

August 6th Message from the Governor

To all citizens of Shimane Prefecture,

On August 5th, the areas under “priority measures to prevent the spread of infections” were updated. In addition, the basic policy for dealing with COVID-19 has been updated. Therefore, I request the following to all citizens.

These requests shall be applicable until August 31st 2021.

(Regarding Travel Between Prefectures)

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

Please refrain from travel between Shimane Prefecture and “areas under priority measures to prevent the spread of infections”—namely, Hokkaido, Fukushima Prefecture, Ibaraki Prefecture, Tochigi Prefecture, Gunma Prefecture, Ishikawa Prefecture, Shizuoka Prefecture, Aichi Prefecture, Shiga Prefecture, Kyoto Prefecture, and Hyogo Prefecture, Fukuoka Prefecture, and Kumamoto Prefecture.

In addition, there are areas where prefectural governments are requesting that citizens refrain from non-essential, non-urgent outdoor travel as well non-essential, non-urgent travel across prefectural borders—namely, Iwate Prefecture, Miyagi Prefecture, Toyama Prefecture, Tottori Prefecture, Nagasaki Prefecture, Miyazaki 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 if you have symptoms such as a fever, you do not need to refrain from travel if the purpose includes work, job relocation, job hunting, funerals or memorial services, nursing care, coming-of-age ceremonies, 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) Washing and disinfecting your hands, etc.

In addition, if you are returning home to your family after having resided outside of Shimane Prefecture (due to a job transfer, etc.), please thoroughly implement household infection prevention measures such as:

- (1) Wearing a mask when talking to others, even in one's house
- (2) Disinfecting shared surfaces such as door knobs and switches
- (3) Frequent handwashing with soap or disinfection with alcohol
- (4) Regular ventilation of rooms by opening windows
- (5) Sleeping in separate rooms
- (6) Not sharing bathroom items such as towels and cups
- (7) Avoiding meals with shared dishes; not sharing tableware or cutlery

(Health Management at Home and the Workplace)

3. Even after being vaccinated against COVID-19, please do not become complacent, but continue to thoroughly practice infection prevention measures such as wearing a mask, washing your hands, etc.

If you develop a fever or cold symptoms, please do not hesitate to stay at home instead of going to work or school. Please avoid traveling outdoors. First, call your family doctor or the "Health Consultation Call Center" to receive a medical examination as soon as possible.

At each workplace, please make every effort to manage the health of employees, by promptly encouraging them to visit a medical institution if they are not feeling well.

(Regarding the Use of Food and Drink Establishments)

4. 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 12 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 total period of 2 hours (including dining at multiple establishments).
 - (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.
 - (5) At establishments that offer karaoke, please strictly observe the following rules to help prevent infections: wearing a mask, disinfecting equipment (microphones, remote controls, etc.), and social distancing while singing.

However, areas of Tottori, Hiroshima, and Yamaguchi Prefectures that 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)

5. 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)

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

(Actions to Reduce Contact in Offices)

7. 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)

8. I continue to request that citizens strictly refrain from spreading rumors or defamation and slander on the internet or SNS 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. Along with public announcements for those with a risk of being infected and widespread PCR testing, we are actively preventing the spread of infections.

This success is the result of store managers who have earnestly cooperated with the Shimane Prefectural Government to prevent the spread of COVID-19 among citizens, despite knowing that the store’s name being publicly released might lead to reputational damage or a decrease in income.

Defamation, slander, or inconsiderate words and actions towards such stores is no different to promoting the spread of infections. Therefore, I continue to request that all citizens strictly refrain from such negative behavior.

(Travel During the Summer Holidays)

9. Since August 4th, we are requesting that citizens of Shimane Prefecture do not travel to other prefectures, and that non-residents do not travel to Shimane Prefecture during the summer holidays. Currently, the state of infections in the country is the most serious that it has ever been, and so we ask for the cooperation of all citizens.

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 monitoring the state of infections around the country, as well as coordinating with the Government of Japan, local governments, and medical institutions. We kindly ask all citizens for your continued understanding and cooperation.

6 August 2021

Maruyama Tatsuya
Governor of Shimane Prefecture