

Our Requests to the Prefecture Based on the Medical Care Alert

The number of COVID-19 patients in Nagano Prefecture is currently rapidly increasing. If current trends continue, we will face a difficult situation providing medical services to those who need them for COVID-19 and other treatments. To help protect your life and those of your loved ones, please thoroughly practice the following along with basic precautions.

Keep in Mind

1. **Avoid behaviors that have a high risk of contagion** if you are elderly or have underlying conditions.
2. **If eating and drinking alcohol with 5 or more people, thoroughly practice infection prevention measures.** If precautions are not possible, avoid group meals.
3. **Avoid visiting or returning home from areas with high rates of infection***. If travel cannot be avoided, reduce social interactions and duration of stay as much as possible, or take other utmost precautions.
4. **If you travel, choose destinations in Nagano Prefecture and limit company to household members** if possible.
5. **For businesses, please thoroughly practice guidelines for preventing the spread of infection and declare promotion of COVID-19 measures. For residents, select restaurants with a COVID-19 Measures Promotion Declaration sticker.**
6. **For businesses, increase work from home, other types of teleworking, and flex time** for employees. **Remind staff to continue to practice precautions when they move to other locations** during breaks.
7. Infections in hospitals and welfare facilities, and infections of kindergarteners and children, have been identified. **For facility managers, thoroughly practice precautions.**



Basic Precautions

- ✓ Reduce social interactions.
- ✓ Avoid the "Three Cs" (Closed spaces, Crowded places, Closed-contact settings).
- ✓ Wash and disinfect your hands.
- ✓ Stay indoors if you feel unwell (or have been sick within the last 10 days).

Call your family doctor when feel unwell. If you do not have a doctor or would like to request multilingual support, call **0120-974-998** (24 hours).

*For details, please visit the Nagano Prefecture Intercultural Consultation Center website: <https://www.naganoken-tabunka-center.jp/en/covid19-info/>

