Requests to the residents (July 19, 2022)

- Safe daily life and safe outing
 - Thoroughly implementing basic preventive measures such as avoiding "3Cs" (closed spaces, crowded places, and close-contact settings), wearing a mask, washing hands, disinfecting hands and fingers, ensuring ventilation, etc.
 - Avoiding places with high risk of infection such as crowded places and going to safe places when you go out
- PCR test, etc. (available for free) to be taken by those worried about infection even without symptoms

* From December 28, 2021 to August 31, 2022

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

- · Careful attention and ventilation to be maintained during eating/drinking or karaoke
- Thoroughly implementing basic preventive measures and avoiding activities with high risk of infection when visiting other prefectures
- \circ 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.
- Particular attention to be paid by hospitals and welfare facility services
- o 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
- Staying on guard even after vaccination to continue measures such as wearing of a mask
- \circ Thorough preventive measures to be taken in schools and educational settings
 - Careful attention to be paid for practice matches/joint trainings, etc.
 - Thorough preventive measures for activities in each school in line with the guidelines specified by the relevant sports associations, etc.
 - 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