

May 26, 2020

Governor's Message to Hyogo citizens and Hyogo-based business operators related to the complete lifting of the State of Emergency

On May 25, the Government of Japan completely lifted the nationwide State of Emergency following the outbreak of COVID-19 by removing the emergency state from the remaining five prefectures.

In Hyogo Prefecture, we have observed no new cases for 10 consecutive days. I would like to express my sincere gratitude to the thus far cooperation and efforts of Hyogo citizens and business operators.

Hyogo Prefecture held a COVID-19 task force meeting today, with infection prevention and resumption of social and economic activities in mind, and determined to (1) relax restrictions on outings and business operations and (2) promote Hyogo's new way of life, "Hyogo Style."

This does not mean that we can stop taking measures against COVID-19. We must be prepared for a possible second wave of infections. I request all of you to continue your efforts to prevent infections.

[Hyogo Style]

A new lifestyle for preventing the spread of infections

A new working style for preventing the spread of infections

Preparation for possible compound emergencies (natural disasters and infections)

1. To Hyogo citizens

- Please **avoid** unnecessary and non-urgent **outings**. In particular, please **refrain from** unnecessary and non-urgent **travels** to the Tokyo metropolitan area, Hokkaido, and densely-populated areas until June 18.
- Please make efforts in your daily life to prevent infections based on the **Hyogo Style** that starts with avoiding **the Three Cs** (confined spaces, crowded places, and close contact).

2. To Hyogo-based business operators

- When resuming businesses, please **practice thorough infection prevention measures**, based on each industry's guidelines made for this purpose.
- When organizing events, please **practice thorough infection prevention measures**, such as limiting the number of participants.
- Please encourage **working styles to prevent the spread of infections** based on the **Hyogo Style** that encourages telecommuting, staggering work hours, and avoiding the Three Cs in the workplace.

I would like to ask all of you for your understanding and cooperation of working towards fully resuming social and economic activities while focusing on the containment of the spread of COVID-19.

Hyogo Style for preventing the spread of COVID-19

I. A new lifestyle for preventing the spread of infections

1. Practices for coexisting with the coronavirus in your daily life

- (1) Avoid the Three Cs (confined spaces, crowded places, and close contact)
- (2) Practice physical distancing (Two meters apart, or at least one meter)
- (3) Wear face masks and practice cough etiquette
- (4) Wash and sanitize your hands (Use soap and wash for 30 seconds, or use sanitizers)
- (5) Measure body temperature and check your health (Stay at home for recovery when you have a fever or common cold symptoms)



Avoid outings/Avoid crowds/Avoid close contact/Avoid confined spaces/Ventilation/Cough etiquette/Wash hands

2. Behaviors in everyday settings

(1) Shopping

- ✓ Shop online and use contactless/electronic payment
- ✓ Touch displayed items as little as possible
- ✓ Keep a distance away from others at checkouts
- ✓ Make a shopping list before you go, and shop alone (or with a small number of people) as quick as possible when the store is less crowded

(2) Using public transportation

- ✓ Keep conversations to a minimum
- ✓ Avoid peak hours
- ✓ Use bicycles or walk when possible

(3) Dining

- ✓ Order takeaway or delivery when possible
- ✓ Avoid pouring drinks for others or sharing drinking glasses
- ✓ Sit side by side, not facing each other
- ✓ Keep conversations to a minimum
- ✓ Do not serve food in platters for sharing; serve in individual dishes

(4) Amusement and sports

- ✓ When going to the park, choose less crowded places/hours
- ✓ When working out or doing yoga, do it at home while following video instructions
- ✓ Jog in a small group
- ✓ Maintain a proper distance while jogging
- ✓ Utilize reservation system
- ✓ When doing activities such as singing or cheering, keep a distance away from others or do them online

(5) Family meetings (ceremonial functions, etc.)

- ✓ Avoid dining in a large group
- ✓ Do not participate in such events if you have a fever or common cold symptoms

II. A new working style for preventing the spread of infections

- ✓ Introduce/continue telecommuting, rotating work schedules, and staggering work hours
- ✓ Utilize online meetings
- ✓ When having an in-person meeting, ventilate the room and wear face masks
- ✓ Do not let employees with a fever or poor health condition come to the office
- ✓ Avoid the Three Cs in the workplace

III. Preparation for possible compound emergencies (natural disasters and infections)

1. Operational guidelines for evacuation centers that respond to COVID-19 infections will be made at the end of May.
2. Preparation to respond to compound emergencies
 - ✓ Hyogo Prefecture, municipalities, and local communities will work in cooperation to secure evacuation areas/centers and decide what to do at the centers on the occasion of possible compound emergencies of natural disasters and infections.
 - ✓ The “Hyogo Emergency Net” app and the “individual evacuation card” can be utilized when deciding what actions to take to do in an emergency.