

# Okayama Prefecture [COVID-19]

Requests to all residents and business owners

Period: February 9 (Thursday), 2023 ~

Updated on February 9, 2023

## To all residents of Okayama Prefecture:

### ○ Follow basic infection prevention measures

- If you have a fever, sore throat, fatigue, or any other symptoms – even if they are mild – refrain from going out
- Practice proper hand hygiene, including hand washing, and thoroughly avoid the 3 C's (Closed spaces, Crowded places, and Close-contact settings)
  - ※In particular, pay attention to ventilation, including by making sure to let in fresh air regularly.
- Adhere to the Mask Code (see Page 6)
  - ※You do not need to wear a mask outdoors if you will be talking rarely and can maintain a sufficient distance (approximately 2m or more) from other people.

- Limit gatherings to as few people for as short of a period as possible, refrain from talking in a loud voice in restaurants, and only eat at restaurants that have thorough infection prevention measures, such as those certified by the Okayama Prefecture Infection Prevention Measures Third-Party Certification Project (see Page 7)
- When going out to crowded places or places with a high risk of infection, take extra precautions to prevent infection

## ○ **Be prepared in case of illness**

- Purchase antigen test kits (see Page 7) as well as fever-reducing medicine and painkillers for at-home treatment in advance

## ○ **Cooperate accordingly regarding medical care**

- If the patient is between 13 and 64 years old, has no risk factors for severe illness, and has mild symptoms, consider using an at-home antigen test kit and the Positive Patient Diagnostic Center (see Page 7)
- When going for medical care, call in advance and visit your doctor or the nearest medical institution during the day on weekdays if possible, rather than on holidays or at nighttime (regarding Fever Outpatient Clinics, see Page 7)
- Use emergency outpatient services and ambulances only when it is truly necessary

## ○ Utilize free testing

- Asymptomatic prefectural residents who require testing after engaging in high-risk activities, such as dining in large groups, traveling, returning home from outside the prefecture, or participating in events, should undergo a free test 【Based on Article 24, Section 9 of the Special Measures Law】
  - ※Please refrain from taking these tests too frequently in order to make effective use of the testing resources and not impair testing opportunities for those who are at a high risk of becoming seriously ill.

## ○ Get vaccinated early

- Vaccines are known to be effective in preventing the onset and severity of infectious disease, so getting vaccinated early on for COVID-19 is recommended

# To all business owners in Okayama Prefecture:

(Including elderly care facilities, schools, nurseries, certified children's centers, after-school clubs, restaurants, and other facilities.)

## ○ Comply with industry-specific and other guidelines

- Comply with industry-specific guidelines 【Based on Article 24, Section 9 of the Special Measures Act】
- Take thorough infection prevention measures in accordance with the “Guidelines for Infection Control in Care Facilities” 「介護現場における感染対策の手引き」 (Ministry of Health, Labor, and Welfare), guidelines for infection control at medical institutions (guidelines created by medical associations, etc.), “School Hygiene Management Manual for COVID-19 Infections” 「学校における新型コロナウイルス感染症に関する衛生管理マニュアル」 (Ministry of Education, Culture, Sports, Science, and Technology), and “Guidelines for Infectious Disease Control in Nursery Schools” 「保育所における感染症対策ガイドライン」 (Ministry of Health, Labor, and Welfare)

## ○ Ensure proper health management

- Ensure the proper daily health management of employees, staff, students, children, etc.; do not allow them to attend work or school if they are not feeling well

## ○ Take precautionary measures to prevent infection when meeting with people at a high risk of becoming seriously ill

- While it is necessary to prevent infections from visitors, visits are important for patients and their families. In addition to taking into account the local outbreak situation, consider the physical condition, vaccination history, test results, etc. of the patient and visitors when planning to do an in-person visit

## ○ Provide support without requiring medical certificates

- Do not ask employees, staff, students, children, etc. who have become infected or have been in close contact with an infected person to present a certificate from a medical institution or a health center in order to take leave, forego attendance, or resume work.

## Be considerate, adhere to the Mask Code.

In order to protect our precious family members, co-workers, and medical personnel, we need to work together!

### ○ Wear your mask correctly

Adjust your mask to fit your face tightly without any openings. It has been shown that non-woven fabric is better at preventing infection than cloth or urethane.

### ○ When talking, mask up

Take care to wear your mask even during downtime or breaks.

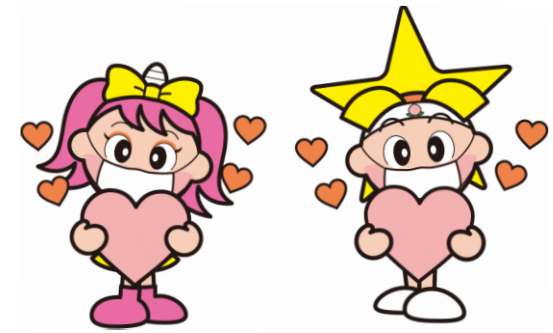
Case① Chatting in the changing room/smoking room after taking off masks led to infection.

### ○ When you are not eating or drinking, mask up

Put on your mask when talking to others while having a meal.

Case② Children visiting from outside the prefecture dining at the family gathering led to infection.

When 2m or more apart from others outdoors, wearing a mask is not necessary!



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## Okayama Prefecture Infection Prevention Measures Third-Party Certification Project

This system certifies restaurants, cafés, etc. in the prefecture which conform to infection prevention measures, after conducting a field survey.



◇Call Center : 086-222-5611 (Weekdays, from 9am ~ 5pm)

## Medical Institutions for Treatment/Examination (Fever Outpatient Clinics)

These are medical institutions that provide medical care and testing for COVID-19 patients with fevers.



Prefectural residents with symptoms like fever can smoothly receive consultations, medical treatment, and testing at the local medical institutions designated and published on this website.

◇Website : <https://www.pref.okayama.jp/page/686390.html>

## Positive Patient Diagnostic Center

This system is for those using commercially available antigen test kits※ with mild symptoms and no risk of aggravated infection - a doctor can confirm the positive result of those found to be positive on their self-test based on their registered information. For more details, please refer to this website.



Positive Patient Diagnostic Center homepage

◇Website : <https://www.pref.okayama.jp/page/798343.html>



List of stores selling antigen test kits for at-home use (Ministry of Health, Labor, and Welfare homepage)

※Be careful to avoid kits meant for “Research Use”. Please use government-approved test kits specified for “Medical Use” as diagnostic products, or those under the classification of first-class drugs specified for “Over-the-Counter Use”.