

# Request for Cooperation for Hokkaido Residents

During summer and Obon vacation, people are more active. Let's thoroughly implement the 3 actions to prevent the spread of COVID-19, especially in situations and places that require more caution.

## 3 SUMMER ACTIVITIES THAT REQUIRE CAUTION

TRAVEL /  
VISITING  
HOME

EVENTS such  
as FESTIVALS

CLUB  
ACTIVITIES

## 3 SITUATIONS / PLACES THAT REQUIRE EXTRA CAUTION

MEETING WITH HIGH  
RISK INDIVIDUALS,  
ELDERLY, OR PEOPLE  
YOU DON'T SEE OFTEN

EATING / DRINKING  
IN A LARGE GROUP

CROWDED  
PLACES

## 3 ACTIONS TO PREVENT THE SPREAD OF COVID-19

- Avoid the 3Cs, practice social distancing, wear a mask, wash and disinfect hands, and especially **ensure proper ventilation**. If you have a fever or other symptoms, refrain from traveling or going out unnecessarily, and see a medical professional.
- When eating out, keep the time short, refrain from heavy drinking and raised voices, and wear a mask during conversation.
- If you are worried you may have contracted COVID-19, take a test. Especially if you plan to meet with the elderly or those at high risk of developing severe symptoms, take a test and confirm a negative result.

If you are asymptomatic, it is possible to take a test at one of the Free Testing Sites. If you have symptoms, please visit a medical institution that accepts outpatients with fever.

### SMART MASK USE

- Please **wear a mask** when having conversations **indoors**.
- When **outside** where there is a **high risk of heat stroke**, as a general rule, **please do not wear a mask**.\*

\*Unless you are having conversations at a close proximity

### VACCINES

4<sup>th</sup> dose  
(booster)

If you are **over 60**, please consider an additional booster to prevent **severe symptoms**.

3<sup>rd</sup> dose  
(booster)

Especially **the younger generations**, please consider **making use of summer vacation** to get a booster.