

December 13, 2022

Requests to the residents

● Safe daily life and safe outing

- Thoroughly implementing basic preventive measures such as wearing a mask appropriately, washing hands, disinfecting hands and fingers, ensuring ventilation, etc.
- Avoiding “3Cs” (closed spaces, crowded places, and close-contact settings) and activities with high risk of infection
- Refraining from going to work or school when symptoms such as fever are found in yourself or your family members
- Proactive consideration of vaccination (including influenza vaccine)
- Tests to be taken (available for free) at any testing sites throughout the country when travelling or returning to the hometown
*From December 24, 2022 to January 12, 2023
- PCR tests, etc. (available for free) to be taken by those worried about infection even without symptoms
*Until January 31, 2023

● To those who have symptoms such as fever or tested positive

- To prepare for the possibility of a fever or other symptoms, be aware of information on local fever clinics, and keep a supply of medicines and food in stock.

<To those who have symptoms such as fever>

- Consult a medical institution during the daytime on weekdays when they are fully arranged to provide medical services.
- Elderly people, children, people with underlying medical conditions, and people with severe symptoms should consult a medical institution.
- If you have symptoms, even minor ones, you should take a self-test using an antigen kit. If you meet all of the following conditions, use the self-test and registration system (available for free).



<Conditions>

- Aged 15-64
- Without underlying conditions with risk of developing severe illness (diabetes, hypertension, cardiovascular disease, chronic kidney disease, etc.)
*Including those who have an underlying disease but have not received hospital care and are considered to be at low risk of serious illness.
- Without possibility of pregnancy
- Able to communicate by email regarding results, inquiries, etc.

* 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.

<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.
- Even after finishing your recovery period, please ensure voluntary preventive behavior you may 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.

Important Preventive Measures

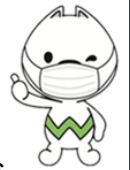
Wearing a mask

[Outdoors]

- Wearing a mask is recommended only when you are talking without sufficient physical distance (2 meters or more) from others.
- You do not need to wear a mask in other situations.
(e.g.: walking, running and cycling in a park; commuting by foot or bike; passing people outdoors)

[Indoors]

- You do not need to wear a mask only when you are not talking while maintaining sufficient physical distance from others.
(e.g.: reading books in the library or viewing artworks while maintaining sufficient distance).
- Wearing a mask is recommended in other situations.



<Students of elementary, junior and senior high schools>

- Wearing a mask is not necessary in the following situations.

[Outdoors] When sufficient physical distance from others can be maintained (e.g.: exercises or moving at a distance from others, outdoor activities without close contact such as tag), when there is almost no conversation without sufficient distance from others (e.g.: outdoor educational activities such as nature observation and sketching)

[Indoors] When sufficient physical distance from others can be maintained and there is almost no conversation
(e.g.: Reading and studying alone)

<Preschool children in nursery schools and kindergartens>

- Wearing a mask is not recommended for children under 2 years old.
- Preschool children aged 2 years and older are also not requested uniformly to wear a mask regardless of physical distance from others as the individual developmental status and physical condition of children should be considered. If a child is not in good physical condition and is unable to wear a mask for a sustained period of time, there is no need to force the child to wear a mask.

Effective ventilation

- In winter, windows are often kept closed due to the cold weather, and enclosed spaces tend to be created. Staying in a poorly ventilated or crowded room for a long period of time increases the risk of infection. Please maintain effective ventilation by opening windows, using a circulator in combination, utilize a 24-hour ventilation system, etc.

Vaccination

- It has been proved that COVID-19 vaccines can lower the risk of appearance and development of symptoms. Please get yourself vaccinated proactively.
- There are concerns about the concurrent spread of influenza and COVID-19 this winter. Proactive vaccination against influenza is also requested.