

# [COVID-19]Requests to everyone in Kochi Prefecture

Kochi Prefecture's COVID-19 Level: **Orange - Warning** (14th January 2022)

## Request from 14th January to 31st January

### ○For everyone living in Kochi Prefecture

- (1) **Please take infection prevention measures, such as wearing a mask and avoiding the 3Cs.**
- (2) When doing sports, especially indoor sports, please make sure changing rooms and other common areas are disinfected and ventilated regularly.
- (3) Install the COVID-19 Contact Application, "COCOA". It will notify you of close contact with COVID-19 positive users.
- (4) Do not talk badly about or discriminate against healthcare workers, those who have caught COVID-19, and their families.
- (5) **There have been confirmed cases of the omicron variant in Kochi Prefecture. If you do not have symptoms but are worried that you might be infected, 80 pharmacies\*1 currently provide free antigen tests, out of which, 9 provide free PCR tests. People with symptoms should go directly to a registered medical institution for a free test\*2.**

\*1 List of pharmacies: [www.kochi-muryokensa.com](http://www.kochi-muryokensa.com)

\*2 List of registered medical institutions: [https://www.pref.kochi.lg.jp/soshiki/130401/cov19\\_kensakyouryoku.html](https://www.pref.kochi.lg.jp/soshiki/130401/cov19_kensakyouryoku.html)

### ○For business owners

- (1) Please take all necessary measures to prevent infection (in particular, that your employees wear masks) according to the guidelines.
- (2) Managers of sports facilities and restaurants that serve alcoholic drinks are especially requested to comply with the guidelines.
- (3) Please put in the effort to enable your employees to work at home via teleworking or stagger their working hours.

## 1 Regarding eating with others

- (1) **As much as possible, reduce your group size and time together.**
- (2) Please wear a mask as much as possible when talking with others, especially when talking is the main activity.
- (3) In particular, do not do high-risk activities such as drinking from the same cup, talking loudly, or singing karaoke without wearing a mask.
- (4) When eating out together, please pick a place from the Kochike Anshinkaisyoku list (高知家あんしん会食推進の店) as much as possible.

## 2 Regarding going out When going out, please follow infection prevention measures.

## 3 Regarding going to other prefectures

- (1) **Avoid going to prefectures with a high number of COVID-19 cases, especially those that have announced Quasi-Emergency Measures, such as Hiroshima, Yamaguchi, and Okinawa.**
- (2) When traveling, choose areas with low infection numbers, travel when the infection situation is calm, and with people you are commonly with.
- (3) Follow the requests and messages issued by the governor of your destination prefecture.
- (4) If it is difficult to do points (1) to (3), please consider carefully on whether you should be traveling to another prefecture or not.
- (5) If you have a fever or are feeling unwell, please do not travel to other prefectures.

## 4 Regarding events Observe the following points and take infection control measures based on industry-specific guidelines.

- (1) For events with more than 5,000 people and more than 50% of the facility's capacity, an infection prevention safety plan is to be submitted to the prefecture at least two weeks in advance. With the prefecture's approval, 100% capacity is allowed. There should be no loud voices\*.
- (2) The upper attendance limit for events other than (1)
  - Point 1: Events with no loud cheering/voices: 100% capacity | Events with loud cheering/voices\*: 50% capacity
  - Point 2: The possible number of attendees should either be 5,000 or 50% of the facility's capacity, whichever is higher.
  - The final number of attendees should fulfill both the first and second points (whichever is lower).

## 5 Regarding Prefectural Facilities Opened for visits. Infection control measures are strictly done based on industry-specific guidelines.

(Note) Loud voice events are events actively promoting the audience to continuously use a louder than normal voice. Events not taking necessary measures against this count as well.