

Curb the Sixth Wave of Infections by All Means!

It was decided on January 25 that the pre-emergency measures will be applied to all areas of Hyogo Prefecture. Due to the highly infectious Omicron variant, we have entered the sixth wave of infections and the new case count have reached 3,360, the highest recorded number ever, on January 25. We request Hyogo citizens to implement the following with a strong will to prevent the spread of infections by all means in order to prevent overwhelming hospitals and protect social activities.

1. Thoroughly implement basic infection prevention measures

- Thoroughly implement basic infection prevention measures in everyday life, such as properly wearing face masks (non-woven masks are recommended), washing or disinfecting your hands, achieving “Zero Cs” by avoiding the Three Cs (confined spaces, crowded places, and close contact), keeping a safe distance from others, and ventilating rooms.
- People in their 30s or younger account for approx. 70% of all cases. Take cautious actions and thorough infection prevention measures when going to common areas at school or the workplace, including club rooms, restrooms, cafeterias, changing rooms, and smoking rooms, or when commuting.
- Implement infection prevention measures at home, such as washing or disinfecting your hands upon returning home and managing the health of family members.
- If you feel unwell, immediately call and visit a medical institution. If you have any concerns about being infected, please take the free PCR test for Hyogo citizens.

2. Avoid risky behavior

- Avoid visiting crowded places at peak hours. Stay in small groups.
- Do not visit eating and drinking establishments after the shortened business hours. No risky behavior such as drinking alcohol in front of the shops, on the streets or in the parks.
- Refrain from talking loudly. When dining out, dine in groups of four or less per table in restaurants that are certified as taking proper measures (for restaurants that are not certified, go in a group of four or less) and do not stay in the restaurant for over two hours. Be sure to wear face masks during conversations.
- Facilities that attract many visitors are requested to take thorough infection prevention measures, such as urging visitors to keep a safe distance from others, wear face masks, and disinfect their hands.
- If you have symptoms such as fever, refrain from going on trips and participating in events.

3. Get vaccinated

- Get vaccinated and continue to take basic infection prevention measures even after vaccination.