

Nagano Prefecture State of Emergency Measures

To Prevent the Spread of COVID-19

April 17, 2020

Nagano Prefecture COVID-19 Infection Prevention and Control Task Force

In response to the state of emergency declared for seven prefectures on April 7, Nagano Prefecture has worked actively to strengthen its efforts towards infection prevention and control. Among other initiatives, Nagano Prefecture has issued a COVID-19 advisory for the Nagano and Matsumoto areas.

The Japanese government has since extended the state of emergency to the entire country, in hopes of establishing a stronger collective effort by all prefectures against the novel coronavirus. Across the country, the general policy regarding the novel coronavirus is as follows:

- Contain clusters and reduce physical contact to curb the rate of infection in each region
- Make every effort possible to minimize cases of severe illness and death
- Minimize social and economic impact

Especially in Nagano Prefecture, the spread of infection due to the movement of people coming from areas with widespread transmission has continued. If this movement continues into the upcoming long holiday, transmission within our prefecture will increase rapidly, and could lead to the collapse of our medical system. Widespread transmission due to movement poses a major risk not only to Nagano Prefecture, but to the country as a whole. To prevent such an outcome, thorough action is imperative.

Based on the above, and in addition to its efforts thus far, Nagano Prefecture will enforce and request increased vigilance in regards to the following efforts until May 6, the date through which the nationwide state of emergency declaration extends.

Residents and businesses in the prefecture are asked to refrain from going to or coming from areas with widespread infection, reduce contact with others as much as possible, help prevent the spread of infection at medical institutions, and avoid places with a high risk of transmission. Nagano Prefecture has implemented strengthened infection prevention and control measures and has declared a COVID-19 advisory, however, stricter measures are still necessary. Moving forward, we ask for your understanding and cooperation for the well-being of both yourself and your loved ones.

Together as one, we can overcome these trying times.

1. **For Residents of Nagano Prefecture**

(Act on Special Measures for Pandemic Influenza and New Infectious Diseases Preparedness and Response, Article 45(1))

Request to Stay Home

- In aims to reduce physical contact by 80 percent, residents and those currently staying in Nagano Prefecture are asked to refrain from going outside for nonessential reasons.
- Staying home is the best way to protect your health and the health of your loved ones. Please also be sure to monitor your family's health.

Essential Reasons

Visiting a medical institution, purchasing daily necessities such as food, commuting to work at the minimum necessary to continue your business, taking a walk to maintain health, etc.

Request to Refrain From Traveling Across Prefectures

- In principle, residents are asked to avoid traveling across prefectures, even during long holidays.
- If you currently live in another prefecture, please refrain from making nonessential and nonurgent trips to Nagano Prefecture, including coming home.
- Please continue to thoroughly follow all previously issued guidelines on infection prevention.

2. **For Businesses**

Request for Designated Public Organizations Continuing Business

- Designated public organizations, designated public local organizations, and other businesses deemed essential to society (e.g. those related to infrastructure, supply of daily necessities, finance, and distribution and transportation of goods) are asked to ensure thorough infection prevention measures so that businesses operations can continue, even if postponed, according to Business Continuity Planning (BCP).

Request for Thorough Infection Prevention Measures at General Businesses Establishments

- Commuting to work is excluded from the above request to refrain from going outside. However, businesses other than the ones listed above are asked to actively enforce telework and staggered work hours, and to reduce the number of staff physically reporting to work as much as possible.
- Please implement thorough infection prevention measures such as reducing the density in the workplace, and encouraging hand washing, wearing a mask, and regular ventilation.

Request for Thorough Infection Prevention Measures at Food Establishments and Supermarkets

- At food establishments, increased infection prevention measures such as keeping ample distance between customers, and introducing home delivery and takeout, should be considered.
- At shops such as supermarkets which are used by unspecified populations, please consider infection prevention measures such as keeping ample distance between customers at checkout lanes.

Consideration for Facility Use Restrictions

- Great consideration is being taken with regards to the impact of facility use restrictions on the effectiveness of infection spread prevention, residents' daily lives, and the prefecture's economy. Going forward, we will consult with the national government.

3. Efforts by Nagano Prefecture

School Closures

- All prefectural schools are to be closed at the same time. In situations where student attendance is unavoidable, schools are asked to take thorough measures to prevent the spread of infection.
- Municipalities are requested to take the same measures.

Suspension of Prefectural Facilities

- With the exception of facilities deemed essential to society, the use of facilities by unspecified populations and unspecified numbers of people shall be suspended, as such use could lead to the invitation of people from outside of the prefecture. Municipalities are also requested to consider suspending the use of accommodations, roadside stations, campgrounds, art museums, and other facilities which bring in guests.

Strengthening Medical Provision and Inspection Systems

- Efforts to quickly strengthen medical provision and inspection systems include the prompt establishment of at least one location in each region at which procedures ranging from initial diagnosis to sample collection can be performed.

Reforming the Prefecture's Work System

- The Prefectural Government has ensured that work concerning COVID-19 infection prevention and control measures, and work which greatly impacts the lives and property of residents, will be maintained as usual. For all other fields, the number of employees physically reporting to work will be reduced by approximately 50 percent.

4. Other

Request for Responsible Purchasing

- The distribution and transportation of goods will continue, so please purchase your daily necessities responsibly. Please do not panic-buy or hoard items.

Request for Consideration of Human Rights

- Please remain calm as to not incite bullying of or prejudice against others including patients, infected persons, medical staff, residents of areas for which the original state of emergency was declared, and those who have come to Nagano Prefecture from other areas.