

# Pre-emergency Measures Are Lifted: Continue with Measures to Curb the Infection Resurgence!

Pre-emergency measures for Hyogo Prefecture will be lifted as of March 21. Although the new case counts are decreasing, we still have been observing many cases at homes, elderly facilities, and schools. In addition, during the end and beginning of the fiscal year, we have many opportunities for events and travels, so we must not let our guard down. To prevent another infection surge, we request that every Hyogo citizen continue to take thorough infection prevention measures.

## 1. Thoroughly implement basic infection prevention measures

- Thoroughly implement basic infection prevention measures in everyday life, such as ventilating rooms regularly, wearing face masks properly, frequently washing or disinfecting your hands, keeping a safe distance from others, and achieving “Zero Cs” by avoiding the Three Cs (confined spaces, crowded places, and close contact).
- Implement infection prevention measures at home, such as frequently washing or disinfecting your hands, ventilating rooms, and managing the health of family members, especially elderly people and children.
- Dine quickly in small groups. 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). Be sure to wear face masks (non-woven masks are recommended) during conversations.
- Avoid sharing or reusing items and equipment that can be exposed to droplet particles. If you need to use them, thoroughly disinfect them before and after use.
- If you have symptoms, such as fever and cough, refrain from going to work, school, nursing school, etc., and call and visit a medical institution.

## 2. Avoid risky behavior

- Avoid visiting crowded places at peak hours, and stay in small groups.
- Do not visit eating and drinking establishments or karaoke parlors that do not take thorough infection prevention measures. Do not drink alcohol on the streets or in the parks.
- Elderly people and those with underlying conditions are requested to take precautions to reduce infection risks, such as only meeting with a small number of people that you frequently see.
- Facilities that attract many visitors are requested to take thorough infection prevention measures, such as limiting the entry of visitors, urging them to wear face masks, and preventing droplets from spreading.
- If you have symptoms, such as fever, refrain from visiting your hometown, taking trips, and participating in events.

## 3. Get vaccinated

- Get the booster dose. The first and second doses are also available, so get vaccinated as soon as possible. In particular, elderly people and those with underlying conditions are strongly recommended to get vaccinated.