

# Request for cooperation from All Hokkaido Residents in preventing the spread of infection

May 27, 2022 Hokkaido

## 3 ACTIONS and VACCINATION

- In order to prevent the spread of infection, we ask that you continue to practice the 3 actions to prevent the spread of infection in the following cases "in daily life", "when eating out", and "If you are worried you may have COVID-19".
- Consider getting vaccinated to prevent the spread and severity of infection
- The necessity of wearing a mask will differ<sup>\*</sup> based on location, distance between people, and whether or not there is conversation.

※ For considerations regarding the use of masks, please refer to pages no.5, 6 "Precautions for the use of masks"

# 1 In daily life

avoid the 3C's, practice social distancing, wear a mask\*, disinfect hands, ensure ventilation

- Avoid congested areas and other places with high infection risk
- When meeting persons who you do not usually meet, or who are at high risk of becoming seriously ill, take extra care to thoroughly implement infection control measures
- When traveling between prefectures, implement thorough infection prevention measures and refrain from activities with a high risk of infection at your destination

# 2 When eating out

keep the time short, avoid heavy drinking, refrain from shouting, wear mask\* during conversation

- Pay special attention to implementing these measures when you are gathering in large groups or with people you do not meet often
- Choose restaurants etc. with official Hokkaido Restaurant Infection Prevention Measures Certification, and Please comply with infection countermeasures and rules set up by restaurants, bars etc.

# 3 If you are worried that you may have contracted COVID-19

Regardless of your vaccination status, take a test.

- If you are asymptomatic, it is possible to take a test at one of the Free Testing Sites. If you have symptoms, please visit a medical institution that accepts outpatients with a fever.

Please consider getting vaccinated

- Even young people can become seriously ill from COVID-19 and may even suffer from long-term health problems as a result of the infection, so please actively consider receiving the third vaccination.
- For those who are aged 60 and over, as well as others who are eligible, please actively consider receiving the fourth vaccination to protect from more severe outcomes from COVID-19

## ● For the Workplace, comply with industry-specific guidelines

### Preschools/Nurseries, Certified centers for early childhood education and care, Elderly Care Facilities, etc.

- Implement strict health management policies, and ensure that staff can take leave if they have symptoms such as a fever, etc.
- In addition to conducting training in preparation for infection outbreaks, also ensure that provisions are made to allow staff to take vaccine booster shots if they wish to do so.
- At facilities for the elderly, etc., implement thorough infection countermeasures based on the “Infection Prevention Measures Guidebook for Nursing Care Sites” and cooperate with related departments in Hokkaido and municipalities, including health centers, to secure a support system for infection control and medical care.
- At preschools/Nurseries and Certified centers for early childhood education, implement thorough infection countermeasures based on the “Infection Prevention Measures Guidebook for Nurseries”, and ensure that children that have symptoms such as a fever refrain from attending these institutions.

### Educational Institutions

- Confirm that the infection countermeasures within schools are being properly implemented in accordance with the hygiene management manual as well as ensure thorough implementation of infection countermeasures in school education activities, etc.. In addition to these measures, carefully consider and evaluate activities with a high risk of infection
  - Carefully consider and evaluate activities with a high risk of infection (those requiring overnight stays as a group, e.g. Field trips, Classes requiring overnight stays, etc.), and ensure that such activities are only carried out with the permission and understanding of the parents and guardians of the students.
  - Club activities should be carefully conducted, with time, amount of people, and location, etc. being taken into consideration. Activities in which infection countermeasures cannot be sufficiently followed must be cancelled. Multiple health checks should also be implemented, and a school-wide guidance system for infection disease control should be established. Moreover, practice games or training camps organized with other schools should implement infection countermeasures in accordance with the infection control guidelines of each participating organization.
- Universities, vocational schools, etc., should take appropriate measures to both limit the spread of infection as well as securing learning opportunities by using online and in-person classes as appropriate. Additionally, there should be thorough warning and explanation regarding the implementation of infection prevention measures for extracurricular activities

### Restaurants etc.

- Follow the infection control checklist items.
- Consider getting the Hokkaido Restaurant Infection Prevention Measures Certification (Request for cooperation)

# Requests regarding events

The maximum number of allowed attendees is "Maximum Attendees", or "Maximum Capacity", whichever is smaller (Both conditions must be met)

| Infection Prevention Measures Safety Plan | Maximum Attendees   | Maximum Capacity  |   |
|---|---|---|---|
| Without plan                              | 5,000 people, or 50% of maximum capacity, whichever is larger | No Cheering/Loud Voices   | Within 100% (Appropriate distance between patrons if no seating provided) |
|   |   | Cheering/Loud Voices  | Within 50% (Appropriate distance between patrons if no seating provided)  |
| With plan                                 | 100% Capacity   | Within 100%<br>(assuming that there is no Cheering/Loud Voices) |   |

※ **Cheering/Loud voices** refers to either “the attendees of the event repeatedly or continually speaking or shouting, etc. at a volume higher than normal” and such activity is actively encouraged, or the fact that necessary infection prevention measures are not sufficiently implemented.

※ The “Infection Prevention Measures Safety Plan” , details the specific strategies and measures that will be implemented in order to ensure effective infection prevention measures for each event (for events where the number of attendees is over 5,000 and the capacity is over 50%, the plan should be submitted by 2 weeks before the event is held)

※ For detailed regulations regarding events, please refer to Hokkaido prefecture website

# Precautions for the use of masks ①

- Basic countermeasure policy
- National notice

As the temperature and humidity increases, there are concerns that the risk of heat stroke will increase. With that in mind, the government has released new guidelines regarding the use of masks.

With sufficient physical distance  
(2m or more between people as a guideline)

Without sufficient physical distance

Outside

Inside

Outside

Inside

In situations  
with minimal  
talking



Masks not necessary



Masks not necessary



Masks not necessary



Masks recommended

Example①

Example②

Example③

When you are passing others, for example when commuting on foot

On a commuter train

When having  
conversations



Masks not necessary



Masks recommended



Masks recommended



Masks recommended

Example①

- Exercise that is not performed in close contact with others, such as running
- Outside play that is not done in close contact with others, such as playing tag

- In the summer, to prevent heat stroke, it is recommended that you remove your mask when you are outdoors in situations where "masks are not necessary".
- Wear a mask when interacting with people at high-risk such as when meeting the elderly or going to the hospital.

# Precautions for the use of masks ②

- Basic countermeasure policy
- National notice

## Regarding preschool children

- Mask usage is still not recommended for children under the age of 2 (infants).
- Since it is necessary to take into consideration their individual developmental level and physical health, children aged 2 and older will also no longer be uniformly required to wear a mask when attending nursery schools, regardless of the physical distance from others. However, there may be situations where children are asked to use masks to the extent possible, such as if an infected person is present in the facility.

## At schools

- Masks should be worn in situations when sufficient physical distance cannot be secured while continuing to take basic infection countermeasures as outlined in the hygiene management manual.
- Depending on the infection situation in the local area, using masks is not necessary in physical education classes and situations when sufficient distance between people can be secured
- In summer when the temperature / humidity and heat index are high, give priority to preventing heat stroke and remove masks.
- The guidelines for wearing masks during athletic club activities are the same as for physical education classes, but for activities involving contact, the response will be based on the guidelines set out by each competition group.
- Thorough infection control measures, including wearing masks, should be taken when eating or moving in groups, such as in club activity practice areas and changing rooms.