

# A Message from the Mayor of Izumo City Concerning COVID-19 Rapid Increase of Infections in the City

To the people of Izumo City,

On the 23<sup>rd</sup>, Izumo City saw its highest number of daily infections so far. As we face another wave of infections, anxiety may rise among our city's residents.

Today, the 73<sup>rd</sup> meeting of Shimane Prefecture Infection Prevention Headquarters has decided on measures to be taken from June 27 onward for the time being.

Izumo City will adhere to the prefectural measures. I once again ask all city residents to take thorough infection prevention measures to prevent the spread of COVID-19, and to pay special attention to the following points.

## **1 Thoroughness in Basic Infection Prevention Measures**

To prevent infections at home and at work, continue to:

- (1) Avoid “the 3 C’s”
- (2) Keep physical distance from other people
- (3) Wear a mask (non-woven masks are recommended)

※ According to the state, wearing a mask is not necessary in the following cases. Pay attention to the situation, and be careful of heatstroke as well.

### **【Indoors】**

Maintaining a distance of at least 2 meters between people is possible, and there is no talking

### **【Outdoors】**

Maintaining a distance of at least 2 meters between people is possible

Maintaining a distance is not possible, but there is not much talking

- (4) Wash your hands and maintain good hygiene
- (5) Ventilate

While it may be difficult to ventilate in summer due to the need for air conditioning, please try to ventilate regularly.

and continue to thoroughly practice basic infection prevention measures. Be particularly careful when changing locations at work (break room, dressing room, smoking area, etc.).

## **2 Restaurants (a request from Shimane Prefecture to Izumo City)**

Please adhere to the following points when visiting restaurants.

- (1) Limit the number of people to 4. Parties consisting of people living in the same household are excluded from this limit.
- (2) Limit the total time at restaurants to 2 hours, even if you visit more than one establishment.

## **3 Vaccinations**

I once again urge those who have received a vaccination coupon to get vaccinated as soon as possible in order to prevent the spread of COVID-19 and severe cases from developing.

#### **4 Health Monitoring 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.

#### **5 Preventing Slander and Discrimination**

Do not slander or spread rumours of people who have been infected, or in contact with those infected, on the internet, on social media, etc. Remain calm and base your actions on the information from public institutions such as the prefecture or the city, and remain respectful of human rights.

Do not slander or discriminate those who have not received a vaccination, or those who are unable to wear a mask.

June 24, 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**

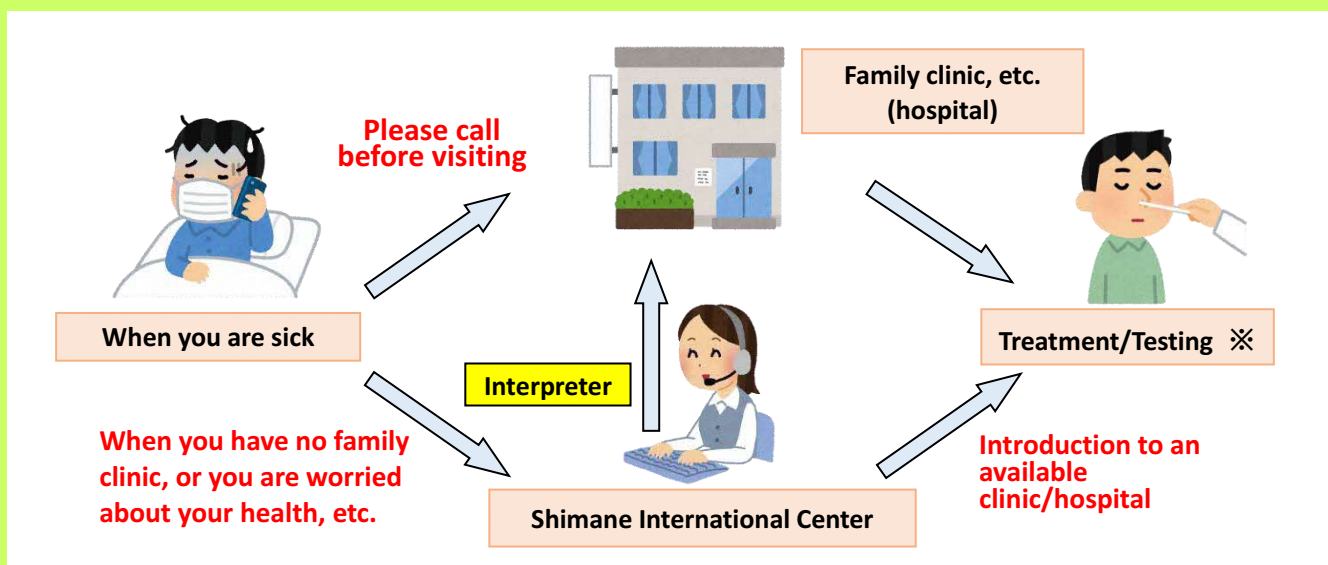
Skype ID: **Soudan@SIC**

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)

