

Requests to the residents (January 19, 2022)

- Refraining from non-essential and non-urgent outings
- Refraining from non-essential and non-urgent visit to the areas where pre-emergency measures should be taken
 - *Exemption applies to those with a negative result of a PCR test, etc. under the relevant rules
 - *Applicable to the areas in Gunma, Saitama, Chiba, Tokyo, Kanagawa Niigata, Gifu, Aichi, Mie, Hiroshima, Yamaguchi, Kagawa, Nagasaki, Kumamoto, Miyazaki and Okinawa Prefectures, which are designated by each prefectural government

(As of January 19, 2022)

- PCR test, etc. (available for free) to be taken by those worried about infection even without symptoms
 - * From December 28, 2021 to January 31, 2022Consulting with a clinic instead of taking a free test as soon as symptoms, even minor ones, are found

- Staying on guard even after vaccination

- Refraining from eating in a large group
 - Careful attention and ventilation to be maintained during eating/drinking or karaoke
 - Particular attention to be paid at large gathering events
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- Consulting with a clinic and refraining from going to work or school as soon as symptoms are found in yourself or your family members

- Careful attention to be paid when holding events
 - Active use of teleworking
 - Guidelines to prevent the spread of infections for each business
 - * Temperature checks at the start of each shift and wearing of a mask during work should be strictly implemented.
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- Particular attention to be paid by hospitals and welfare facility services
 - Early suspicion of COVID-19 by medical institutions
 - * Clinics should make family members living together with those tested positive, etc. get tested without waiting for the Public Health Center's decision

- Proactive consideration of vaccination by those unvaccinated
- Measures such as wearing of a mask to be continued even after vaccination

- Thorough preventive measures to be taken in schools and educational settings
 - No practice matches/joint trainings, etc. with other schools
 - Postponement or cancellation of competitions/tournaments except for those related to qualification for the national or regional events
 - Thorough preventive measures to be taken for activities in each school in line with the guideline
 - Attention to be paid at scenes associated with club activities such as travelling, changing and eating/drinking
 - Strict self-restraint by students in going to school when symptoms such as fever are found in themselves or their family members

Refraining from non-essential and non-urgent outing

- All the residents of Wakayama Prefecture are requested to refrain from non-essential and non-urgent outings. When you need to go out, please thoroughly implement basic preventive measures, such as avoiding “3Cs” (closed spaces, crowded places, and close-contact settings), wearing a mask, washing hands, disinfecting hands and fingers, etc.

Refraining from non-essential and non-urgent visit to the areas where pre-emergency measures should be taken

- Please refrain from non-essential and non-urgent visit to the applicable areas while the pre-emergency measures are implemented. When you need to go to these areas, please implement basic preventive measures thoroughly, as well as behave in line with requests from the local government in the destination.

PCR test, etc. (available for free) to be taken by those worried about infection even without symptoms

- If you do not have any symptoms but are worried about infection after having contact with people coming from areas where infections are widespread or joining a large gathering event, please take a test available (for free until January 31, 2022) at some pharmacies, etc. in the prefecture.

If you show any symptoms, even minor ones, such as fever and coughing, please consult with a clinic.

Staying on guard even after vaccination

- Cases of vaccination breakthrough infections have been found among those fully vaccinated. Therefore, please stay on guard even after vaccination and implement basic preventive measures.

Refraining from eating in a large group

- Please refrain from eating in a large group.

* In particular, dining in a group for a long time late into the night should be avoided as these behaviors may increase the risk of infection.

Careful attention and regular ventilation to be maintained during eating/drinking or karaoke

- As you need to take off your mask during eating/drinking or karaoke, the risk of infection may increase. Please thoroughly implement basic preventive measures. Also, business operators are requested to maintain regular ventilation carefully.

Particular attention to be paid at large gathering events

- Please make sure to avoid “3Cs” when joining large gathering events.

Consulting with a clinic instead of taking a free test as soon as symptoms, even minor ones, are found

- If you show symptoms such as fever, coughing, lost or changed sense of taste or smell, please consult with medical institutions as soon as possible, and refrain from outings including going to work or school. Even if the symptoms that you suffered on the previous day have disappeared, please try not to go to work or school as much as possible. Moreover, if these symptoms are found in your family members, please also refrain from going to work or school.

Careful attention to be paid when holding events

- When holding events, event organizers are requested to thoroughly implement preventive measures as well as to create and publish the preventive measure checklist as specified by the prefectural government.

If the event is expected to attract more than 1000 visitors, prior consultation to the prefectural government is required.

Active use of teleworking

- Those who are commuting to Osaka are requested to work from home (teleworking).

- In addition, business operators in the prefecture are requested to actively utilize teleworking.

Guidelines to prevent the spread of infections for each business

- Each business operator is requested to comply with the guidelines to prevent the spread of infections made by the prefectural government and relevant business sectors. Operators should also put posters to prevent the spread of infections.

* In particular, temperature checks of employees at the start of each shift and wearing of a mask during work should be strictly implemented.

Particular attention to be paid by hospitals and welfare facility services

- Staff of hospitals and welfare facilities should pay particular attention not to bring infections in their facilities. All staff, including home-visit/day care providers and care managers, should thoroughly implement preventive measures, and self-monitor the health conditions more strictly, such as checking temperature at each facility.

Early suspicion of COVID-19 by medical institutions

- Medical institutions, clinics in particular, are requested to continuously work on early detection of COVID-19 patients by suspecting infection at an earlier stage and performing tests promptly even for those with mild symptoms such as coughing and slight fever.

* Clinics should make family members living together with those tested positive, etc. get tested without waiting for the Public Health Center's decision.

Proactive consideration of vaccination by those unvaccinated

- It has been proved that vaccines can lower the risk of serious illness. Please get yourself vaccinated proactively.

Measures such as wearing of a mask to be continued even after vaccination

- COVID-19 vaccines are not 100% effective in preventing people from developing diseases while their high efficacy has been proven. Also, the extent to which they prevent spreading the virus to others is yet to be known. Therefore, even after vaccination, you are continuously requested to implement preventive measures thoroughly. In particular, please avoid "3Cs", wear a mask, wash hands with soap and disinfect hands and fingers with alcohol-based hand sanitizer.

Thorough preventive measures to be taken in schools and educational settings

No practice matches/joint trainings, etc. with other schools

Postponement or cancellation of competitions/tournaments except for those related to qualification for the national or regional events

Thorough preventive measures to be taken for activities in each school in line with the guideline

Attention to be paid at scenes associated with club activities such as travelling, changing and eating/drinking

Strict self-restraint by students in going to school when symptoms such as fever are found in themselves or their family members

- Regarding club activities, practice matches/joint trainings with other schools are prohibited in principle. Activities in each school should be carried out by taking thorough preventive measures in line with the guideline.

- Competition/tournaments other than those related to qualification for the national or regional events should be postponed or cancelled in principle.

- In particular, please pay adequate attention to prevent infection at scenes associated with club activities such as travelling, changing and eating/drinking.

- Students should strictly refrain from going to school when symptoms such as fever are found in themselves or their family members.