

# Requests from the Governor of Nagano Prefecture for the end of the fiscal year (March 15)

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Approaching the change in fiscal years, which brings growing opportunities to interact with those outside of one's normal sphere, Nagano Prefecture has designated March 20–April 9 a **period of strengthened infection and prevention control**. In addition to adhering to the requests below, we ask for the cooperation of citizens and businesses in keeping travel, dining, meetings and vacation days: **small scale, staggered in timing, and remote** when possible.

## 1 Long-distance travel (business trips, leisure, visits home)

- As the new, more contagious variant of COVID-19 has been found within Japan, travelers to destinations outside of Nagano should **carefully follow standard precautions, avoiding large group meals** and other high-risk situations. If sufficient precautions cannot be taken, please consider suspending or postponing plans.
  - ✓ We will provide notifications regarding areas with higher rates of infection. We ask that **residents avoid travel to these areas** if possible.
- If traveling to Nagano Prefecture for school, work, or visit to a family home, please consider **staggering travel times to avoid** the period of March 20–April 9.
  - ✓ Please monitor your health **for two weeks prior to the visit, and avoid high-risk behavior** such as dining in large groups.

## 2 Daily life

- We ask that residents **wear masks when interacting with others, and avoid going out with flu-like symptoms and within the first two days after** symptoms have improved.
- Please adhere to the Nagano Prefecture New Dining Guidelines, and avoid situations in which the guidelines cannot be followed. Take care to not gather **large groups indoors** (maintain distances of one meter) or **spend too long at group meals** (aim for meals lasting less than two hours).
- Though the season offers many opportunities for dining events, please attempt to **refrain from dining with those whom you do not live or work with** day to day.

## 3 Employers, universities and other higher education institutions

- When conducting **company and school entrance ceremonies**, please assess appropriate steps to reduce the risk of infection.
  - ✓ In addition, when planning staff transfers and moves, please allow for staggered travel times to **avoid the period of March 20–April 9** if possible.
- When receiving staff or students from areas with higher rates of infection, please instruct the incoming party to **monitor their health for two weeks prior to moving, and to avoid high-risk behaviors** such as dining in large groups.

Let us reject discrimination and hearsay, and stand together in embrace of **compassion** and widening circles of **support**.

ABE Shuichi  
Governor of Nagano Prefecture  
March 15, 2021