

Requests to the residents (February 3, 2021)

With regard to the state of emergency, the Novel Coronavirus Response Headquarters decided on February 2 to “change the areas to be covered” and to “extend the effective period”. Tochigi Prefecture will be excluded from the areas to be covered on February 8, and the effective period will be extended until March 7.

Residents are requested to continuously refrain from non-essential and non-urgent visit to the areas covered by the state of emergency until it is lifted.

- Refraining from non-essential and non-urgent visit to the areas covered by the state of emergency
 - *Saitama, Chiba, Tokyo, Kanagawa, Gifu, Aichi, Kyoto, Osaka, Hyogo and Fukuoka Prefectures
 - Tochigi Prefecture (until February 7)
- Refraining from eating in a group or going to restaurants/bars where staff entertain customers in areas where infections are particularly widespread
- Refraining from dining and staying together in a group late into the night

- Self-restraint by the elderly in participating in large-scale events such as karaoke or dance parties
- Self-restraint by medical and welfare facilities' staff in having meals with non-family members
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- Consulting with a clinic as soon as symptoms are found
- Checking temperature at businesses
- Particular attention to be paid by hospitals and welfare facility services
 - ◇ ◇
- Guidelines to prevent the spread of infections for each business
- Compulsory wearing of a mask at workplaces
- Active promotion of teleworking, staggered work hours, etc.
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- Further attention to be paid by close contacts even when they tested negative
- Early suspicion of COVID-19 by medical institutions

<Requests to the residents>

Refraining from non-essential and non-urgent visit to the areas covered by the state of emergency

- Following the extension of the state of emergency, please continuously refrain from non-essential and non-urgent visit to the designated areas* until it is lifted. When you go out due to reasons necessary for maintaining your daily life or health, such as working, visiting hospitals, shopping for food, medicine and other daily necessities, as well as exercising and walking outdoor, please implement basic preventive measures (wearing a mask, washing hands, etc.) thoroughly.

*Designated areas: Saitama, Chiba, Tokyo, Kanagawa, Gifu, Aichi, Kyoto, Osaka, Hyogo and Fukuoka Prefectures
Tochigi Prefecture (until February 7)

Refraining from eating in a group or going to restaurants/bars where staff entertain customers in areas where infections are particularly widespread

- When you visit other areas where infections are particularly widespread, please implement basic preventive measures and refrain from eating in a group or going to restaurants/bars where staff entertain customers.

Refraining from dining and staying together in a group late into the night

- There have been cases of infection among those who had dined together with their friends for a long time late into the night and stayed overnight at their friends' home. Please refrain from such activities.

Self-restraint by the elderly in participating in large-scale events such as karaoke or dance parties

There have been many cases where the elderly get infected at events such as karaoke. As the elderly tend to develop severe illness by the infection, they are requested to avoid long-lasting close-contact settings with others without wearing a mask and refrain from participating in occasions where proper preventive measures are not taken.

Self-restraint by medical and welfare facilities' staff in having meals with non-family members

There have been many cases of transmissions on group-meal occasions. In particular, those working at medical and welfare facilities needs to pay careful attention as they have frequent contact those with underlying diseases and the elderly who tend to develop severe illness by the infection. In order not to bring the virus into the facilities, related staff are requested to refrain from having meals with someone other than their family members as the risk of infection increases when such an occasion lasts long or involves drinking of alcohol.

Consulting with a clinic as soon as symptoms are found

- There have been many cases where those with symptoms such as fever or weariness went to work and spread infections to people around them. As requested repeatedly, please do not neglect any mild symptoms and consult with your family doctor or nearby medical institution by phone. If you do not have a family doctor and are not sure where to consult, please contact "COVID-19 Call Center" (TEL: 073-441-2170 / FAX: 073-431-1800).

Checking temperature at businesses

- Business operators should check their employees' temperature. If their employees have any symptoms, please stop them from working and take appropriate responses such as encouraging them to go to a clinic, etc.

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.

Guidelines to prevent the spread of infections for each business

- Each business operator has been requested to comply with the guidelines to prevent the spread of infections made by the prefectural government and relevant business sectors. While many of the business operators have been following the guidelines, all operators should thoroughly comply with their guidelines and put a poster to prevent the spread of infections.

Compulsory wearing of a mask at workplaces

- A cluster of infections occurred at a workplace and the suspected cause of infections is a conversation without a mask during work. At workplaces, many people share the same space for a long time. Therefore, not only during meetings but also at all times, please thoroughly implement preventive measures such as wearing a mask, disinfecting hands and fingers, sanitizing shared surfaces including door knobs and handles, frequent ventilation, etc.

Active promotion of teleworking, staggered work hours, etc.

- Business operators are requested to actively promote efforts to reduce people-to-people contact, such as teleworking, staggered work hours, bicycle commuting, etc.

Further attention to be paid by close contacts even when they tested negative

- In Wakayama Prefecture, close contacts of those infected are promptly identified and offered PCR tests. Therefore, there have been some cases where the close contacts tested positive in later tests during the two-week quarantine period even when they had tested negative in the first test. The close contacts are requested to stay at home in self-isolation during their quarantine period and avoid contact with other people.

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.