

January 8<sup>th</sup> Message from the Governor (Excerpt)

To all citizens of Shimane Prefecture,

On January 7<sup>th</sup>, a state of emergency was issued for the Tokyo Metropolitan Area, Saitama Prefecture, Chiba Prefecture, and Kanagawa Prefecture, and the national government's basic response policy was changed.

Based on this change, I request the following to all citizens.

These requests shall be applicable until February 7<sup>th</sup> 2021.

(Regarding Travel Between Prefectures)

1. Please refrain from travel to and from the areas under a state of emergency—namely, Tokyo Metropolitan Area, Saitama Prefecture, Chiba Prefecture, and Kanagawa Prefecture.

In addition, please carefully reconsider travel plans to areas where prefectural governments have requested that citizens refrain from non-essential outdoor travel—namely, Sapporo City and Asahikawa City (Hokkaido), Fukushima City (Fukushima Prefecture), Ibaraki Prefecture, Tochigi Prefecture, Gunma Prefecture, Aichi Prefecture, Osaka Prefecture, Hyogo Prefecture, Hiroshima City (Hiroshima Prefecture), Nagasaki City (Nagasaki Prefecture), Miyazaki Prefecture, etc.

In particular, please refrain from travel if you have symptoms such as a fever.

Except for when you have symptoms such as a fever, you do not need to refrain from travel if the purpose includes work, job hunting, taking exams, funerals, nursing care, etc.

(Thorough Practice of Basic Infection Prevention Measures)

2. To prevent infections at your workplace or household, please be careful of the “5 situations” where there is a high risk of infection: social gatherings involving alcohol consumption, dining out with large numbers of people or for a long period of time, having conversations without wearing a mask, living with others in a confined space, and switching locations. In addition, please thoroughly practice basic infection prevention measures such as avoiding the “Three Cs,” social distancing, wearing a mask, disinfecting your hands, etc.

(Regarding the Use of Food and Drink Establishments)

3. Assuming that citizens will only visit establishments that thoroughly practice infection prevention measures:
  - (1) Please refrain from eating or drinking with non-residents of Shimane Prefecture (including non-alcohol consumption), whether you are in Shimane Prefecture or visiting another prefecture.
  - (2) To all families who host visitors from outside Shimane Prefecture—for two weeks after those visitors leave, please refrain from eating or drinking with anyone except for immediate family members (including non-alcohol consumption).
  - (3) To all citizens who have recently traveled to other prefectures—for two weeks after returning to Shimane Prefecture, please refrain from dining with anyone except for immediate family members (including non-alcohol consumption).

(4) Regarding the use of “food and drink establishments where staff may entertain customers,”

- ① Please refrain from visiting such establishments outside of Shimane Prefecture.
- ② In Shimane Prefecture, please refrain from visiting such establishments with visitors from outside Shimane Prefecture.

However, Tottori Prefecture, as well as areas of Hiroshima and Yamaguchi Prefectures where citizens of Shimane Prefecture usually visit for daily necessities (e.g. work, shopping, etc.) shall be treated the same as within Shimane Prefecture.

(Ventilation During the Winter)

4. To prevent the spread of COVID-19 during the winter, please maintain an appropriate indoor environment (temperature, humidity, etc.) and adequately ventilate rooms, as outlined in the national guideline entitled “Points to Prevent COVID-19 in Cold Places.”

(Regarding Use of the Contact-Confirming Application)

5. To prevent the spread of COVID-19, please proactively install and use the Contact-Confirming Application (COCOA), provided by the Ministry of Health, Labour and Welfare.

(Actions to Reduce Contact in Offices)

6. At workplaces, please implement policies to reduce physical contact between people, such as remote working (“telework”), flexible working hours (“flextime”), commuting by bicycle, etc.

(Preventing Prejudice and Discrimination)

7. I request that citizens strictly refrain from spreading rumors or defamation and slander towards infected patients and those close to them. Please act in a calm manner with respect for human rights, based on information from public institutions such as prefectural and municipal governments.

The Shimane Prefectural Government will do everything in its power to prevent the spread of infections, strengthen medical systems, and revive the local economy, while closely coordinating with the Government of Japan, local governments, and medical institutions. We kindly ask all citizens for your continued understanding and cooperation.

8 January 2021

Maruyama Tatsuya  
Governor of Shimane Prefecture