

COVID-19

Concentrated Countermeasures

(4/8 W ~ 5/6 W)

- ◆ The Government COVID-19 Response Taskforce has declared a State of Emergency based on the Act on Special Measures for Pandemic Influenza and New Infectious Diseases Preparedness and Response.
- ◆ As the spread of COVID-19 has not reached an end yet in Hokkaido, during the national State of Emergency, Hokkaido will enter a period of Concentrated Countermeasures against COVID-19, with the continued and thorough implementation of the efforts we have made thus far to stop the spread.
- ◆ I ask that all the residents of Hokkaido reaffirm the importance of hand-washing and cough etiquette, as well as make efforts when going out to “Avoid the Three C’s” (closed spaces, crowded places, close-contact settings) that can lead to cluster outbreaks.

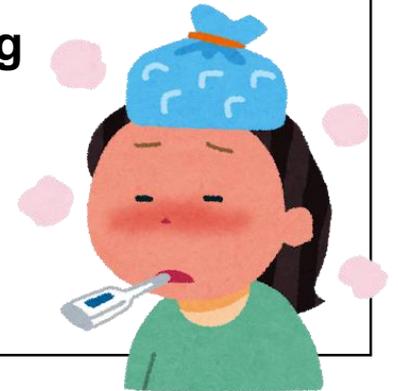
Hokkaido Governor Naomichi Suzuki

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.

