

## September 29<sup>th</sup> Message from the Governor

To all citizens of Shimane Prefecture,

On September 28<sup>th</sup>, the Government of Japan announced that the state of emergency as well as “priority measures to prevent the spread of infections” would end on September 30<sup>th</sup>. Therefore, the basic policy for dealing with COVID-19 has been updated.

Even after the state of emergency is lifted, there is still a need to practice basic infection prevention measures. Therefore, based on the state of infections in Shimane Prefecture and across Japan, as well as the basic policy for dealing with COVID-19, I request the following to all citizens.

These requests shall be effective from October 1<sup>st</sup> 2021 for the foreseeable future.

(Regarding Travel Between Prefectures)

1. There are areas where local governments are requesting citizens to refrain from non-essential, non-urgent outdoor travel. Please carefully reassess travel plans to such 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 involves work (including commutes), attending school, job relocation, job hunting, funerals or memorial services, 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) Washing and disinfecting your hands
  - (5) Ventilating rooms, etc.
3. If you are returning home to your family after having resided outside of Shimane Prefecture (due to a job transfer, etc.), or if you will temporarily leave Shimane Prefecture to visit family, 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)

4. Even after being vaccinated twice 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.

For parents and guardians, please follow these same procedures for your child if they develop a fever or cold symptoms.

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)

5. 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 8 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.

(Regarding Areas that Shimane Residents Visit for Daily Necessities)

6. In any case, Tottori (all areas) as well as the areas of 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)

7. 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)

8. 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)

9. 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)

10. 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.

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 and in Shimane Prefecture, as well as coordinating with the Government of Japan, local governments, and medical institutions. We kindly ask all citizens for your continued cooperation.

29 September 2021

Maruyama Tatsuya  
Governor of Shimane Prefecture