

A Message From Shimane Prefecture



■ COVID-19 Consultation Service

Shimane Multicultural General Consultation "One Stop Center"
(Shimane International Center)

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【Hours】 Weekdays 9:00~17:00

【Languages】 English, Chinese, Tagalog, Portuguese, Vietnamese, Korean,
Nepalese, Indonesian, Thai, Spanish, Burmese, Khmer, Russian, French

■ See here for information about COVID-19

Shimane Prefecture
Homepage



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■ We ask for your cooperation in practicing a "new lifestyle"

Basic Measures

- Please practice good hand hygiene (hand washing, etc.).
- Please wear a mask.
- Please frequently ventilate rooms.
- Please leave adequate space with other people (at least 1 m, 2 m if possible).
- Please strictly avoid the "Three Cs."
- Please avoid trips home or vacationing to places with spreading infections.
- Every morning, please check your temperature and state of health, and rest at home if you have a fever or cold symptoms.

Daily Life Examples

- Please go shopping either alone or in a small group, and avoid busy times.
- When eating, let's make use of takeout and delivery options, and avoid eating in large groups or sharing dishes, glasses, etc.
- For exercise, let's make use of training videos at home, and jog outside in small groups.

※ This information is current as of 1 July 2020, and may change based on future circumstances.