

Emergency Message: To Prevent the Spread of COVID-19 Infections during the Year-end & New Year Holidays

The number of confirmed cases of COVID-19 in Hyogo Prefecture has been exceeding 100 for the seven-day moving average. To prevent hospitals from being overwhelmed and protect the lives and health of yourself and your loved ones, we must stop the spread of infections immediately.

Many cases have been confirmed in places such as households, workplaces, medical institutions, and social welfare facilities, and the infections are now spreading rapidly across Japan.

There are many opportunities to go out in December and during the year-end & New Year holidays. Please be aware that this is an emergency, and take extreme caution on the following.

The infection mitigation depends on the efforts of each and every one of you, working together with the strong will of “Together We Prevent, Together We Fight against COVID-19.” I would like to ask all of you for your understanding and cooperation in order to prevent any further spread of infections.



Ido Toshizo

Governor of Hyogo Prefecture

Be careful of the Five Situations

Please be careful of the following “five situations” that have a higher risk of infection, and **be conscious of your physical conditions and behavior afterward.**



1. Attending drinking parties
2. Dining and drinking in groups or for long hours
3. Having conversations without face masks
4. Co-living in small spaces and sharing communal spaces
5. Socializing in common areas such as rest area, smoking area, and changing rooms



Request for Avoiding Outings

- Avoid unnecessary and non-urgent visits to areas where a surge in infections have been observed, such as Tokyo and Osaka. Young people should take extra caution.
- All Hyogo citizens are requested to take utmost caution by avoiding unnecessary and non-urgent outings. Elderly people and those with underlying conditions are requested to avoid unnecessary and non-urgent outings.
- Avoid visiting facilities with higher risks of infections inside or outside of Hyogo Prefecture that do not implement infection prevention measures (in particular, eating and drinking establishments serving alcohol and/or providing individual customer services and karaoke parlors).
- When visiting eating and drinking establishments, please do so in groups of four or less (excluding family members or caregivers).
- Be cautious of your actions during, before, or after events such as visits to shrines and coming-of-age ceremony, and visiting facilities with higher risks.

Avoid bringing the virus home

- Pay attention to your health and **check your temperature** every day.
- If you have a fever or other symptoms, refrain from going out (including commuting to work or school) and call and seek advice from your family doctor, a medical institution in your community, the consultation center for patients with fever in the public health center, or Hyogo Prefecture's COVID-19 call center.
- Be sure to follow the basic infection prevention guideline "Hyogo Style" that includes **wearing face masks**, washing your hands, practicing physical distancing, and avoiding the Three Cs (confined spaces, crowded places, and close contact).
- When using heaters, **ventilate the rooms while maintaining proper humidity levels**.
- Please utilize the COVID-19 Contact Confirmation Application "COCOA" and the "Hyogo new coronavirus tracing system."

Avoid bringing the virus to the workplace

- Employers are requested to encourage their employees to **take thorough infection prevention measures at workplaces** (in particular, company cafeteria, rest area, changing rooms, etc.) and in dormitories, as well as during after-work drinking events.
- Employees must **check their body temperature and wear face masks** at their companies or facilities.
- Please implement measures to reduce in-person interactions, such as telecommuting and video conferences.

Avoid bringing the virus to hospitals and social welfare facilities

- Be sure to **monitor employees' health and behavior thoroughly** (taking caution when visiting facilities with higher risks, **checking temperature, wearing face masks**, etc.).
- Please urge contractors to take caution as well.
- As a general rule, please **avoid accepting visitors and allowing service users to go home or go out** during the year-end and New Year holidays.
- In cases where infection is suspected, **immediately contact the public health center or the Prefectural Health & Welfare Office of your region and follow their instructions**.

For eating and drinking establishments

- If you are part of the "Go To Eat" campaign, we request you to divide a group of guests into **smaller groups of four or less per table** (excluding family members and caregivers) by using **partitions, acrylic boards**, tables, etc. Those not part of the "Go To Eat" campaign are strongly requested to do so as well.
- Please thoroughly practice infection prevention measures based on each industry's guidelines and put up the "infection control poster" indicating that your facility is taking proper measures.
- Please register for the "Hyogo new coronavirus tracing system," and then download and post the QR code in visible places, such as on the tables and counters, of your facility.