

Request from the Governor

Before going out, please be sure to check the following:

1. How are you feeling? Do you have any cold symptoms?
2. Does your destination draw large crowds or have poor air circulation?
3. Do you know the methods to reduce the risk of infection?



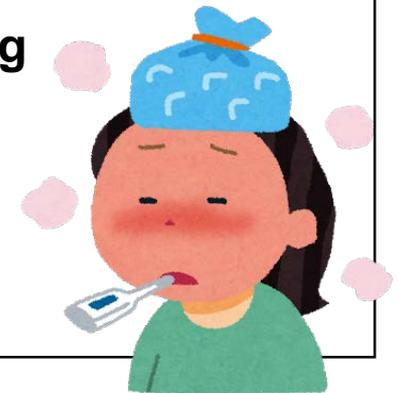
◆ Thank you for your continued cooperation and understanding.

1 How are you feeling? Do you have any cold symptoms?

○According to reports by experts, “individuals with mild symptoms are likely playing a large role in spreading COVID-19 without realizing it, especially the younger generation.”



- ◆ The symptoms are similar to those of a common cold, so if you have a sore throat, cough, or fever please refrain from going out.
- ◆ Make efforts to monitor the health of you and your family, such as by taking your temperatures, etc.
- ◆ In addition to washing your hands with soap and sanitizing your hands with alcohol, please also be sure to use the proper cough etiquette.



2 Does your destination draw large crowds or have poor air circulation?

○ According to reports by experts, “gathering in large groups in enclosed spaces with close proximity between persons (such as a friend’s house or concert hall) for a number of hours can lead to possible infections.”



- ◆ Spaces with poor air circulation and close proximity between people are high risk for the spread of COVID-19, so avoid such spaces regardless of the size of the space or the number of people.
- ◆ Make efforts to circulate the air inside your home, if possible opening windows on opposite sides for air flow.



3 Do you know the methods to reduce the risk of infection?

○According to reports by experts, “if individuals who present mild symptoms engage in activities outdoors or activities with limited person-to-person contact, as well as maintain a proper distance while conversing with others, the risk of transmission is low.”



- ◆ It's best to wear masks or stand an arms' length away from each other while in conversation.
- ◆ When going shopping, consider avoiding peak times when it may be crowded.
- ◆ Activities such as walking and jogging are considered low risk for transmission.

