

Coronavirus Prevention Guidelines for Fukui Residents Ver. 40 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 when talking with others, including during meals. (Except when not in close proximity to others outside to prevent heatstroke)
 - 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.
 - Keep rooms well ventilated (ventilate twice per hour, for a couple minutes each time).

- 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.
 - The elderly and those with underlying health conditions should take additional prevention measures including wearing masks even at home, and avoiding crowds when going outside to protect their health.

In addition, members of the same household should also wear masks even while at home, especially while talking, and keep their home well ventilated.
 - Make sure to wear masks around young children and infants that have trouble wearing masks themselves.
 - When eating with others, practice “masking up at meals” (wearing masks whenever speaking, only removing it to eat). However, do not hold or attend long banquet dinners.
 - 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.
 - 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 **Monitor your health**
 - Take your temperature regularly and monitor your entire household's health closely. If you have a fever or other symptoms, call your regular doctor or nearest medical institution. If you are unwell do not go to work or school.

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 you feel unwell, do not go to work or school.
- If a household member is ill or if someone in close proximity at their work or school is known to have contracted COVID-19, wear masks even at home and take extra prevention measures.

[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 all times, including break-times.
- During lunchtime or other meals with coworkers, employees should eat in silence and not engage in conversation during smoke 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.
- Do not discriminate against those that have not taken the COVID-19 vaccine or force them to take the vaccine.

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/>