

## 感染拡大防止のための留意点

### Precautions to be taken to prevent the spread of infection

新型コロナウイルスの感染拡大を防ぐため、イベントや会食の際には以下の点に留意してください。

In order to help prevent the spread of the novel coronavirus, please keep the following points in mind when attending events and dining together.

- 体調が悪い場合は、イベントや会食に参加しないこと。

If you are not feeling well, do not attend events and refrain from dining together.

- 密閉・密集・密接が発生しやすい場所や基本的な感染防止策が徹底されていないイベントや会食への参加を控えること。特に、多数の人が密集し、かつ、大声等の発生を伴う行事、パーティー等への参加は控えること。

Refrain from participating in events and from dining in places where conditions such as closed spaces, crowding and close- contact settings are likely, or where basic infection prevention measures are not thoroughly implemented. In particular, refrain from participating in events or parties where large numbers of people are crowded together and where people are talking loudly.

- イベントや会食の参加に当たっては、適切な対人距離の確保、手指消毒、マスクの着用、大声での会話の自粛など、適切な感染防止策を徹底すること。

When participating in events and dining together, ensure that appropriate infection prevention measures are taken, such as keeping an appropriate distance from other people, sanitizing your hands and fingers, wearing masks, and refraining from talking loudly.

- 街頭や飲食店での大量または深夜にわたる飲酒や、飲酒しての行事への参加は、その行事の宗教的・文化的特性を踏まえつつ、なるべく自粛すること。

Refrain as much as possible from participating in events on the streets or in restaurants that involve consuming alcohol in larger quantities or late at night, while taking into consideration the religious and cultural characteristics of such events.

- 必要に応じて、家族で自宅で過ごす、オンラインのイベントに参加するなどの新しい楽しみ方を検討すること。

Consider new ways of enjoying yourself, such as spending time at home with your family or participating in online events, depending on your needs.

- 新型コロナウイルス感染症に感染したと疑われる場合で、医療機関への受診等に関して疑問等がある場合には、居住する自治体の相談窓口等に電話すること。

If you are suspecting that you have been infected with the novel coronavirus and have questions about receiving a medical examination, etc., call the consultation service of the local government in the area where you live.

#### 電話相談窓口

#### Telephone Consultation Service

- 各都道府県の相談窓口（医療機関への受診に関する疑問）

Consultation services in each prefecture (for questions about receiving medical examinations)

- ・ やさしいにほんご (Plain Japanese) : <https://www.covid19-info.jp/area-jp.html>
- ・ English: <https://www.covid19-info.jp/area-en.html>
- ・ Português (Portuguese) : <https://www.covid19-info.jp/area-pt.html>
- ・ 简体中文 (Simplified Chinese) : <https://www.covid19-info.jp/area-cs.html>
- ・ 繁体中文 (Traditional Chinese) : <https://www.covid19-info.jp/area-ct.html>
- ・ 한국 (Korean) : <https://www.covid19-info.jp/area-kr.html>

- 厚生労働省電話相談窓口（発生状況、全般に関する疑問）

Ministry of Health, Labour and Welfare, Telephone Consultation Service (for questions about outbreaks and general information)

- ・ 電話番号  
Telephone Number: **0120-565-653 (9:00-21:00)**

・ 対応言語

Available Languages: **English**, 中文 (Chinese), 한국 (Korean), Português (Portugues), Español (Spanish), ไทย (Thai), Tiếng Việt (Vietnamese)

外国人の生活支援にかかる情報等

Information regarding daily life support for foreign residents

○ 外国人在留支援センター (FRESC) (出入国在留管理庁)  
Foreign Residents Support Center (FRESC) (Immigration Services Agency of Japan)  
<http://www.moj.go.jp/isa/support/fresc/fresc01.html>

○ 外国人生活支援ポータルサイト  
A DAILY LIFE SUPPORT PORTAL FOR FOREIGN NATIONALS

各省の支援施策や地域における外国人向けの生活相談窓口の一覧等を言語別に掲載。

Various language versions of a list of the support measures that are provided by each ministry as well as a list of local consultation services that are available for foreign residents.

トップページ

Homepage: <http://www.moj.go.jp/isa/support/portal/index.html>