

Make Voluntary Infection Prevention a Part of Your New Daily Routine!

The downgrade of the COVID-19 on May 8 to “Class 5” marks a major turning point. Thank you for your cooperation in preventing the spread of COVID-19 for the past three years.

The change leaves the basic infection prevention measures to the discretion of individuals and businesses. Let's build upon what we have done so far and start a new daily life where we continue with basic infection prevention measures.

1. Voluntary Infection Preventions Based on Our Previous Initiatives

- Washing and disinfecting your hands, ventilating rooms effectively, and using masks as necessary will continue to be effective basic infection prevention measures for COVID-19.
- Refrain from going out if you have any symptoms of fever or sore throat, or tested positive, so as not to spread infections. If you have to go out for hospital visits or other purposes, please avoid crowded places and wear a mask (if you tested positive, stay home for ten days after symptom onset).
- When visiting a medical institution, a drug store, or a medical or elderly institution, please take necessary prevention measures such as wearing a mask to protect the elderly and those with underlying conditions.

2. Call/consult Before Visiting a Medical Institution if You Have a High Risk of Symptom Exacerbation or Have Severe Symptoms

- If you would like to seek medical attention due to your high risk of symptom exacerbation or severe symptoms, please consult with your family doctor or a 24-hour health consultation call center in advance or refer to the list of medical institutions on the prefectural website. (After May 8, you will generally be required to pay your own medical expenses with some exceptions.)
- To prepare for any unforeseen health issues, have a self-test kit and household medicines readily available. If you are at low risk of serious illness with mild symptoms, consider self-medication as well.
- If you are at high risk of serious illness, consider getting vaccinated at a prefectural vaccination center (to be set up in June.)
- After May 8, the length of recovery period at home is left to the discretion of the patient, but please consider allowing for at least five days after symptom onset.