





Regarding Countermeasures for the 8th Wave of COVID-19

“Miyagi Medical Emergency Declaration”
Extended to 2/13

▽ The “**Miyagi Medical Emergency Declaration**” has been **extended** (Period: 1/17/2023 to **2/13/2023**) due to the current burden on the healthcare system, as the **rate of hospital bed usage** and the **number of people infected remains high**
→ Requests to prefectural residents and others to **reduce the burden on the healthcare system** and **prevent infections** remain unchanged.

Omicron Variant Countermeasures Currently in Place

-  ① **Accelerate vaccination**
-  ② Strengthen infection countermeasures at **schools and daycares**
-  ③ Maintain infection countermeasures and programs at **elderly and disabled persons care centers**
-  ④ Further promotion of **telework and staggered workhours**, etc.

Potential Impact on Socioeconomic Activities Due to:

- ① High number of **absent workers** due to infection or close contact
- ② High number of workers coming into contact (not close contact) with COVID-19 patients

Increased Human Contact Due to:

- ① **More people traveling** (using domestic travel subsidy program)
- ② Participation in **seasonal events** (including New Year parties)



Requests to Prefectural Residents and Others During Declaration (11/30/2022 to 2/13/2023) *Ongoing

Help Maintain Medical System Functions

- ✓ **Self-test by using test kits** (for non-high-risk individuals)
- ✓ Use **emergency rooms and ambulances** responsibly

Infection Prevention Measures

- ✓ Re-emphasize **basic infection prevention measures** (especially during **seasonal events**, such as during **travel**, and **group dining**)
- ✓ **Accelerate vaccination**
- ✓ Get **tested** periodically when traveling etc.
- ✓ Refrain from going out and other activities when **feeling unwell**
- ✓ Implement countermeasures in classes, gatherings with friends, etc.

System for Business Continuity

- ✓ Create a work system that assumes a **high number of absentees**
- ✓ Appropriate handling of workers who have come into contact (not close contact) with COVID-19 patients (**Unnecessary to request employees to take leave**)
- ✓ Prepare for temporary closure

Content of Infection Prevention Requests for **Prefectural Residents** 【All Regions】

November 30, 2022 to February 13, 2023 (Continuation of Current Countermeasures)

【Maintain Medical System Functions】

- Non-high-risk individuals should conduct **self-testing with a test kit** or use the Support Center for Infected Individuals
- To reduce the strain on medical facilities, **use emergency rooms and ambulances responsibly**

【Infection Prevention Measures】

- **Every resident of the prefecture should thoroughly implement basic infection prevention measures**, such as effective ventilation, wearing non-woven masks, and following other basic hygienic practices such as washing hands
- **Wear a mask properly** when talking in close proximity, etc.
- Prepare over-the-counter medications, antigen test kits, food, and daily necessities in case of infection
- Take care of your daily health, and refrain from going out, going to work, school, nursery school, etc. **if you are feeling unwell.**
- Refraining from activities that could lead to the spread of infection, such as going out to places with a high risk of infection
- Be especially careful about infections in classes, tutoring sessions, and gatherings with friends, etc.
- **Get vaccinated with Omicron vaccine** as soon as possible
- **Guardians of children between 6 months to 11 years old should consider getting their children vaccinated**
- Use eating/dining establishments that have **taken appropriate infection prevention measures**, such as Ninshoten[※] and **cooperate with infection prevention measures**
- **When eating alone or in a group**, carry out habits that will **help prevent you or others from getting infected**, such as limiting time spent eating, avoiding speaking in a loud voice, and wearing a mask during conversation, etc.
- **When traveling between prefectures or participating in large events**, thoroughly implement basic infection prevention measures **and follow the infection prevention measures at your destination**
- After coming into **contact with an infected person**, get **tested as soon as possible**. If you will come into **contact with the elderly or people with underlying medical conditions** during your travels, **get tested in advance**. Residents of elderly care facilities etc., should **get tested** when visiting family home.

※Ninshoten are dining/drinking establishments recognized under the Miyagi Restaurant COVID-19 Countermeasures System