

## Requests to the residents (November 24, 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

- **Utilization of the self-test/registration system (available for free) for those who have mild symptom and meet all the conditions below**

<Conditions> - Aged 15-64

- Without underlying conditions (diabetes, hypertension, cardiovascular disease, chronic kidney disease, asthma, etc.)
- Without possibility of pregnancy

\* If you do not meet the above conditions, or you do meet the conditions but feel your symptom is severe such as breathlessness, consult with a clinic as soon as possible.

- **Voluntary preventive behavior to be ensured by those who have finished their recovery period as they remain infectious for 10 days (7 days for those without symptom)**

In particular, for those who work for medical institutions or elderly facilities that involve contact with people at higher risk of developing serious illness, the recovery period should not be shortened, and they should not start working until 10 days (7 days for those without symptom) have passed.

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

\* From December 28, 2021 to December 31, 2022

- 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
- Refraining from going to work or school when symptoms are found in 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
- Early suspicion of COVID-19 by medical institutions

- Proactive consideration of vaccination by those unvaccinated
- Staying on guard even after vaccination to continue measures such as wearing of a mask

- 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

<Requests to those who tested positive>

- If you tested positive using the free PCR test, etc. or a test kit purchased by yourself, or your positive case is not subject to reporting from the medical institution you visited, please register your case with “Positive Case Registration Center”.
- If you receive SMS (short message) from the Public Health Center in charge after registration with “Positive Case Registration Center”, etc., please monitor your own health conditions using the MyHER-SYS system.

**For more details and inquiries, please contact:  
Novel Coronavirus Response Headquarters of Wakayama Prefecture (073-441-2275)**