

to Provide Essential Medical Services and Save Precious Lives

The number of COVID-19 patients in Nagano Prefecture is currently rapidly increasing. As a result, we face a difficult situation providing medical services to those who need them for COVID-19 and other treatments, and have declared a State of Medical Emergency. We are at risk of being unable to save lives that should be saved. To help protect your life and those of your loved ones, please be more aware of the subsequent measures than ever.

1 Key Precautions

- ✓ **Reduce social interactions.**
- ✓ **Avoid nonessential outings, for older adults and those with underlying conditions.**
- ✓ Avoid the “Three Cs” (Closed spaces, Crowded places, Closed-contact settings).
- ✓ Wash and disinfect your hands.
- ✓ Stay indoors if you feel unwell (or have been sick within the last 10 days).

Call your family doctor when you feel unwell. If you do not have a doctor or would like to request multilingual support, **call 0120-691-792** (24 hours).

2 Practice the Following

(1) **Refrain from spending long periods eating and drinking in large groups.**

- ✓ Eat and drink in small groups for short times while practicing social distancing.
- ✓ Be more cautious if you are with unfamiliar persons.

(2) **Do not travel to and from areas* with more serious pandemic status.**

- ✓ If you do need to visit Nagano Prefecture from the areas below, check your prefecture’s requests to residents, do not meet with older adults or people with chronic diseases, and monitor your health condition.

* Prefectures covered by the state of emergency (Tochigi, Saitama, Chiba, Tokyo, Kanagawa, Gifu, Aichi, Kyoto, Osaka, Hyogo, Fukuoka), the Greater Tokyo Area, Kansai Area, etc.

(3) **If you visit Nagano Prefecture, first check your prefecture’s request regarding outings.**

- ✓ If you still need to visit Nagano Prefecture, avoid eating in large groups or other behaviors that have a high risk of contagion and monitor your health condition thoroughly for two weeks before your departure.
- ✓ Cancel your travel if you have felt unwell within the last 10 days, including the date of departure.
- ✓ Pay particular attention when eating with others or sharing a home or car.

(4) **If you live with older adults or people with underlying conditions, disinfect objects you touch and wear a mask while at home.**

(5) **Carefully consider the necessity of tourism and hosting events.**

- ✓ Do not actively recruit visitors from prefectures that are subject to the state of emergency

declaration.

- ✓ If holding large events, contact Nagano Prefecture in advance and take measures to prevent transmission. Postpone or cancel events if needed. Carefully consider the necessity no matter the size of the event.

(6) Do not discriminate against COVID-19 patients, their families, medical staff, or people from areas with higher rates of infection.

Anyone can be infected with COVID-19. Act without bias.