

**Governor's Request to the People of Ehime
(Changing to an "Infection Countermeasure Period" in response to the
Coronavirus)**

I would like to offer my thanks to everyone that has been helping to prevent the spread of the novel coronavirus.

In late march a variant of the coronavirus spread throughout downtown Matsuyama, quickly infecting approximately 200 individuals. The virus then spread to other areas of Matsuyama, and has now even spread throughout the entire prefecture in the blink of an eye. Unfortunately, we currently do not see any clear signs of the spread slowing down.

Within Matsuyama there have been a large number of infections daily, including an increasing number of new cases where there is no clear route of infection. The spread and penetration of the virus has reached a point where it is undeniable that the virus has deeply spread throughout the city.

The large number of daily positive cases has also put a large burden on medical facilities. If the current situation continues it will not only affect the prefecture's ability to treat coronavirus patients, it will also make it more difficult for emergency care and general care to be implemented. The prefecture could see a collapse in its medical response ability

The risk of infection and burden being placed on medical facilities is dire, and is one of the greatest hardships the prefecture has faced.

As such, as of April 8 and until April 21, I have moved the prefecture into an alert level of an "Infection Countermeasure Period" for two weeks. Several limitations on socio-economic activity will be put into place while the prefecture moves towards the following goals:

- **Suppress the spread of the virus through downtown Matsuyama and the rest of Matsuyama**
- **Prevent the virus from spreading from Matsuyama to other areas**
- **Suppress the spread of the virus within Matsuyama**

In order to lower the amount of daily contact between people, the following legal requests have been made:

- **Residents should lower the amount of times they go out as well as limit their opportunities to see others or assemble in groups**
- **Refrain from unnecessary travel to Matsuyama**
- **Refrain from unnecessary travel/business trips to areas heavily affected by the virus**

The following additional request has been made to residents of Matsuyama

○ Refrain from going out unnecessarily

I hope that everyone will also abide by the following requests:

○ Limit contact to people that you see every day

○ If you are feeling unwell avoid going outside or interacting with people

○ Make sure to follow general infection prevention measures (properly wearing a mask (having your nose exposed negates the benefits of wearing a mask), and disinfecting your hands are especially effective)

○ Avoid situation that fall under the “3 Cs”

During these two weeks we must find a way to suppress the spread or else there will be serious effects on medical facilities, socio-economic activity and the daily lives of everyone.

I hope that we may all work together to overcome this hardship, and request that everyone exercise their utmost precaution and assistance in these efforts to seriously face the virus.

《Request to help suppress the spread of the virus (legal request until 4/21)》

○ Lessen your opportunities of going outside and interacting / assembling in groups with other people.

- Limit contact to people you see every day (even if family, avoid meeting with people you do not see regularly)
 - ※ Necessary interactions such as elderly care or activities needed to support daily life are not included
- Avoid traveling outside and interacting with others if you feel ill
- Make sure to follow general infection prevention measures (properly wearing a mask (having your nose exposed negates the benefits of wearing a mask), and disinfecting your hands are especially effective)
- Avoid situation that fall under the “3 Cs”

○ Refrain from unnecessary travel to Matsuyama

[Request to the people of Matsuyama]

Refrain from going outside unnecessarily (not only at night, but also during the day)

※Examples of unnecessary outings

- Gathering together with friends, colleagues or other individuals that aren't family
- Going out to participate hobby sports, cultural activities or other leisurely activities
- Regional gatherings such as town meetings
- Participating in events or gatherings that have an unspecified number of attendees

⇒ Please also strongly consider not participating in or delaying any plans you may have already made during this two week period

○ **Refrain from unnecessary travel/business trips to areas heavily affected by the virus (such as specified capital areas or prefectures that currently have semi-emergency coronavirus measures in place)**

- When traveling or going on a business trip is necessary, abide by the precautionary measures set in place by the local municipality and practice general preventative measures.
- Carefully monitor your health for two weeks after returning to Ehime and refrain from participating in any group gatherings if you partook in any activities with a risk of infection.

※Capital Areas

Areas that were determined to need to take state of emergency measures up until March 3, 2021.

(Tokyo, Saitama, Chiba, Kanagawa)

※Areas with semi-emergency coronavirus measures in place

(Applicable areas as of 4/8: Miyagi, Osaka, Hyogo)

- Care should be taken when traveling to areas that have been showing an increasing number of cases, etc.

○ **Be mindful of the following when eating in groups**

• **Eating out should generally be in groups less than 4**

- Only eat out with individuals you see daily that have not partaken in any high infection risk activities
- Make sure there is ample space between seats
- Do not raise your voice or let yourself get out of hand
- Avoid eating and drinking for extended period of time (2 hours or less)
- Use facilities that are taking proper infection prevention measures

■ **Precautions for eating in groups** ■

① **Confirm whether the facility being used has taken infection prevention measures**

《Points to keep in mind when choosing a restaurant》

Is there ample space between seats, are employees wearing masks, does the facility have disinfectant spray in place for use, is the facility properly ventilated

② **Confirm the activity of participants for the last 2 weeks**

Make sure the participants have not been in any of the “5 Scenarios” that have an increased risk of infection such as late night drinking in downtown

③ **Make sure no participants are feeling unwell the day of the event**

○ **Be wary of the “5 Scenarios” that have an increased risk of infection**

※ “5 Scenarios”

① Group celebrations that involve drinking, ② eating in large groups for extended period of time, ③ conversing without wearing masks, ④ communal living in a small space, ⑤ carefreely strolling (ex: going out to take a smoking break)