

Shimane Prefectural Government Response

Shimane Prefecture COVID-19 Countermeasures Task Force

Based on the state of infections in Shimane Prefecture and across the country, as well as basic government policies for dealing with COVID-19, we request the following to all citizens and businesses in Shimane Prefecture.

These requests shall be effective from 24 May 2022 until further notice.

1. Travel Between Prefectures

Except for the Chugoku and Shikoku regions, please refrain from unnecessary, non-urgent travel as much as possible between prefectures. If you must travel, please check any local government requests for your destination. Except if you have symptoms such as a fever, you do not need to refrain from essential travel if the purpose involves work, commuting, attending school, job relocation, job hunting, weddings, funerals or memorial services, nursing care, hospitalization, shopping for essential goods, etc. However, we request that you thoroughly practice basic infection prevention measures, including avoiding the “Three Cs.”

Please thoroughly practice household infection prevention measures whenever family or relatives from outside Shimane stay at your home, or when you stay at an individual’s home outside Shimane.

2. Thorough practice of basic infection prevention measures

To prevent infections at your workplace or household, 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.

In addition, please be especially careful at workplaces when moving around different areas (e.g. break rooms, changing rooms, smoking areas, etc.).

3. Health Management for Families and Workplaces

If you develop a fever or cold symptoms, please stay at home instead of going to work or school. Please avoid traveling outdoors. Promptly call your family doctor or the Shimane Prefecture COVID-19 “Health Consultation Call Center” to arrange for an examination at a medical institution.

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.

4. Free COVID-19 Testing

If you are asymptomatic but are concerned about possibly being infected, please receive a COVID-19 test. Free COVID-19 tests shall be available until June 30th.

5. Use of Food and Drink Establishments

Assuming that citizens will only visit food and drink establishments that thoroughly practice infection prevention measures:

(1) Number of People When Dining

- ① Please limit group dining to 8 people or fewer in Matsue and Izumo.
- ② Please limit group dining to 12 people or fewer in other regions of Shimane.

However, you are not restricted to the limits in ① and ② if all the following conditions are met:

- A) At the same table, there are acrylic panels, etc. between seats that face each other; for seats beside each other, there is at least 1 m of social distancing or there are acrylic panels, etc. between seats.
- B) Even if people are at separate tables, there is at least 1 m of social distancing or there are acrylic panels, etc. between seats.
- C) There are 6 people or fewer at one table.
- D) Participants do not move between tables to change seats.

These group dining restrictions do not apply for families, etc. who normally dine together in the same household.

- (2) Please limit group dining to a total period of 3 hours, including the time spent at multiple food and drink establishments.
- (3) Except for residents of the Chugoku or Shikoku regions, please refrain from dining with non-residents of Shimane Prefecture, both within and outside the prefecture.

At establishments that offer karaoke (including establishments where staff may entertain customers), we ask that citizens wear a mask, disinfect equipment (microphones, remote controls, etc.), and social distance while singing.

6. Additional (booster) vaccination

In order to prevent the onset or worsening of COVID-19 symptoms, we ask all municipal governments to continue the streamlined distribution of additional (booster) vaccinations, and to work towards implementing systems where all citizens who request additional vaccination may receive it.

7. Use of Contact-Confirming App

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

8. Actions to Reduce Contact at Workplaces

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

9. (Prevention of Defamation and Discrimination)

We strongly denounce rumors, defamation, or slander on the internet or social media 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 addition, we ask citizens to not defame or unjustly discriminate against those who are unvaccinated, including those who are unable to be vaccinated.