

For all foreign residents in Japan: Important Health Warning

Recently there are many people who were already infected with tuberculosis, and then the symptoms of the disease appeared after they came to Japan.

What kind of disease is tuberculosis?

Tuberculosis is a contagious disease of the lungs and other organs. It can be cured by taking medicine every day, but if the symptoms get worse, the infection can spread.

It is important to notice it early to protect yourself and the people around you.



Tochimaru-kun, ©Tochigi Prefecture

Watch out for symptoms like these!

- Cough and/or phlegm lasting 2 weeks or longer
- Long-lasting slight fever
- Feeling tired and sluggish
- Losing weight



Tuberculosis can be detected by a chest X-ray, or by testing your phlegm.



Take care of these things to keep living healthy

When you are feeling well

- ① Eat well, sleep well, and keep a consistent "rhythm" or schedule in your daily life.
- ② Get a health checkup from a doctor once a year.
And if a problem is found, be sure to go to the hospital.

When you are feeling unwell

- ① Please go to a hospital nearby, as soon as possible.
- ② If you are worried because you do not understand Japanese, please call the **phone consultation** service on the back of this page.
- ③ If you would like to know about nearby hospitals, please scan the QR code on the right to view the Tochigi Medical Information Network.



If you have symptoms such as coughing or a fever continuing for 2 weeks or longer, please visit a doctor soon.

Service for consultation in foreign languages

		Languages available for consultation								
Problem you want to discuss	Phone consultation service	English	Chinese	Korean	Vietnamese	Tagalog	Portuguese	Spanish	Nepalese	Others
<p>If you want to consult about your living situation</p> <p>Example: Residence status and visa</p>	<p>Tochigi Consultation and Support Center for Foreign Residents</p> <p>(Free consultation) 9:00~16:00 (Tuesday to Saturday) TEL: 028-627-3399</p>	○	○		○	○	○	○	○	<p>Sinhalese Thai Indonesian</p> <p>Note: The languages available differ depending on the time of day</p>
<p>If you want to consult about medical treatment</p> <p>Example: You want to know about medical facilities that can speak foreign languages</p>	<p>AMDA ("Amda") Medical Information Center</p> <p>(Free consultation) 10:00~16:00 (Monday to Friday) TEL: 03-6233-9266 Note: If you want to request a remote medical language interpreter, please ask the medical facility.</p>	○	○	○	○	○	○	○		Thai
<p>If you want to consult about tuberculosis</p> <p>Example: Facts about tuberculosis</p>	<p>Research Institute of Tuberculosis Tuberculosis Consultation Service for Foreign Residents</p> <p>(Free consultation) 10:00~12:00 13:00~15:00 Every Tuesday TEL: 03-3292-1218 or 03-3292-1219</p>	○	○	○ (Appointment required)	○				○ Mornings only on 2nd & 4th Tue. of month	Burmese (Mornings only)

Health and Welfare Services Center and Health Center for where you live (Days and times available: Monday through Friday only, except for holidays, 8:30~17:15)

Health and Welfare Services Center and Health Center	Phone No.	Where you live
Western Tochigi Prefectural Health and Welfare Services Center	0289-62-6225	Kanuma City, Nikko City
Eastern Tochigi Prefectural Health and Welfare Services Center	0285-82-3323	Moka City, Mashiko-Machi, Motegi-Machi, Ichika-Machi, Haga-Machi
Southern Tochigi Prefectural Health and Welfare Services Center	0285-22-1219	Oyama City, Tochigi City, Shimotsuke City, Kaminokawa-Machi, Nogi-Machi, Mibu-Machi
Northern Tochigi Prefectural Health and Welfare Services Center	0287-22-2679	Otawara City, Nasushiobara City, Yaita City, Sakura City, Nasukarasuyama City, Nasu-Machi, Shioya-Machi, Takanezawa-Machi, Nakagawa-Machi
Ansoku Tochigi Prefectural Health and Welfare Services Center	0284-41-5895	Ashikaga City, Sano City
Utsunomiya City Health Center	028-626-1115	Utsunomiya City