

Three requests we ask you to do

1. Keep a healthy lifestyle

Try to keep a healthy lifestyle by eating a balanced diet and sleeping well.



2. Take health check-ups

Take a health check-up once a year. If you are required further detailed examination, be sure to visit a medical institution.



3. Visit a hospital if you have symptoms

If you have a bad physical condition, visit a nearby medical institution as soon as possible.



Should you encounter any difficulties, consult your workplace or supervising organization first.



Click here if you wish to watch a video about tuberculosis↓



"Tokyo Metropolitan Government
Tuberculosis Treatment Multilingual Video
(Your lingering cough could be tuberculosis)"

Consultation Services (Free of charge)

● Research Institute of Tuberculosis - Foreigner Consultation Service

TEL: 03-3292-1219 or 03-3292-1218
(Every Tuesday 10:00 AM - 12:00 PM, 1:00 PM - 3:00 PM)
FAX: 03-3292-1290
(FAX can be sent at any time)



● Fukuoka International Medical Support Center

Provides telephone interpretation and guidance on medical institutions that offer services in foreign languages.
TEL: 092-286-9595
(24 hours a day, 365 days a year)



● Fukuoka Prefectural Kitachikugo Health and Welfare Environment Office

TEL: 0946-22-9886
(Excluding Saturdays, Sundays, and national holidays
8:30 AM - 5:15 PM)

To all foreign residents in Japan

What kind of disease is tuberculosis?

~What you need to know to live a healthy life~

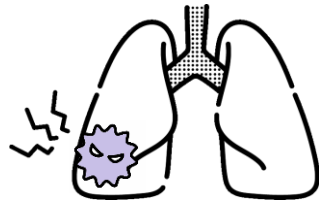
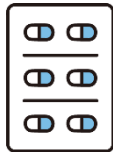


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The number of people who were infected with tuberculosis in their home country and develop the disease after entering Japan is increasing.

Tuberculosis is a curable disease!

Tuberculosis is a lung disease caused by *Mycobacterium tuberculosis*. It is a curable disease if you take medication every day.



If gets worse, it can be very serious!

- It spreads easily to people around you.
- You must stay in the hospital.
- You will need to take time off work.

If tuberculosis is detected early, you can continue your studies and work while receiving treatment.

If these symptoms persist, it might be tuberculosis!

- ✓ Cough, phlegm
- ✓ Low-grade fever
- ✓ Fatigue
- ✓ Loss of appetite
- ✓ Weight loss



Sometimes there are no symptoms at all.

If symptoms shown on the left persist for more than two weeks, **seek medical attention early.**

