

Coronavirus Prevention Guidelines for Fukui Residents Ver. 19

Underline indicates changes from previous version

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

Sugimoto Tatsuji, Governor of Fukui

[For all residents of Fukui Prefecture]

1 Turn mask-wearing and other basic prevention measures into a habit

- Always wear a mask (except when outside with nobody else nearby). Even during meals, make sure to wear a mask when talking.
- Practice social distancing from others (minimum 1 meter, when possible 2 meters)
- Wash hands when arriving home and before eating. Avoid touching your eyes, nose, and mouth carelessly.
- Before traveling outside the prefecture, reconsider if it is necessary and consider other options such as postponing travel or conducting business remotely instead. Do not make any non-essential travel especially to and from regions issuing stronger emergency coronavirus countermeasures.
- Practice prevention measures and be vigilant in researching the Coronavirus situation where you are traveling.

2 Lower your risk of potential infection

- Avoid confined spaces with poor ventilation, crowded areas, and talking in close contact. These three factors are the biggest risk factor for spreading and contracting the coronavirus and it is important to avoid settings where these factors overlap.
- Eat together only with members from the same household. If you do plan on eating with people from outside your household, do not gather in groups over 4 people, regardless of whether you are in a private home or at a restaurant. Especially while eating out at restaurants, make sure to wear your mask when talking.
- The elderly or those with preexisting conditions should avoid high-risk activities such as karaoke or eating out with those other than family from the same household. Families with elderly family members, those with preexisting conditions, or a household member recently returned from outside of the prefecture should wear masks at home as an additional infection preventative measure.
- Check that stores you visit are displaying the “Fukui Infection Prevention Sticker” and refrain from visiting establishments not displaying the sticker.
- 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).

3 If you feel ill

- If you feel ill, do not go outside or go to work.
- If you have a fever or other symptoms, call your regular doctor or nearest medical institution.
If you do not have a regular doctor or are unsure of where to go, call the Coronavirus Consultation Center (0776-20-0795) and follow their guidance
- If a family member is ill, isolate their living space by staying in separate rooms and eating separately.

[For employers or business owners]

4 Make your workplace or business safe for all

- Store and business owners should strictly follow infection prevention guidelines 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.
- Employers should take extra prevention measures to prevent the “3 Cs” from overlapping in enclosed spaces such as smoking areas, locker rooms, and cafeterias.
- Employers should consider implementing comprehensive policies to reduce the risk of infection, including implementing work-from-home (telecommuting), dividing employees into different shifts to reduce the number of people in the workplace at one time, and conducting business remotely when possible in place of business trips.
- Create a work environment where employees feel safe and comfortable to take off work if they are ill.
- Restaurants should remind customers to wear their masks while talking at meals.

[To all Fukui residents and business owners]

5 Do not discriminate or spread false rumors

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

References

【Fukui Prefectural Government Website】

Nationwide COVID-19 Statistics, Information and Regions Issuing Stronger Emergency COVID-19 Countermeasures

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

【Cabinet Secretariat Website】

”5 Situations that Increase the Risk of Infection” and other resources

<https://corona.go.jp/proposal/>