

[COVID-19]
Okayama Prefecture
Medical Emergency Alert

**Requests from the prefectural government
to prevent the spread of infection**

December 20, 2022

Requests 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 3)
 - ※ You do not need to wear a mask outdoors if you will rarely be talking 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 6)
- 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 6) 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 6)
- When going for medical care, 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 6)
- Use emergency outpatient services and ambulances only when it is truly necessary

● Utilize free testing

○ Asymptomatic prefectural residents who have engaged in high-risk activities, such as dining in large groups, traveling, returning home from outside the prefecture, or participating in events, and who require testing, should undergo a free test

【Based on Article 24, Section 9 of the Special Measures Law】

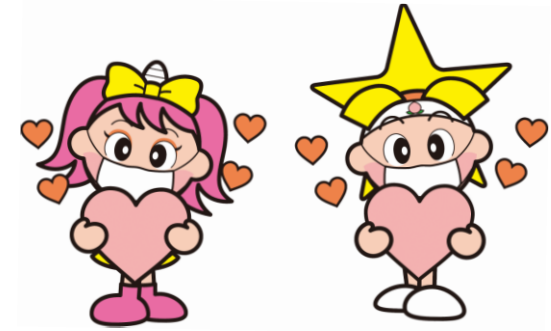
- ※ Please refrain from taking these tests too frequently in order to make effective use of the testing resources and not impair testing opportunities for those who are at a high risk of becoming seriously ill.

● 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
- ※ It is also recommended to get your seasonal influenza vaccine.

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!



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○ 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.

Case ① 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.

Case ② 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!



Requests to business owners in Okayama Prefecture:

- Comply with industry-specific guidelines [Based on Article 24, Section 9 of the Special Measures Act]
- Thoroughly implement measures to prevent infection in the workplace (wash/disinfect hands, exercise proper coughing etiquette, ensure sufficient distance between employees, encourage ventilation of the workplace, disinfect areas that many people come in contact with, utilize teleconferencing, take staggered lunch breaks, implement countermeasures in group-living spaces such as employee dormitories, etc.) and avoid the “three C’s”. Pay particular attention to high-traffic places in the workplace (break rooms, changing rooms, smoking rooms, etc.) and situations where employees often interact, such as at the cafeteria.
- Refer to “Effective Ventilation to Prevent the Spread of Infection” (「感染拡大防止のための効果的な換気」), created by the government’s Countermeasures Against COVID-19 Infection Subcommittee (新型コロナウイルス感染症対策分科会), and thoroughly ventilate workplaces by letting in fresh air on a regular basis
- Adhere to and educate employees on the Mask Code
- Ensure that employees pay attention to their health on a daily basis – do not allow them to come to work if they are feeling unwell
- Always wear a mask when talking during mealtimes and take measures to prevent infection, such as by ensuring sufficient distance between employees and staggered mealtimes
- Promote reduced contact with others by supporting telework (working from home) and staggered working hours

Requests to business owners in Okayama Prefecture:

- Create an environment in which employees can receive vaccinations without stress, such as by introducing vaccination leave
- Do not require employees who have been infected or have been in close contact with infected persons to submit certificates of test results issued by medical institutions or public health centers when taking leave or resuming work
- For businesses in industries that deal directly with customers
 - Avoid the “three C’s” at customer counters, etc. and ensure proper ventilation
 - We also ask that you encourage customers to disinfect their hands and wear masks when necessary.
- For restaurants, cafés, etc.
 - Please make efforts to obtain certification via the Third-Party Certification Project (see Page 5).

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.

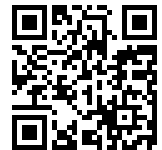
◇ **Website : <https://www.pref.okayama.jp/page/686390.html>**



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.

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



Positive Patient Diagnostic Center homepage



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”.