

## 【Regarding COVID-19】

※ Kochi Prefecture announced this on April 9th.

### ◆ A Request from the Governor of Kochi ◆

① Do not go outside during the day or at night.

Do not go outside until April 26th.

\* You can go outside when:

- you go to buy food, medicine, and other things you need for daily life.
- you go to work.
- you go to the hospital.
- you need to go outside to do something that is urgent and necessary.

② Do not go to places that fall under the “3 Cs”

The 3 C’s are:

- Closed rooms = small rooms without good ventilation
- Crowded places = areas with lots of people
- Close-contact settings = talking close to other people

③ Do not go to places with lots of new coronavirus cases (Tokyo, Osaka, Fukuoka, etc.).

④ Do not go to events with lots of people.

\* Do not eat food with people who are not your family.

[https://www.pref.kochi.lg.jp/soshiki/010101/files/2020030300305/file\\_202045020828\\_1.pdf](https://www.pref.kochi.lg.jp/soshiki/010101/files/2020030300305/file_202045020828_1.pdf)

49 people have been hospitalized for COVID-19 in Kochi. (13 people have been discharged from the hospital.)

Many of the cases are in Kochi City and Sukumo City.

Young people may not know that they have COVID-19 (they may not have symptoms). Please be careful to not spread COVID-19 to those around you by following these requests.

Please follow these guidelines to decrease the amount of people who get the new coronavirus.

◇ The Kochi Governor’s Requests can be found here:

[https://www.pref.kochi.lg.jp/soshiki/010101/files/2020030300305/file\\_202045020828\\_1.pdf](https://www.pref.kochi.lg.jp/soshiki/010101/files/2020030300305/file_202045020828_1.pdf)

◇ The following is important

- Wash your hands with soap for at least 20 seconds.
- Gargle.
- Wear a mask.
- Cover your mouth and nose with a mask or tissue when sneezing and coughing.

◇ Prime Minister’s Office Website: Avoid the 3 C’s

<https://www.kantei.go.jp/jp/content/000061868.pdf>

◇Coronavirus Consultation Center (Kochi Prefecture)

【Phone】 088-823-9300

【Reception Time】 9:00-21:00, every day

【Language】 Japanese

Japan National Tourism Organization (JNTO)

【Phone】 050-3816-2787

【Reception Time】 24 hours a day, every day

【Language】 Japanese, English, Chinese and Korean

Kochi Consultation Center for Foreign Residents

【Phone】 088-821-6440

【Reception Time】 9:00-17:00 Monday to Friday

【Language】 18 languages, we will use translation applications or telephonic interpretation services, or interpreters in person will support us to communicate