

## Cautions after COVID-19 Vaccination

◎After receiving the vaccine, please remain seated for at least 15 minutes to be safe. (Please keep infection prevention while waiting.)

### Vaccine Adverse Reactions

You may experience pain and swelling at the injection site, headache, muscle soreness, chills, fever, nausea and/or vomiting. Most of these symptoms subside within a few days.

You can receive medical treatment immediately at the site when you have a severe allergic reaction (anaphylactic reaction) after injection.

### Medical Consultation Services on Adverse Reactions

<If You Experience any Adverse Reactions at Vaccination Site:>

Please tell a nurse around you your symptoms.

<If You Experience any Adverse Reactions after Returning Home:>

Please go to see a doctor if symptoms persist. Information on medical facilities that accept foreign patients:

URL: <https://www.pref.tottori.lg.jp/286618.htm>



You can call Tottori Prefectural COVID-19 Consultation Center if you don't know which medical facility is best.

#### [Tottori Prefectural COVID-19 Consultation Center]

Phone Numbers: 0120-000-406 (toll free)

Supported Languages: Japanese, English, Chinese, Korean, Thai, Vietnamese, Indonesian, Tagalog, Nepali, Portuguese, Spanish, French, German, Italian, Russian, Malay, Burmese, Khmer, Mongolian, Sinhalese and Hindi

Hours: 9 am - 5:15 pm (including weekends and holidays)

Dial 119 in an emergency or if you feel faint.

### General Consultation Services for Foreign Residents in Tottori, including COVID-19-related Issues

#### [Tottori Prefectural International Exchange Foundation (TPIEF)]

Head Office (Tottori) Phone Numbers: 0857-51-1165

Hours: Mon-Fri 9 am – 6 pm; Sat & Sun 9 am - 5:30 pm (except holidays)

Kurayoshi Office Phone Numbers: 0858-23-5931

Hours: Mon-Fri 8:30 am - 5:15 pm (except weekends and holidays)

Yonago Office Phone Numbers: 0859-34-5931

Hours: Mon-Fri & Sun 9 am - 5:30 pm (except Saturdays and holidays)

Supported Languages: Japanese, English, Chinese and Vietnamese (Depending on the days, service in some languages may not be available.)

### National Consultation Services on COVID-19 Vaccines

#### [COVID-19 Vaccine Call Center of Ministry of Health, Labour and Welfare (MHLW)]

Phone Numbers: 0120-761-770 (toll free)

Hours: Japanese, English, Chinese, Korean, Portuguese and Spanish: 9 am - 9 pm / Thai: 9 am - 6 pm / Vietnamese: 10 am - 7 pm (including weekends and holidays)

◎Please continue to prevent the spread of infection such as wearing face masks even after vaccination.