

A Message from the Mayor of Izumo City Concerning COVID-19 Regarding the Upcoming Holiday Season

To the people of Izumo City,

On December 19, Shimane Prefecture announced 1777 new COVID-19 cases, 590 of which were in Izumo City. This is the highest number of cases so far in the region. Infections have taken yet another upward turn after having calmed down for a period of time.

Schools are headed for their winter break, which means that children will have fewer contacts than usual. Travelling is particularly prevalent during the holiday season, however, and the number of large gatherings of people will increase.

I ask you all to continue taking thorough infection prevention measures while enjoying the holidays. Please take basic measures such as wearing a mask in crowds, washing and disinfecting your hands properly, and ventilating indoor spaces regularly. Keeping windows open for extended periods of time should be avoided in the current weather conditions, but I urge you to replace indoor air regularly nevertheless.

In addition, bear in mind that many medical institutions will be closed for the holidays.

If there are changes in your condition, such as a fever or feeling sluggish, please consult Shimane Coronavirus Health Consultation Call Center (0853-24-7017, JPN only), or Shimane International Center's Consultation Hotline (see attached leaflet). For support during the holidays (Dec 29 – Jan 3), please contact the MHLW COVID-19 Call Center (0120-565-653, toll free). (Japanese, English, Chinese, Korean, Portuguese, and Spanish: 9:00~21:00. Thai: 9:00~18:00. Vietnamese: 10:00~19:00.)

Lastly, COVID-19 and influenza are expected to spread at the same time this winter.

Please consider getting vaccinated against both COVID-19 and seasonal influenza.

I ask all residents to pay attention to their health, and to take thorough infection prevention measures as we head towards a new year. Let us make it a healthy one.

December 22, 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**

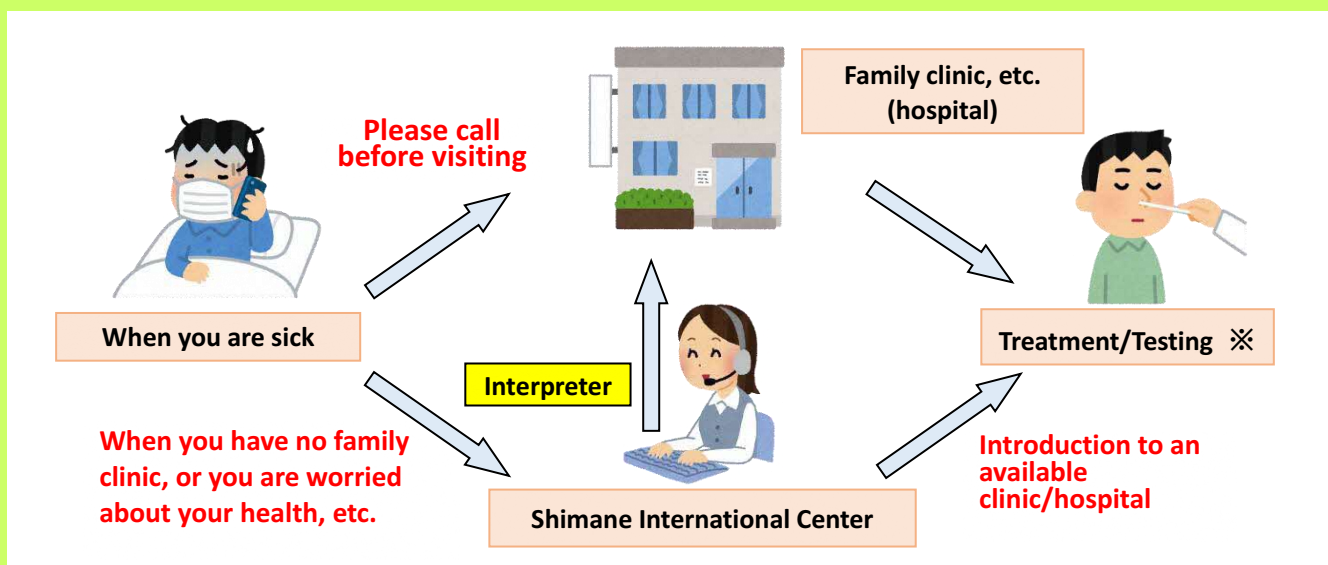
Skype ID: **Soudan@SIC**

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)

