

Basic measures to prevent the spread of infections

1. Make sure that each and every person thoroughly takes preventative measures.

- Properly wear a mask when going out or talking. (Non-woven masks are recommended.)
- Be thorough in frequently washing and sanitising your hands.
- Have frequent air ventilation.
- Secure physical distance.

Refrain from taking actions which have a high risk of infections if you are old or have underlying conditions.

- Refrain from going to crowded places or places which have a high risk of infections.
- Boost your immune system by taking enough nutrients and doing moderate exercise.

Work on measures so that the virus will not spread among family members.

- Have regular air ventilation and wash your hands frequently.
- Refrain from taking actions which have a high risk of infections if you live together with your elderly family members and have close contact with them.

Consider refraining from going to work, etc., for a few days when a family member living with you becomes a close contact of an infected patient.

- *The average incubation period of the omicron variant is about three days (one to seven days). You should pay attention to your family member who became a close contact of an infected patient and see if the person shows symptoms or not.

2. Refrain from going to school or work and see a doctor early if you have symptoms.

Please consult with your family doctor or a medical care and examination institution. If you do not have a family doctor or you do not know where to consult, please consult with the consultation hotlines (Jyushin-Sodan-Senta).

3. When eating and drinking, fully be aware of the risk of infections.

- When having dinners in groups, limit the number of people to four per table and pay attention to the following points.

- Make sure not to attend the dinner when you feel unwell.
- Make sure not to speak in loud voices or speak without wearing a mask.
- Refrain from drinking in excess and make sure to finish the gathering in a short period of time.
- Make sure not to move to different tables.

(In the immediate future, restrictions will not be eased even with the vaccine-and testing package system or if all group members have been tested.)

- Use restaurants with thorough preventative measures in place.

*Make sure both the restaurant and you, the customers, take preventative measures thoroughly.

4. When traveling, take preventative measures including checking your physical condition and grasping the state of infections for the area you are going to.

5. Get vaccinated for COVID-19 when the vaccine becomes available.

- Obtain the right information about the vaccine.
- Thoroughly take basic preventative measures and take actions that do not transmit or contract the virus even after being vaccinated.

【To business operators】

○ All business operators

- Take preventative measures thoroughly at the workplace.
 - Have your employees thoroughly take preventative measures at the workplace such as thoroughly sanitising their hands, wearing a mask, as well as sanitising and having ventilation at the workplace.
 - Thoroughly check your workers' physical condition when they come to the workplace.
 - Be careful when switching places for break time or using a break room or a changing room, and when talking on the phone or having lunch.
- Make efforts to reduce person-to-person contact by making use of rotating or staggering work schedules, teleworking and online meetings.
- Recheck or draw up a Business Continuity Plan (BCP).
- Follow the industry-specific guidelines, etc. (Requests based on Clause 9 of Article 24 of the Act on Special Measures for Pandemic Influenza and New Infectious Diseases Preparedness and Response)

○ Business operators holding events

- When holding events, take the following preventative measures thoroughly regardless of the event's scale.
 - Arrange the seats to avoid the “Three Cs”-“Closed spaces with poor ventilation”, “Crowded places with many people nearby”, “Close-contact settings such as close-range conversations”.
 - Secure enough space between participants.
 - Understand the behavioural principles of performers and participants.
 - Have people thoroughly wear a mask.
 - Have air ventilation and sanitise the venue, etc.
- When holding events after 25 November, 2021, they should follow the requirements below.
 - When holding an event with over 5,000 participants and with a venue of over 50 percent of the capacity, please submit the “Infection Prevention Safety Plan” (Kansenboshi-anzenkeikaku) to the Prefecture two weeks before the event.
 - Organisers must submit an event achievement report to the Prefecture after the event.
 - For events other than those mentioned above, event organisers must create a check list for preventative measures by themselves and publish it on the event website. (Please refer to the “Request for cooperation when holding events”.)

【To facility administrators】

Thoroughly manage the staff's physical condition including their family members and if workers have symptoms and may be infected, make arrangements so that they can take days off and see a doctor immediately.

○ Universities and specialized training colleges

Make sure every student is informed and aware about taking preventative measures.

○ Elementary, junior and senior high schools and other schools

Based on the infection control manual, implement preventative measures in learning and club activities.

○ Medical facilities, facilities for the elderly, facilities for people with disabilities including children and facilities for children

Review the infection control manual and checklist of the facility, and thoroughly practice preventative measures.