

【COVID-19】Requests to everyone in Kochi Prefecture (1/2)

Kochi Prefecture's COVID-19 Level: **Red - Special Advisory** (25th February 2022)

Request from 12th February to 6th March

○ For everyone living in Kochi Prefecture

- (1) **Take infection prevention measures**, including the correct use of non-woven masks, avoidance of the 3Cs, adequate ventilation, and frequent hand disinfection (**especially if you are at high risk of severe illness or not vaccinated**).
- (2) Many cases of infection at home have been reported. **Ensure that your home is** well ventilated, common areas are disinfected, and towels and eating utensils are not shared. In particular, **families with elderly people are advised to wear masks even at home**.
- (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 caught COVID-19, and their families.
- (5) **People with symptoms should visit a registered medical institution*1** for a free test. **People without symptoms but who are worried about being infected** can take a free test at one of the **prefectural testing centers or local pharmacies*2**.

*1 List of pharmacies: <https://www.kochi-muryokensa.com>

*2 List of registered medical institutions: https://www.pref.kochi.lg.jp/soshiki/130401/cov19_kensakyouryoku.html

- (6) A third vaccination dose significantly increases protection against infection and decreases the severity of symptoms. Get your **third vaccine as soon as possible**, regardless of the manufacturer.

○ For business owners

- (1・2) Carry out basic and industry-specific infection prevention measures, including mask-wearing, adequate ventilation, frequent hand disinfection, and disinfection of common areas.
- (3) **Reduce the number of employees coming in for work**, with initiatives like **teleworking and the use of leave**.
- (4) **Reduce people interaction by use of staggered working hours and other appropriate measures**.
- (5) Medical institutions/elderly care facilities should implement and improve infection prevention measures.

1 Regarding eating with others

- (1) Limit eating to groups of **four or less** per table*1,2 and **under two hours**.
Try your best to **choose from the Kochike Anshinkaisyoku list** (高知家あんしん会食推進の店).
*1 This **limit of four** or less applies **even to families that live together**.
*2 Restaurants on the list are able to host meals for more than four persons if they applied to the prefecture to do so and if all guests have tested negative.
- (2) 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 like drinking from the same cup, talking loudly, or singing karaoke without wearing a mask.

【COVID-19】 Requests to everyone in Kochi Prefecture (2/2)

Kochi Prefecture's COVID-19 Level: **Red - Special Advisory** (18th February 2022)

Request from 12th February to 6th March

2 Regarding going out

(1) When going out, follow the infection prevention measures.

(2) **Avoid going to high-risk places, such as crowded places, poorly ventilated areas, or facilities with poor infection control measures.**

3 Regarding going to other prefectures

(1) **Avoid travel to other prefectures unless absolutely necessary.** *Travel is possible if you test negative

(2) If you have a fever or are feeling unwell, 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 **over 5,000 people with no loud voices**, an **infection prevention safety plan** must be submitted to the prefecture at least two weeks in advance. **With the prefecture's approval**, an attendance limit of **20,000 people*** or 100% facility capacity is allowed, whichever is smaller. *If everyone tests negative, the upper limit can be set at 100% facility capacity.

② **For events outside of ①, the attendance limit is either 5,000 or** based on the facility capacity*, whichever is smaller. Prepare a "checklist" describing infection prevention measures of your event, publish it on your website or other platforms, and keep it available for one year after the event (submission to the Prefecture is not required).

*2 Events with no loud voices can have 100% capacity, events with loud voices can have 50% capacity. 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.

5 Regarding Prefectural Facilities

Opened for visits. Infection control measures are strictly done based on industry-specific guidelines.

6 Regarding Prefectural Schools

(1) **ICT-based learning**

Students who are COVID-19 close contacts and thus unable to attend school, will be able to use ICT devices to continue their learning activities, such as participating in classes and sending in their assignments.

(2) Club activities will **not be allowed on weekends** and will be **limited to two hours per day, three days per week for weekdays**. Practice matches in and out of the prefecture are not permitted. *Both regulations started from 31st Jan

(3) **Group supplementary classes on weekends** will either be **anceled or done online**.