





# Regarding COVID-19 Countermeasures Starting from February 14

“Miyagi Medical Emergency Declaration” Has **Ended**

▽ As the **rate of hospital bed usage** and the **number of people infected have decreased**, the **“Miyagi Medical Emergency Declaration” has ended** as scheduled on **February 13**.

→ Since there is still a need to **reduce the burden on the healthcare system** and **prevent infections**, requests to prefectural residents and others remain ongoing, with some restrictions being relaxed.

## 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.

Avoiding a burden on the healthcare system still requires vigilance

- It remains necessary to take measures to maintain the healthcare system
- Measures to prevent the spread of infection fundamentally remain in place

Impact on socioeconomic activities is limited

- Requests to ensure business continuity systems, telework, etc. are relaxed

## Requests to Prefectural Residents and Others (Starting from February 14)

### Help Maintain Medical System Functions

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

Ongoing

### 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**
- ✓ Refrain from **activities with a high risk of infection**
- ✓ **Reduce opportunities for direct contact** through methods like **telework**, etc.

Ongoing

Relaxed

### System for Business Continuity

- ✓ Inspection of **Business Continuity Plan** (Businesses that provide services essential to the lives of prefectural residents, etc.)

Relaxed

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

**Starting from February 14, 2023**

## 【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.**
- Refrain from activities that could lead to the spread of infection, such as going out to places with a high risk of infection, to protect yourself and your family, etc.
- Be especially careful about infections in classes, tutoring sessions, and gatherings with friends, etc.
- **Get vaccinated with the 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<sup>※</sup> 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