

# Regarding COVID-19 7<sup>th</sup> Wave Countermeasures in Miyagi

## Strengthened BA.5 Countermeasures Declaration (8/5~8/31)

▽ In view of the strain on the medical facilities, the “**Strengthened BA.5 Countermeasures Declaration**” will be issued in order to maintain the maximum socioeconomic activities.

→ Following the declaration, requests for Miyagi residents will be implemented based on priority initiatives of the prefecture (8/5~8/31)

### Priority Initiatives in Miyagi

#### ① “**Four Pillars**” of Countermeasure Against Omicron

#### ② Requests for how to spend **summer/Obon vacation**

#### “**Four Pillars**” of Countermeasure Against Omicron



① **Accelerate** Covid-19 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 work hours, etc.**







#### How to spend summer/Obon vacation

- ① Thoroughly implement infection countermeasures while taking precaution against heatstroke
- ② Avoid going out if you feel unwell (fever etc.) (including family members that reside with you)
- ③ Be careful when traveling out of the prefecture and attending local events (refrain from traveling if you are unwell, comply with countermeasures at your destination etc.)






#### Strengthened BA.5 Countermeasures Declaration

##### For Residents

-  **Re-strengthen** basic countermeasures
-  Be careful when **eating alone or in groups**
-  Proactively get **3<sup>rd</sup> and 4<sup>th</sup> vaccination shots**
-  **Self-test with antigen test kits etc.**  
(for those with mild symptoms and no risk of worsening)
-  Avoid **activities with high risk of infection**  
(especially for at-risk individuals)
-  Use emergency room / ambulance responsibly

##### For Businesses

-  Promote work from home (**telework**) etc.
-  Thoroughly implement countermeasures at **facilities and events etc.**
-  Continue working following business continuity plans  
(Especially for businesses essential to socioeconomic activities)

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

**August 5<sup>th</sup> ~ August 31<sup>st</sup>**

- Every resident of the prefecture should thoroughly implement basic infection prevention measures, such as effective ventilation, wear non-woven masks, and follow other basic hand hygienic practices such as washing hands.
- Wear a mask properly when talking in close proximity, etc., while also taking precautions against heatstroke .
- When traveling between prefectures, thoroughly implement basic infection prevention measures and follow the infection prevention measures at your destination.
- 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.
- Use eating/dining establishments that have taken appropriate infection prevention measures, such as Ninshoten (※).  
※Ninshoten are dining/drinking establishments recognized under the Miyagi Restaurant COVID-19 Countermeasures Certification System
- Asymptomatic prefectural residents who are worried that they have been infected should get tested.
- Receive your third vaccination shot as soon as possible (especially for young people).  
People at high risk, such as the elderly and those with underlying medical conditions, as well as healthcare workers and workers in elderly care facilities, should receive a fourth vaccination shot.
- Consider making use of the free tests offered by the prefecture when travelling or attending large events.
- Take care of your daily health, refrain from going out or travelling if you or family members residing with you feel unwell in any way, such as fever, coughing, sore throat, etc.
- In order to reduce the burden on medical treatment and testing facilities (fever outpatients), those with mild symptoms who are not at high risk should make use of test kit delivery service and covid-19 patient registration center (available from 8/5 (Fri.) 3:00 p.m.)
- In order to protect yourself and your family, refrain from going to places with high risk of infection, such as crowded areas. In addition, refrain from high risk activities such as drinking in a group outside. (especially for those who are at high risk)
- Due to the current strain on the medical facilities, use emergency room and ambulance responsibly.