

# Okayama Prefecture COVID-19 Infection Prevention Measures

## Requests to all residents and business owners

Period: September 26, 2022 (Monday) ~

Updated on September 21, 2022

### To all residents of Okayama Prefecture:

#### ○ Implement basic infection prevention measures

- Thoroughly avoid the 3 C's (Closed spaces, Crowded places, and Close-contact settings).  
※In particular, pay attention to ventilation and make sure to change the 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.
- If you have a fever, sore throat, cough, or any other symptoms – even if they are mild – refrain from going out.
- Limit gatherings to as few people for as short of a period as possible. Refrain from talking in a loud voice and only eat at restaurants that have thorough infection prevention measures, such as restaurants certified by the Okayama Prefecture Infection Prevention Measures Third-Party Certification Project (see Page 4)

## ○ Cooperate accordingly regarding medical checks

- If your symptoms are mild, see your doctor or nearest medical institution during the day on weekdays, 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.
- If your symptoms are mild, consider using the Test Kit Positive Patient Registration Center.  
※There are age restrictions on who can use this service, so please check the Okayama Prefecture website (see Page 4).

## ○ Protect those who at a high risk of severe infection

- Those who are at a high risk of becoming seriously ill, such as the elderly or those with underlying diseases, as well as those who are in contact with such people on a daily basis, should refrain from activities with a high risk of infection, such as going out to crowded places.

## ○ Utilize free testing

- Asymptomatic prefectural residents who engage in high-risk activities such as dining out, traveling, or participating in events, and who require testing, should undergo a free test.

【 Request based on Article 24, Page 9 of the Special Measure 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 in advance

- Vaccines are known to be effective in preventing the onset and severity of infectious disease, so getting vaccinated in advanced is recommended.
- ※ Everyone age 12 and up who has completed their 2<sup>nd</sup> vaccination will be able to receive the Omicron strain vaccine from September 28<sup>th</sup> onwards.

## To all business owners

(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 various business guidelines. 【 Request based on Article 24, Page 9 of the Special Measure Law 】
- Take thorough infection prevention measures in accordance with the Guidelines for Infection Control in Care Facilities (Ministry of Health, Labor, and Welfare), School Hygiene Management Manual for COVID-19 Infections (Ministry of Education, Culture, Sports, Science, and Technology), and Guidelines for Infectious Disease Control in Nursery Schools (Ministry of Health, Labor, and Welfare).

## ○ Engage in thorough health management

- Carefully manage the daily health of employees, staff, students, children, etc. If someone is not feeling well, ask them to not attend school or work, and encourage them to visit their family doctor or a nearby medical institution for a medical examination (regarding fever outpatient clinics, see Page 4).

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

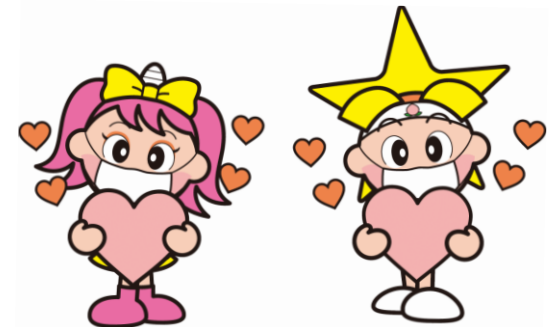
- If you are visiting the elderly, try to make use of telephone and virtual visiting services in care facilities first. If you are meeting them in person, consider their physical condition, vaccination history, and test results, and limit the visiting time, number of people, and numbers of times you meet them while making sure to thoroughly implement infection prevention measures.

## ○ 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 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!



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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 you talk to others while having a meal together.

Eat or drink in silence.

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!



## Reference

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

This system certifies restaurants, cafes, 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>**



### **Okayama Prefecture Test Kit Positive Person Registration Center (From September 26~)**

This system is for those using commercially available test kits (approved for pharmaceutical use) 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.

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

