

Preventing the Spread of Seasonal Influenza and COVID-19

A Message from the Governor

As we travel and gather together for the New Year's holiday season, let's take care not to get ourselves or those around us sick.



Basics Steps to Prevent the Spread of Infection

- ▶ Take extra care when meeting with the elderly or in large groups.
- ▶ Washing and sanitizing your hands regularly, proper ventilation of rooms, and wearing a mask are all effective steps you can take.
- ▶ Always wear a mask when visiting hospitals and elderly care facilities.



Taking Care of Your Health

- ▶ Get plenty of rest and eat a balanced diet.
- ▶ Avoid going out when you have a fever or feel unwell.



Vaccinations

- ▶ Vaccinations are especially recommended for the elderly and others with a high risk of serious illness.

When Seeing a Doctor

- Contact hospitals and clinics before visiting.
- Try to see your family doctor or visit the nearest clinic, and try to visit in the middle of a weekday.
- When possible, avoid seeing a doctor just to receive medical certificates or other documents.



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Ryuta Ibaragi
Governor of Okayama Prefecture