

**Requests to prevent the spread of infection of COVID-19
from the Governor of Ehime (Partial Summary)**

There is the possibility of contamination within Ehime's Matsuyama and Ainan. If matters are left unattended a state of emergency may be declared. **In order to prevent a state of emergency, I am strongly requesting all citizens to take precaution for the next two weeks (4/26), avoiding unnecessary activities and outings that could lead to contact with others.**

(1) "Protecting Oneself from Infection"

- **It is of utmost importance to take personal steps to ensure your own safety.**
- Everyone should pay close attention to their health and practice basic anti-contamination practices such as "proper hand washing".
- Avoid the following 3 situations where risk of contamination is higher: closed spaces with poor ventilation, crowded places with many people nearby, and close-contact settings such as close-range conversations. Situations where the above conditions overlap should especially be avoided.
- **Downtown restaurants and other food places have been found to be locations of contamination for both the young and elderly throughout various regions, and should be especially avoided. (This is a formal legal request for cooperation.)**

(2) "Be Careful Not to Spread the Virus to Others"

- Wear a mask at all times when possible. When attaining a mask is difficult, proper coughing etiquette should be practiced. Conversations with others should be done with sufficient space between one another, and the "3 situations where risk of contamination is higher" listed above should be avoided and never hosted.
- Individuals who think they may have contracted the virus due to having recently returned to Ehime from an outside at-risk prefecture or because they dined at a restaurant downtown, should be especially mindful towards preventing the spread of the virus. Speaking with others in close proximity and areas where an unspecified large amount of people can gather should be avoided at all costs for a minimum two weeks.

(3) "Avoiding Unnecessary Outings and Leaving the Prefecture"

- **The regions that have declared a state of emergency have made statements to request no unnecessary outings and for many organizations to temporarily suspend business. Please exercise restraint in traveling to these regions.**
- If travel to one of these regions is necessary, areas where crowds may gather should be avoided whenever possible. After returning home, continue practicing general contamination preventative measures and avoid going outside if you are feeling unwell.
- As long as there is no effect on every day and work life, stay inside.
- If going outside is necessary, limit outings to buying necessary house supplies or visiting a medical facility.

*People panicking and flooding to hospitals and shopping centers can increase the risk of contamination by creating situations where close contact is inevitable. Be careful to avoid panicking and protect yourself from these crowded situations.

- **Within Ehime, travel to areas such as Ainan (including the nearby Sukumo City, Kochi Prefecture) or Matsuyama and the surrounding Chuyo region should be avoided.**

(4) Act in Accordance with Accurate Information

- If you have a fever of 37.5 C for 4 days or longer, please contact a Returnee/Contact Consultation Center (089-909-3468).
- Disregard information that has no basis such as the shortages of certain supplies.
- Listen to the information provided by the prefecture and act accordingly.
- The hospital beds for those who have been infected with the disease are properly quarantined. The general populace should not worry about being infected from these patients if they need to go to the hospital.

(5) Exercising Restraint in Visiting Elderly and Medical Facilities

- In order to prevent the spread of the virus to the elderly and immunocompromised, who are more likely to suffer severe symptoms from the virus, please avoid visiting elderly facilities and visits/meetings at medical facilities.

If you are having any trouble or have concerns, please contact EPIC (Ehime Prefecture International Center) for help.

Phone Number 080-4783-5253

(Monday – Saturday 9:00am-5:00pm) *Closed on holidays.