q: Where can I take COVID-19 test?
A: Call the Consultation center for COVID-19 or Consultation center for recent returnees and people who have been exposed to a person with confirmed COVID-19 in your district.

Q: I had to stop working. So, I don’t have money. Can I borrow money?
A: Call the Consultation center for emergency small funds for individuals / Comprehensive support funds or Council of Social Welfare in your district.

Q: My company was out of work due to COVID-19. They told me “leave the company.” How should I do?
A: Call the Telephone Consultation Service for Foreign Workers.