

Our Requests to the Prefecture Based on the Medical Care Alert

The number of COVID-19 patients in Nagano Prefecture is currently rapidly increasing. If current trends continue, we will face a difficult situation providing medical services to those who need them for COVID-19 and other treatments. To help protect your life and those of your loved ones, please thoroughly practice the following along with basic precautions.

Keep in Mind

1. **Avoid behaviors that have a high risk of contagion** if you are elderly or have underlying conditions.
2. **If eating and drinking alcohol with 5 or more people, thoroughly practice infection prevention measures.** If precautions are not possible, avoid group meals.
3. **Avoid visiting or returning home from areas with high rates of infection***. If travel cannot be avoided, reduce social interactions and duration of stay as much as possible, or take other utmost precautions.
4. **If you travel, choose destinations in Nagano Prefecture and limit company to household members** if possible.
5. **For businesses**, please thoroughly practice guidelines for preventing the spread of infection and **declare promotion of COVID-19 measures**. **For residents, select restaurants with a COVID-19 Measures Promotion Declaration sticker.**
6. **For businesses, increase work from home, other types of teleworking, and flex time** for employees. **Remind staff to continue to practice precautions when they move to other locations** during breaks.
7. Infections in hospitals and welfare facilities, and infections of kindergarteners and children, have been identified. **For facility managers, thoroughly practice precautions.**



Basic Precautions

- ✓ Reduce social interactions.
- ✓ 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 feel unwell. If you do not have a doctor or would like to request multilingual support, **call 0120-974-998** (24 hours).

*For details,
please visit the Nagano Prefecture Intercultural Consultation Center website:
<https://www.naganoken-tabunka-center.jp/en/covid19-info/>



Special Requests While the Medical Care Alert is in Effect (May 10)

The Covid-19 pandemic continues to increase nationally, and a state of emergency has been issued for some areas. The number of people infected with COVID-19 variants* is increasing in Nagano Prefecture too. We ask all residents to keep the following in mind.

*The variant viruses are highly contagious, and may be more likely to lead to serious illness.

1. **Avoid social interactions. For the elderly and those with underlying conditions, please act cautiously.**

- Avoid crowded places and times.
- Avoid eating and meeting in large groups.
- Wear masks properly. (Cover your nose without leaving space.)
- Maintain social distance of at least 1 meter.
- Avoid closed spaces, crowded places, and closed-contact settings. (Ventilate thoroughly.)
- In the workplace, promote working from home, other types of teleworking, flex time, and stagger break times.

2. **When visiting destinations or family homes outside of Nagano, carefully consider the necessity of the trip. We ask that residents avoid nonessential travel to areas with high rates of infection* if possible.**

- Talk with your family about the necessity of travel.
- If you do need to travel, avoid eating in groups and other high-risk behaviors.

3. **To prevent serious illness and the spread of infection, detect and respond to symptoms early.**

- Take your temperature and check your health every morning. If you have a fever or other flu-like symptoms, stay indoors and consult with your home doctor immediately.
- If you have visited areas with high rates of infection, crowded places or closed spaces, or had contact with someone you are not usually with, carefully monitor your health.

4. **When eating at restaurants, practice Nagano Prefecture's New Dining Guidelines and select ones with a Covid-19 Measures Promotion Declaration sticker.**

Basic Precautions

- ✓ Reduce social interactions.
- ✓ 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 0120-974-998** (24 hours).

*For details,
please visit the Nagano Prefecture Intercultural Consultation Center website:
<https://www.naganoken-tabunka-center.jp/en/covid19-info/>

