

Requests from the Governor of Nagano Prefecture During New Year Holidays

December 11, 2020

Currently, Japan is in the midst of the third wave of COVID-19 pandemic. Nagano Prefecture is no exception. During the New Year holidays, many people tend to move and gather so we ask the following to reduce the spread of infection.

1. New Year Holidays

- (1) Spend the holidays at home with your immediate household if possible.
- (2) Adhere to the following:
 - ✓ Stagger the timing of vacations, visiting parents' houses, shrine visits
 - ✓ Limit the scale of dining, meetings, etc.
 - ✓ Stay remote for family check-ins, conferences, etc.

2. Moving between regions

- (1) Consider carefully visiting regions with high rates of COVID-19 infection.
- (2) Consult with your family before going home for the New Year holidays.
- (3) Take care of your health for two weeks before your visit or travel to Nagano and practice the three keys (maintain social distancing, wear a mask, wash and sanitize your hands).

3. Daily life

- (1) Stay indoors and see your family doctor if you have flu-like symptoms, etc.
- (2) Take appropriate precautions of if you have noted flu-like symptoms within the last 10 days.
- (3) Practice the three keys to prevent infection, ventilate and humidify properly.

4. For businesses

- (1) Carefully follow business guidelines for preventing infection.
- (2) Cooperate in creating a workplace so your staff can rest when they have a high temperature, staggering New Year holidays, and promoting remote working.

Contact information (for those without family doctors)

0120-691-792 (Consultation is available in multiple languages for 24 hours.)

Do not tolerate discrimination and defamation

COVID-19 patients may suffer from discrimination or defa~~m~~ation. We ask all residents to treat them, their families, those returning home, and travelers with respect.