

October 30, 2020

Request from the Governor to the People
(Precautions to Take When Participating in Events, Festivals and Other Gatherings)

With Christmas and New Year's soon approaching, activities with large gatherings will be increasing. There are likely traditions and practices of your own country as well. Please be mindful of the following should you participate in Christmas, New Year's or other activities.

- Please try to avoid events that are not taking general precautionary measures to prevent infection, or are taking place in locations where avoiding the 3 Cs is difficult. Activities or parties where large numbers of people are crowded together and where participants need to speak loudly should especially be avoided.
- Please make sure to take general preventative measures for infection when participating in events or eating out.
 - Maintain an appropriate distance from others.
 - Disinfect your hands.
 - Wear a mask.
 - Try to avoid having to shout or speak loudly.
- Taking into account the nature of these events, please refrain from going out and drinking large amounts at night or participating in activities where drinking is involved at restaurants or in the town streets.
- Depending on circumstances, please consider staying at home with your family or participating in events online or other new options to enjoy your time.

<Warning!> "5 Situations" That can Increase the Risk of Infection

1. Social gatherings involving alcohol (parties, etc.)
2. Eating and drinking in large groups for extended periods of time.
3. Speaking without wearing a mask.
4. Living in a narrow space with another person.
5. When relaxing (going into a smoking room during break time at work, etc.)

**Seeking Medical Consultation
when You have Symptoms of a Fever or Cold
<Changes After 11/16!>**

If you have the symptoms of a cold or fever, **please call a nearby primary care doctor.** Please do not visit without having contacted the medical institution first.

If you are unsure of what medical institution to visit, please call the “Medical Consultation Center.”

※For general questions or consultation regarding the coronavirus, please continue to contact the general consultation window.

Medical Consultation Center	General Consultation Window
089-909-3483	089-909-3468

