

# Coronavirus Prevention Guidelines for Fukui Residents Ver. 10

\*Underlines indicate changes from previous version

We ask all Fukui Prefecture residents to follow the following guidelines to prevent the spread of the second wave outbreak of the Novel Coronavirus (COVID-19).

## **1. Take measures to prevent the risk of infection**

Always wear a mask (except when outside with nobody else nearby), keep two meters (minimum one meter) away from others when possible, practice hand washing when arriving at home and before eating, cough etiquette, and take measures to both prevent the risk of getting infected or infecting others. Absolutely do not go outside if you have a fever, cough, fatigue, or other symptoms.

If a family member is ill, isolate their living space by staying in separate rooms and eating separately, separate shared items, and disinfect bathrooms and other shared spaces to prevent against infections spreading at home.

## **2. Exercise caution when travelling to and from Fukui**

Be vigilant in researching the Coronavirus situation where you are travelling. Take extra preventative measures when going to regions where there are new coronavirus cases emerging and closely monitor your health condition for two weeks after returning to Fukui.

Carefully consider the necessity of travel to regions where outbreaks are occurring (\*). If you must visit due to unavoidable circumstances, limit the number of places visited and time spent as much as possible, do not go out to eat in large groups (five people or more), and do not go to any restaurants or drinking establishments with close contact service, or other types of establishments where clusters have been known to occur nationwide.

Do not make any non-essential travel (not including business travel, returning home from a temporary work post, important family occasions, or sudden emergencies) to any prefectures currently issuing advisories against inter-prefectural travel (\*).

(\* ) A list of regions currently experiencing outbreaks and prefectures currently issuing inter-prefectural travel restrictions is available on the Fukui Prefectural government homepage (URL below)

<https://www.pref.fukui.lg.jp/doc/kenkou/kansensyo-yobousessyu/corona.html>

## **3. Avoid the “Three Cs”: confined spaces, crowded places, and close contact settings**

Avoid confined spaces with poor ventilation, crowded areas, and talking in close

contact. These three factors are the biggest risk factors for spreading and contracting the coronavirus and it is important to avoid settings where these factors overlap.

Check that stores you visit are displaying the “Fukui Infection Prevention Sticker” and cooperate with any prevention measures implemented by businesses.

Do not visit any karaoke bars not displaying the “Fukui Infection Prevention Sticker”. The elderly and those with pre-existing medical conditions should not visit karaoke bars. Advise vulnerable family members that they should refrain from visiting such establishments.

While at karaoke or out drinking, do not engage in high-risk behavior such as singing or shouting without a mask on.

Download the national contact-tracing app (COCOA) to your phone. If you receive an alert from the app, please contact the Fukui Coronavirus Consultation Center (0776-20-0795).

#### **4. Do not go to be examined by a doctor without calling ahead first**

If you have a fever, cough, fatigue, or other symptoms, do not go outside and first call the Coronavirus Consultation Center or your regular physician and follow their advice. Wear a mask when going to be examined.

If you are still worried after being examined, consult with the Coronavirus Consultation Center and avoid going to multiple medical institutions.

#### **5. Implement strict measures to prevent against infections in the workplace**

Employers should implement comprehensive policies to reduce the risk of infection, including implementing work-from-home (telecommuting) and dividing employees into different shifts to reduce the number of people in the workplace at one time.

In addition to recording employees’ temperatures in the mornings and implementing rules about social distancing, hand washing, and wearing masks, employers should take extra prevention measures in areas where the “3 Cs” overlap like smoking areas, locker rooms, and cafeterias.

If an employee is diagnosed with the coronavirus or comes into close contact with someone diagnosed with the coronavirus, companies should order all employees at the same workplace to isolate at home and cooperate with outbreak prevention measures as advised.

#### **6. Implement strict measures to prevent against infections at stores and businesses**

Store and business owners should strictly follow the guidelines set by their respective industries, and display the “Fukui Infection Prevention Sticker”.

If someone that has been at the store is known to be infected, cooperate with the subsequent contact-tracing investigation conducted by the Health Center by providing all available information including customer contact lists, and releasing the results of PCR tests and facility names to the public.

#### **7. Cooperate when needed to support and protect health care workers and the healthcare system**

Cooperate and take any measures needed to support and protect doctors, nurses, and other healthcare workers.

To protect the health care system, care facilities including childcare and elderly care institutions should cooperate fully to assist with the care for the family of health care workers.

#### **8. Protect civil liberties and personal information**

Do not discriminate or spread false rumors regarding patients, close contacts of patients, medical professionals, their families, or others involved.

Tatsuji Sugimoto, Governor of Fukui