

A Message from the Mayor of Izumo City Concerning COVID-19

Regarding the Upcoming Long Holiday

To the people of Izumo City,

A month has passed since the new fiscal and school year started.

The number of COVID-19 infections has remained high in Shimane Prefecture. Daycare centers, kindergartens, elementary schools, and after-school children's clubs have been subject to temporary closures one after another in Izumo City as well.

An extended holiday is about to start. Increased movement of people from both within and outside of the prefecture is expected due to travel and leisure activities. Nevertheless, I ask you to carefully consider when planning nonessential travel to other prefectures.

During the long holiday, I ask that all city residents adhere to the following points to prevent infection from spreading.

1 Thoroughness in Infection Prevention Measures

To prevent the spread of COVID-19 and severe cases from developing, and to alleviate the burden on medical institutions and health care centers, please get vaccinated. (There are available times at mass vaccination sites.)

In addition, to protect your household and the places you visit from infection,

- ① **Avoid “the 3 C’s”**
- ② **Keep physical distance from other people**
- ③ **Wear a mask**
- ④ **Wash your hands and maintain good hygiene**

and continue to thoroughly practice basic infection prevention measures.

2 Thoroughness in Ventilation

To prevent aerosol transmission (airborne infection), please ventilate indoor spaces (households included) frequently and thoroughly, open windows while travelling by car, etc.

3 If You Have a Fever or Cold Symptoms

During the extended holiday, many medical facilities will be closed.

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

We have entered the third year of COVID-19 prevention measures.

We humbly ask all city residents to remain mindful in their everyday lives to help us overcome these hardships together. Thank you for your cooperation.

April 28, 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**

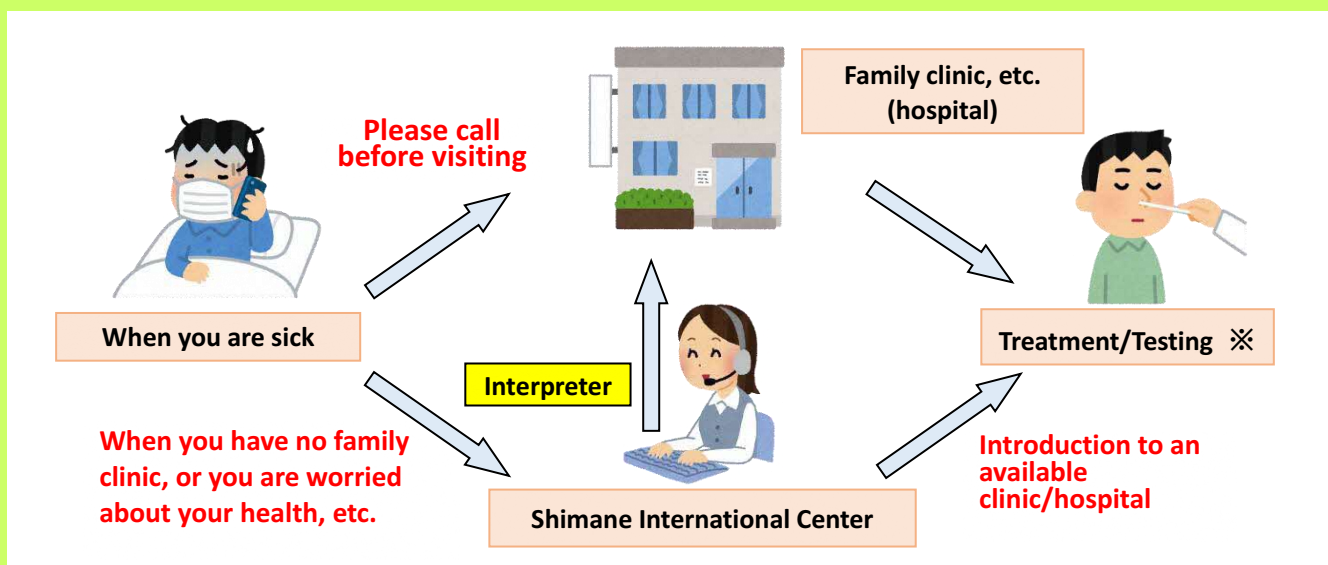
Skype ID: **Soudan@SIC**

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)

