

## Infection Prevention during the Holidays

# Emergency Request

Amid the COVID-19 infection resurgence across the country, the number of confirmed cases in Hyogo for the seven-day moving average has been exceeding 100 for more than a month; the number of week-over-week changes has been increasing as well. Regarding the medical capacity during the year-end and New Year holidays, 39 hospitals (530 beds) can accept patients as of January 1; however, the medical system continues to be strained.

To protect the lives and health of yourself and your loved ones, please spend safe holidays and take extreme caution on the following.

### Avoid hometown visits

- **Avoid hometown visits from areas where a surge in infections has been observed**, such as Tokyo and Osaka.

### Refrain from going out

- **Avoid unnecessary and non-urgent visits to areas where a surge in infections has been observed**, such as Tokyo and Osaka.
- **Avoid unnecessary and non-urgent outings.**
- If you have a fever or other symptoms, do not go out; call and seek advice from a doctor.
- **Avoid visiting facilities with higher risks of infections inside or outside of Hyogo that do not implement infection prevention measures** (in particular, eating and drinking establishments serving alcohol and/or providing individual customer services and karaoke parlors).

### Events during the holidays

- **Avoid large gatherings during the year-end and New Year holidays.**
- **Avoid peak hours** when visiting shrines, and **do not stay long, speak loudly, or eat/drink** on the premises.
- 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.**

### Do not bring in the virus from outside

- **Be cautious of your behavior such as eating and drinking, and manage your health properly by checking your temperature and wearing face masks to avoid bringing in the virus** to your home, workplace, medical institutions, and social and welfare facilities.

### Be considerate and supportive

- Take good care of yourself so that you will not become ill or injured; this will help reduce the burden of hospitals and emergency medical transportation.
- Support and give thoughtful consideration to patients, as well as essential workers, such as medical and social welfare workers who are protecting our health and everyday life, and their families.

(Reference) Consultation service from Dec. 29 to Jan. 3 (in Japanese)

<http://web.pref.hyogo.lg.jp/#soudan1229-0103>