

# A Message from Governor Ibaragi

## Regarding Summer Infection Prevention Measures

*There has been a recent increase in infections of the new Omicron BA.5 variant. In order to protect those at high risk of infection, including persons over the age of 65, please follow the countermeasures listed below.*

### Ventilate thoroughly, even when using the air conditioner

- Remember the first of the “Three Cs” : closed spaces with poor ventilation. You can avoid this by airing your room out regularly, even when using your AC unit.

### Continue to mask up, but also be mindful of heat stroke

- Wearing a face mask is one of the most important basic infection countermeasures.
- When speaking, including when eating out in groups, be sure to wear your mask.
- However, masks can also increase the risk of heatstroke. Therefore, when you are outdoors and not having a conversation, or can secure a distance of at least 2 meters from others, please take your mask off.

### If you are not feeling well, refrain from going outdoors, and see a doctor as soon as possible

- If you have a fever, a sore throat, a cough, or are just feeling unwell, refrain from going outdoors and traveling, and consult a physician as soon as possible.

### Getting a COVID-19 vaccination

- We recommend getting a vaccine early in order to prevent or lessen the effects of COVID-19. Younger persons should get 3 shots, while those over the age of 60 or those with underlying conditions should get 4.
- Before going on a trip or participating in a large-scale event, be sure to receive your vaccinations or a negative COVID test.

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IBARAGI Ryuta  
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