

Continue to Take Infection Prevention Measures to Overcome the 7th Wave of Infections!

The number of new COVID-19 cases still remains high, and healthcare workers are facing a very difficult situation. The Obon holiday season is over, and the new school semester is about to begin. To overcome the seventh wave of infections, each of us needs to continue to take thorough and basic infection prevention measures and receive vaccinations. We also ask for your cooperation in preventing a medical crisis and in reducing the burden on public health centers.

1. Thoroughly implement basic infection prevention measures

- **Continue to take basic infection prevention measures** such as avoiding the Three Cs (confined spaces, crowded places, and close contact), wearing face masks properly, washing and disinfecting your hands, and ventilating rooms effectively. To prevent heatstroke, remove your face masks when not required. Please also ventilate the room regularly even when you are using air conditioning.
- If you have any symptoms at all, such as fever, cough, and sore throat, refrain from commuting (including your family members). Companies and schools are requested to take due measures to make it easier for employees to take leave.
- Please **stockpile enough food, daily necessities, medicine, and other items ahead of time** so that you will not be in a pinch should you become infected and must take the 10-day recuperation period.

2. Get vaccinated

- Young people also have **risks of symptom exacerbation and developing post-COVID conditions**. To protect yourself and your loved ones, please receive a third dose of vaccination as soon as possible.
- **Elderly people and those with underlying conditions have higher risks of symptom exacerbation** once infected, so **please receive a fourth dose of vaccination as soon as possible** after five months have passed since the third dose.

3. Help prevent a medical crisis and reduce the burden on public health centers

- Companies and schools are requested not to require employees/students to **undergo tests to confirm that they are negative or to submit any certificates** before they resume commuting.
- We distribute the antigen test kits to those with mild symptoms upon request. If you test positive on a self-test, please **register with the Self-Recuperation Registration Center**.