

Requests for COVID-19 7th Wave (July 20)

We ask for the cooperation of residents to avoid issuing a Special Medical Care Alert (with a hospital bed occupancy rate of 35% and more) and maintain socio-economic activity as much as possible.

1. Keep in mind to prevent infection and transmission

(1) What to do if you have had physical symptoms

• The elderly and those at risk of becoming seriously ill:

Please immediately contact and visit a local hospital or clinic if you have a sore throat, cough, fever, etc.

• If you have the above-mentioned symptoms: Please avoid going out.

• If the symptoms persist for some time: Please contact and visit a local hospital or clinic.

• When interacting with the elderly or those at risk of becoming seriously ill for family check-ins, please use free testing at pharmacies.

Asymptomatic people can transmit COVID-19. If you have no physical symptoms anymore, please avoid going out to crowded spaces, talking without masks or other high contingency behaviors.



Hospitals and clinics

(2) Practice thorough precautions

• When talking with others in close contact (within two meters) indoors or outdoors, please wear a non-woven mask.

• Please continue to practice thoroughly washing and sanitizing your hands, regularly ventilating and avoiding the "Three Cs" (closed spaces, crowded places, close-contact settings). Particularly remember to ventilate in air-conditioned rooms and family cars too.

(3) Consider vaccination

• If you* are subject to the fourth dose of vaccination, please consider getting your shot immediately to prevent severe symptoms.

*age 60 or older, those with chronicle conditions having passed five months since the third dose, etc.

• If you have not completed the third dose vaccination including the young people, please consider getting shots not only to prevent infection and severe symptoms but to protect yourself from the aftereffects.



Vaccination sites managed by Nagano Prefecture

2. Keep in mind to behave appropriately depending on situations

(1) Mask wearing

Wear a mask properly. When not talking in close contact outdoors, you do not always need mask-wearing. Be careful of heatstroke too.

(2) Dining

See the New Dining Guidelines. Enjoy while taking precautions: select restaurants with a COVID-19 Measures Promotion Declaration sticker, wear masks and keep silent while eating, avoid talking loudly and eating for too long.



New Dining Guidelines

(3) Traveling

See the New Travel Guidelines. The number of people tested positive is increasing across Japan. Avoid contagious behaviors and pay attention to instructions from prefectures of your destinations. Enjoy safe travel by getting vaccinations and being tested for COVID-19.



New Travel Guidelines