

A Message from the Mayor of Izumo City Concerning COVID-19 Regarding Widespread Infection in the Prefecture

To the people of Izumo City,

The daily number of COVID-19 cases nationwide has surpassed 10,000 for the first time in four months, and today, Shimane Prefecture announced over 100 new cases of infection.

Izumo City has also confirmed new infections almost every day since the end of 2021, and we are seeing the influence this has on daily life, such as the temporary closure of some middle schools. It is feared that this will put a strain on our medical system.

Amidst what can be called a sixth wave caused by the highly infectious Omicron strain, the situation has clearly changed, with increasing numbers of infection among household members and other such cases. There is a concern that infection will continue to spread from here on.

I again urge all city residents to be thorough in taking basic infection prevention measures such as washing their hands and wearing masks. Please also adhere to the following points.

1 Travel Between Prefectures

(1) When planning nonessential travel to other prefectures (except Tottori Prefecture), carefully consider your destination prefecture's requests regarding travelers. Avoid travel to the best of your abilities.

(2) In circumstances where travel is unavoidable due to work, school, job hunting, funeral services, nursing/long-term care, medical treatment, purchasing daily necessities, etc., there is no need to refrain unless you are experiencing symptoms such as fever. However, take thorough prevention measures, such as continuing to avoid the "3 C's" (closed spaces, crowded places, and close-contact situations).

2 Health Monitoring in the Home and at Work

If you have symptoms such as fever or fatigue, or you are concerned about your health status, please call the Shimane Novel Coronavirus Disease Health Consultation Call Center (*shingata corona uirusu kansenshō kenkō sōdan cōru sentā*) (0853-24-7017). This number is for consultation in Japanese only. For support in other languages, please see the attached fliers.

The prefecture has implemented free PCR testing until the end of the month for those without symptoms who are concerned that they might be infected. Please use this service if you have any concerns.

January 13, 2022

Mayor of Izumo City, Toshiyuki Iitsuka

To All Foreign Residents

[A Message from Shimane Prefecture]

■ We ask everyone to help stop the spread of COVID-19.

1. Beware of COVID-19

- Please do not visit places with the “Three Cs.”
Places with the “Three Cs” → ① Poor ventilation (Confined spaces)
② Crowded places
③ Close contact with others
- Please leave space between yourself and others (approx. 2 m)
- Please wear a mask.
- Please thoroughly wash your hands (approx. 30 seconds)



2. When Visiting Food and Drink Establishments

- Please be careful when drinking alcohol.
① Do not speak in a loud voice.
② Please leave space between people when sitting.
- To stop the spread of COVID-19, please only visit establishments that are implementing infection prevention measures.
- When outside of Shimane, please do not visit establishments where staff may serve alcohol and entertain customers (clubs, etc.)



3. Please Use “COCOA”

- “COCOA” is an app that notifies those who were in close contact to a COVID-19 patient. To help prevent the spread of COVID-19, please use this app.
- The “COCOA” app can be installed by visiting the Ministry of Health, Labour and Welfare website.



Ministry of Health, Labour
and Welfare website

■ Consultation regarding COVID-19 is available here.

You can call in your own language.

Shimane International Center's Consultation Hotline: **070-3774-9329**

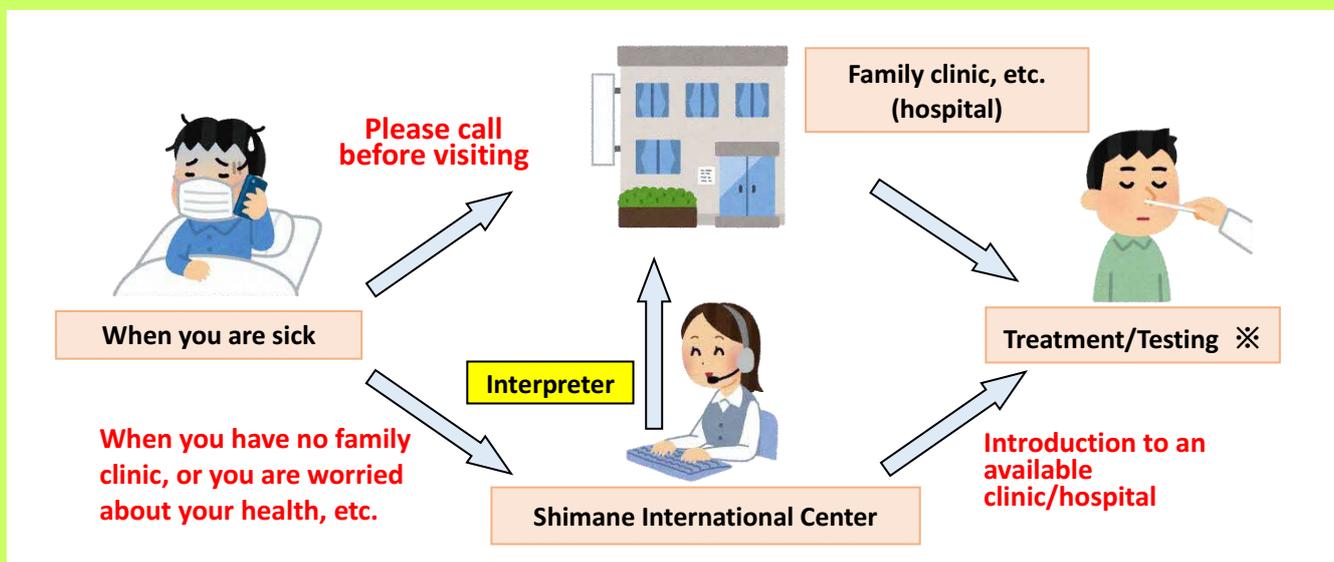
Skype ID: **Soudan@SIC**

Hours: Mon-Fri (Closed holidays) 9:00 A.M. – 5:00 P.M.

Languages: English, Chinese, Tagalog, Portuguese, Vietnamese, Korean, Nepalese, Indonesian, Thai, Spanish, Burmese, Khmer, Russian, French

■ If you have a fever, please call your “family doctor” (i.e. a local clinic or hospital that you would normally visit when feeling ill) and arrange for an appointment.

If you do not have a family doctor or there is a language barrier, please call the Shimane International Center (SIC). They will arrange an appointment at a clinic/hospital for you.



※ Testing for COVID-19 is free. However, you must pay for any treatment fees, medicine, etc.

■ Information for Foreign Residents

Shimane Prefectural Government Website



Cabinet Secretariat Website (17 languages)



NHK NEWS WEB (Easy Japanese)

