

Shimane Prefectural Government Response

Shimane Prefecture COVID-19 Countermeasures Task Force

On August 25th, the areas under a state of emergency and areas under “priority measures to prevent the spread of infections” were updated. In addition, the basic government policies for dealing with COVID-19 have been updated, based on the state of infections throughout the country as well as within Shimane Prefecture. Therefore, I request the following to all citizens.

These requests shall be applicable until September 12th 2021.

1. Please refrain from travel to and from areas under a state of emergency—namely, Hokkaido, Miyagi Prefecture, Ibaraki Prefecture, Tochigi Prefecture, Gunma Prefecture, Saitama Prefecture, Chiba Prefecture, Tokyo Metropolitan Area, Kanagawa Prefecture, Gifu Prefecture, Shizuoka Prefecture, Aichi Prefecture, Mie Prefecture, Shiga Prefecture, Kyoto Prefecture, Osaka Prefecture, Hyogo Prefecture, Okayama Prefecture, Hiroshima Prefecture, Fukuoka Prefecture, and Okinawa Prefecture.

Please refrain from travel between Shimane Prefecture and “areas under priority measures to prevent the spread of infections”—namely, Fukushima Prefecture, Toyama Prefecture, Ishikawa Prefecture, Yamanashi Prefecture, Kagawa Prefecture, Ehime Prefecture, Kochi Prefecture, Saga Prefecture, Nagasaki Prefecture, Kumamoto Prefecture, Miyazaki Prefecture, and Kagoshima Prefecture.

Please also refrain from travel to and from any other prefecture not listed above.

Except if you have symptoms such as a fever, you do not need to refrain from travel if the purpose includes essential activities such as for work or school (including commuting), job relocation, job hunting, funerals or memorial services, nursing care, etc. However, please thoroughly implement basic infection prevention measures such as avoiding the “three Cs,” social distancing, and washing your hands, as well as measures to prevent infections among household members.

In addition, please consider postponing business trips for employees, or consider remote meetings instead of physical trips, unless it is absolutely necessary to physically meet.

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.

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
3. Even after being vaccinated against COVID-19, please 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.

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.

5. To prevent the spread of COVID-19, please maintain an appropriate indoor environment (temperature, humidity, etc.) and adequately ventilate rooms.
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.
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.
8. Citizens should not spread 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.