

Please follow safe practices to prevent transmission of COVID-19!



We ask the following of Nagano's residents, visitors, and businesses.

1. Observe Nagano Prefecture New Lifestyle Guidelines

- ✓When eating or drinking with others, please practice careful precautions.
(e.g. finish eating and drinking in a short time, do not talk too loudly)
- ✓When entering a business, cooperate with precautionary measures.
(e.g. wear a mask, sanitize your hands)

2. Be cautious if you visit areas with high rates of COVID-19 infection

Be aware of wearing a mask in crowds, or sanitizing your hands, etc.

3. Call a health center if you have a fever and are concerned. Call a health center or hospital before visiting directly.

Call 0120-691-792 for consultation in 15 languages. (8:30 a.m. to 17:15 p.m. everyday)

4. Take precautions thoroughly to prevent infection and transmission in your workplace

- ✓Take precautions thoroughly during break time to prevent infection and transmission.
(e.g. reduce a seating area to maintain a distance between people, sanitize seats regularly, take customers' temperatures, wear a mask, ventilate properly)
- ✓Follow infection prevention guidelines.



Arukuma, Nagano Prefecture Mascot
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Three Keys to Prevent Infection and Transmission

1. Maintain a distance with others of 2 meters when possible (at least 1 meter).
2. Wear a mask in crowds.
3. Wash and sanitize your hands.

Anyone can be infected with COVID-19. Please treat the infected, their families, and medical staff with care so as not to infringe upon their human rights.

信州版「新たな日常のすゝめ」

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Nagano Prefecture New Lifestyle Guidelines
Wash your hands / Avoid crowded places / Ventilate regularly