

Okayama Prefecture
COVID-19

Request to Prefectural Residents

Period: Starting April 1st, 2022 (Friday)

Posting date: March 29th, 2022



Protecting COVID-vulnerable individuals

- Please avoid any high-risk behavior when coming in contact with anyone who may be vulnerable to contracting COVID-19, such as those of advanced age or those with underlying conditions.
- When conducting meetings at social welfare facilities or medical institutions, please try to hold them via phone and internet as much as possible. In the case of face-to-face meetings, please check the physical condition and vaccine history of the participants, and limit the time, number of persons, and number of meetings in order to prevent the spread of infection.



If you feel unwell, see a doctor ASAP

- If you feel that your physical condition is even slightly unwell, regardless of whether or not you have a fever, please see a doctor as soon as possible, and refrain from going outdoors,



Be careful of high-risk dining

- When going out to eat, do so in small numbers and for a short amount of time, and refrain from speaking in a loud voice while in the restaurant.
- If possible, dine only at Okayama Prefecture Restaurant Disease Control Measures Third-Party-Businesses or those with thorough infection prevention measures.



Carry out thorough basic prevention measures

- When traveling, be sure to perform basic infection prevention measures, and avoid high-risk behavior at your destination.
- Adhere to the Mask Code (see next slide).
- For businesses, please adhere to the business-specific prevention guidelines (in accordance with Special Measures Law 24, Section 9).

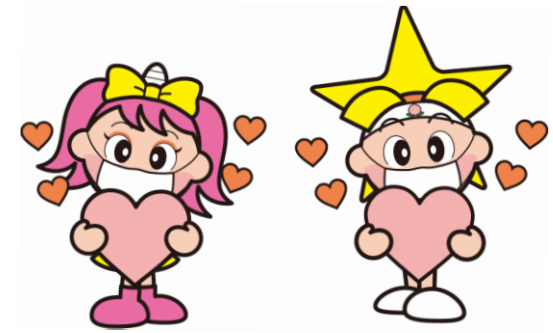


Get vaccinated

- Receiving your COVID vaccine can prevent the illness or severe symptoms.

Mask Code

Let's follow these guidelines to protect our families, coworkers, and healthcare workers.



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○ Wear your mask properly

Make sure your nose and mouth are covered by the mask.

Wear an unwoven mask in high risk situations.

○ Be sure to wear your mask during conversation

It's easy to be complacent on mask-wearing during break time, so exercise caution. **Case 1** Having mask-less conversation in the locker room or smoking area can lead to the spread of infection.

○ Be careful even when eating

When you speak at a restaurant, be sure to wear your mask.

Be sure to refrain from talking while eating.

Case 2 Your son comes home from out of the prefecture, and mask-less conversation at a dinner party infects the entire family.