

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

Remaining Thorough in Infection Prevention Measures

To the people of Izumo City,

The long holiday is over, and the number of COVID-19 cases is on the rise throughout the country.

More than 40 new cases have been confirmed daily in Izumo City since May 6, and cases have been on the rise especially among teens. It is likely that these highly unpredictable circumstances will continue for the time being.

I ask that all city residents adhere to the following points and take thorough measures to prevent infection from spreading further in the city.

1 Thoroughness in Infection Prevention Measures

To prevent the spread of COVID-19 and severe cases from developing, please get vaccinated at your earliest convenience if you have received a vaccination coupon and would like to receive the next shot. (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 Thoroughness in Health Management at Home and at Work

If you have a fever or cold symptoms, etc., please take time off from work or school, refrain from going outside, and contact your doctor or the Shimane Novel Coronavirus Disease Health Consultation Call Center (*shingata korona uirusu kansenshō kenkō sōdan kōru sentā*) (0853-24-7017) promptly to arrange a medical examination. The call center is for consultation in Japanese only. For support in other languages, please see the attached fliers.

We ask the guardians of children and students to thoroughly follow these measures as well.

We also ask all employers for thoroughness in health management, such as encouraging employees to promptly arrange a medical examination if they are feeling unwell.

May 11, 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**

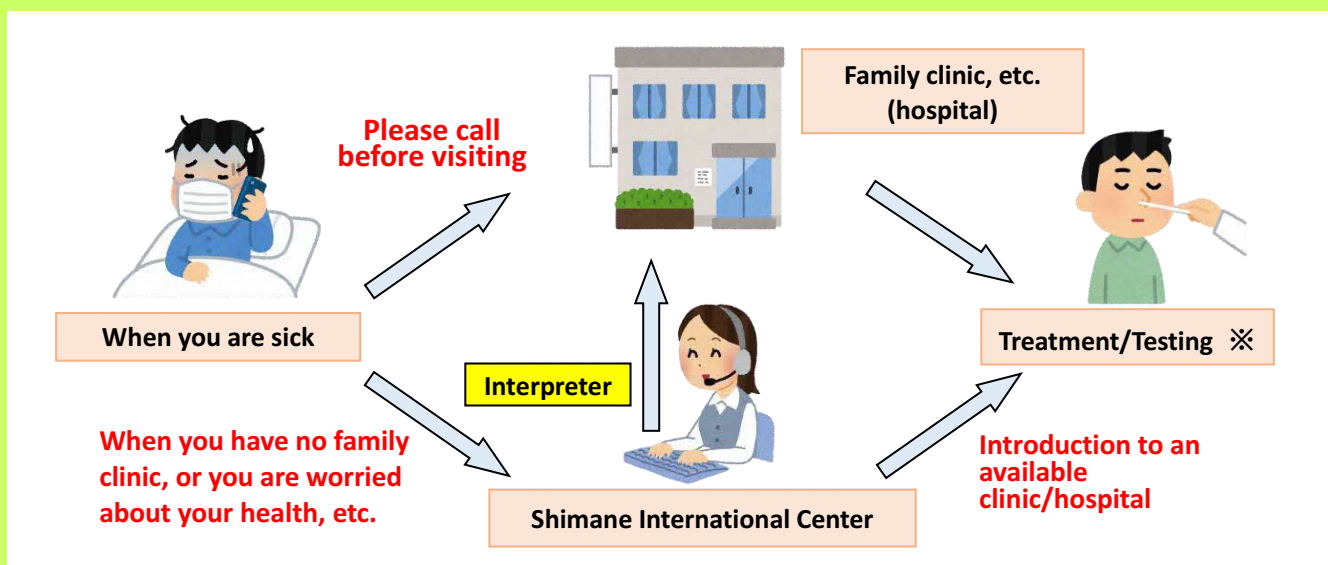
Skype ID: **Soudan@SIC**

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)

