

March 20<sup>th</sup> Message from the Governor (Excerpt)

To all citizens of Shimane Prefecture,

On March 18<sup>th</sup>, the Government of Japan ended the state of emergency under the Act on Special Countermeasures Against Novel Influenza, after deciding that emergency measures were no longer necessary. Even though the state of emergency has ended, there is still a risk of infection. Because there is still a need to continue basic infection prevention measures, for the time being, I request the following to all citizens.

(Regarding Travel Between Prefectures)

1. There are regions where the prefectural governments are requesting that citizens refrain from non-essential outdoor travel—namely, Miyagi Prefecture, Saitama Prefecture, Chiba Prefecture, Tokyo Metropolitan Area, Kanagawa Prefecture, etc. Please carefully reconsider travel plans to these areas.

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 relocation, taking exams, entering school, 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 continue to thoroughly practice basic infection prevention measures such as:
  - (1) Avoiding the “Three Cs”
  - (2) Social distancing
  - (3) Wearing a mask
  - (4) Disinfecting your hands, etc.

(Regarding the Use of Food and Drink Establishments)

3. Assuming that citizens will only visit food and drink establishments that thoroughly practice infection prevention measures:
  - (1) Please continue to 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) Please dine in groups of 9 people or fewer—however, if you have dined with a non-resident of Shimane Prefecture, or you have recently stayed at the home of someone outside Shimane Prefecture, then please refrain from dining in groups for two weeks.
  - (3) Please limit group dining to a period of 90 minutes.
  - (4) During the upcoming season of workplace welcome parties, if any new members who have recently relocated to Shimane Prefecture will be joining, then please hold such parties a minimum of two weeks after these new members arrive in Shimane Prefecture.
  - (5) 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.

(Adequate Ventilation)

4. To prevent the spread of COVID-19, please maintain an appropriate indoor environment (temperature, humidity, etc.) and adequately ventilate rooms.

(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.

In Shimane Prefecture, we have received the cooperation of businesses to publicly release store information when an infected individual used a store that an undetermined number of people also visited. We believe that such action has led to the prevention of infections.

The managers of these stores have cooperated with the Shimane Prefectural Government to prevent the spread of COVID-19, despite knowing that the store’s name being publicly released might lead to reputational damage or a decrease in sales.

Therefore, I request all citizens to strictly refrain from defamation, slander, or inconsiderate words and actions towards such stores.

The Shimane Prefectural Government will do everything in its power to prevent the spread of infections, strengthen medical systems, and revive the damaged 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.

20 March 2021

Maruyama Tatsuya  
Governor of Shimane Prefecture