

# Take Every Measure to Prevent Infections during the Summer Holidays!

The number of **new COVID-19 cases** in Hyogo Prefecture is **again on the rise**.

Do not let your guard down even during the summer holidays; **get vaccinated** and continue to **take basic infection prevention measures** when **visiting your hometown or taking part in festivals and leisure activities**.

Since this is the hottest season of the year, please **wear face masks properly according to the situation**. To prevent heat stroke, **remove your face masks when not required**.\*

## 1. Get vaccinated

- **Vaccine's effectiveness** against the Omicron variant **in preventing infections, onset of the disease and hospitalization** declines over time after the second dose, but **can be restored by the third dose**. Young people also have risks of exacerbation and long COVID once infected, so **please receive a third dose as soon as possible**.
- **Elderly people and those with certain underlying conditions** have higher risks of exacerbation once infected, so **please receive a fourth dose as soon as possible after five months have passed since the third dose**.

## 2. Thoroughly implement basic infection prevention measures

- **Continue to take basic infection prevention measures**, such as ventilating rooms regularly, frequently washing or disinfecting your hands, avoiding the Three Cs (confined spaces, crowded places, and close contact), and wearing face masks properly. In particular, **avoid conversations without face masks** at elderly facilities, company dormitories or other places for group living, and when taking breaks during sports or having meals.
- **If you have any symptoms at all**, such as fever, cough and sore throat, refrain from commuting (including your family members) and **call and visit a medical institution**. Companies and schools are requested to **take due measures to make it easier for employees to take leave**.

## 3. Take infection prevention measures when visiting your hometown or taking part in festivals and leisure activities

- When you **visit your hometown or take part in festivals and leisure activities**, be sure to **take thorough infection prevention measures**. Please **also get vaccinated and take tests** beforehand.
- **Wearing face masks** during hot weather presents **a risk of heat stroke**, so **remove your face masks when not required**.\*
  - \* (1) Indoors: When you can secure a proper distance and will not be having conversations
  - (2) Outdoors: When you can secure a proper distance or will not be having conversations