

Coronavirus Prevention Guidelines for Fukui Residents Ver. 28 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). Wear a mask when talking with others, especially during meals except for when physically eating.
- 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.
- Postpone or cancel any non-essential travel to and from outside of Fukui. Reevaluate if you can postpone essential travel including business trips or returning home from a temporary work post.
- If you must make essential travel outside the prefecture, be vigilant in researching the Coronavirus situation where you are traveling and take infection precaution measures seriously.
When returning to Fukui from outside the prefecture, monitor your health carefully and take extra precautions such as wearing a mask even at home.

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.
- Strictly enforce wearing masks, especially while talking at intimate gatherings (including parties, school reunions, family gatherings, BBQ, and events with multiple people singing, etc.).
- Only eat together in groups of four people or less. When going out to eat, go to establishments with the “Fukui Restaurant Safety Certification”, and wear masks except for when physically eating, especially while talking. ※ If you are eating together only with members from the same household, groups of five people or more are permitted.
- When visiting non-eating or drinking establishments, check that the stores you visit are displaying the “Fukui Infection Prevention Sticker” and refrain from visiting establishments not displaying the sticker.
- 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. Households with elderly family members, those with preexisting conditions, a household member that have recently traveled outside of the prefecture or an ill household member should wear masks at home as an additional infection preventative measure.
- 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.
- Ensure masks are worn by all employees at lunchtime and on breaks.
- 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_ver2_2.html

【Cabinet Secretariat Website】

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

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