

- It is important to continue basic infection countermeasures, even after the changes to mask wearing policy.
- The turn of the fiscal year brings a lot of movement as people go on to higher education, start new employment, transfer jobs etc. Please ensure that you continue to implement basic infection countermeasures and know what to do if you feel uneasy about infection or have symptoms.

BASIC INFECTION COUNTERMEASURES

- Avoid the “3C’s”
- Keep a distance
- Wash/disinfect hands
- Ventilate

MASKS

On March 13, government recommendations concerning the use of masks in Japan will change.

- As a general rule, there is no overall recommendation to wear masks outdoors.
- As a general rule, there is no overall recommendation to wear masks indoors. However, the use of a mask is still recommended in certain settings:
 - When in a medical institution.
 - When visiting medical institutions and nursing homes where many elderly and those at higher risk of serious illness are hospitalized or reside.
 - Crowded settings and areas such as commuter trains or buses.

Please note:

- Business operators may continue to require customers and staff to use masks.
- The policy regarding wearing masks at schools will change from April 1, 2023.
- If you are feeling sick, have tested positive for COVID-19 or are living with someone who has tested positive, please stay home to limit the spread of the disease. If you must go out for hospital visits etc., avoid crowded settings and areas and wear a mask.

※Please be respectful of the choices of other people regarding mask usage, and do not force anyone to wear or take off their mask.

IF YOU ARE WORRIED...

- If you have no symptoms, yet are concerned about being infected, take a test – regardless of your vaccination status.



IF YOU HAVE SYMPTOMS...

- If you have symptoms different from usual, refrain from going out to work or school etc.
- If you have symptoms, such as a fever, take a self-test and use the positive person registration center. If you are at high risk of becoming seriously ill and wish to see a doctor, contact your family doctor or a health consultation center.

For further details please check the infographic created by the Hokkaido Foreign Resident Support Center: “From Testing to Recovery - COVID-19 in Hokkaido”

www.hiecc.or.jp/soudan/emg/index.html



VACCINES

Consider getting the bivalent vaccine against the Omicron strain in a timely manner.

DAILY PREPARATION

Anti-fever medication, testing kits, thermometer, food and daily necessities