

# Regarding COVID-19 Countermeasures From September 1

Extension of the Strengthened BA.5 Countermeasures Declaration (Until 9/30)

▽ In view of current state of infections and the strain on medical facilities, the “**Strengthened BA.5 Countermeasures Declaration**” will be **extended until the end of September**  
→ **Requests for Miyagi residents**, with certain exceptions, are **ongoing** (※ There are changes to **free testing**, etc.)

## Main requests of the Strengthened BA.5 Countermeasures Declaration

For Residents

- ✓ Re-strengthen **basic infection countermeasures**
- ✓ Be careful when **eating alone or in groups**
- ✓ Get vaccinated **as soon as possible**
- ✓ Self-test with antigen test kits, etc.  
(For those with mild symptoms and no risk of worsening)
- ✓ Avoid activities **with a high risk of infection**  
(Especially for at-risk individuals)
- ✓ Use emergency rooms/ambulances responsibly

For Businesses

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



The above requests are fundamentally **ongoing**

## 【Main Changes】

Content		Previous End Date	Updated End Date
Period of Strengthened BA.5 Countermeasures Declaration		<u>August 31</u>	<b><u>September 30</u></b>
Free Testing	General testing program to accompany the rise in infections	<u>August 31</u>	<b><u>September 30</u></b>
	Vaccine & Test Package Program	<u>August 31</u>	<b><u>Ended August 31</u></b> (Due to system reforms made by national government)

## 【For reference】An outline of the free testing service

Subject	<b>【Ongoing】</b> General Testing Program	<b>【Ended】</b> Vaccine & Test Package Program
Target	People who are worried they are infected but are asymptomatic	Asymptomatic individuals who need confirmation of negative results for socioeconomic activities such as eating, drinking, events, travel, etc.
Testing method	PCR Test, etc.	Antigen test (in principle)

# Content of Infection Prevention Requests for Prefectural Residents [All Regions]

※ Changes are marked in underline

From September 1 to September 30	Note
<ul style="list-style-type: none"> <li>○ 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</li> <li>○ Wear a mask properly when talking in close proximity, etc., while also taking precautions against heatstroke</li> <li>○ When traveling between prefectures, thoroughly implement basic infection prevention measures and follow the infection prevention measures at your destination</li> </ul>	Ongoing
<ul style="list-style-type: none"> <li>○ 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.</li> <li>○ 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 System</li> <li>○ Asymptomatic prefectural residents who are worried that they have been infected should get tested</li> </ul>	Ongoing
<ul style="list-style-type: none"> <li>○ Receive your third vaccination shot as soon as possible (especially young people), and 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</li> <li>○ <u>Guardians of children between 5 and 11 years old should consider getting their children vaccinated</u></li> </ul>	Updated
<ul style="list-style-type: none"> <li>○ When traveling or participating in a large event, <u>follow infection prevention measures at your destination and thoroughly implement basic infection prevention measures</u></li> </ul>	Updated
<ul style="list-style-type: none"> <li>○ Take care of your daily health, and refrain from going out or travelling if you or a family member living with you feels unwell in any way, such as fever, coughing, sore throat, etc.</li> </ul>	Ongoing
<ul style="list-style-type: none"> <li>○ 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 the <u>newly established Support Center for Infected Individuals</u></li> </ul>	Updated
<ul style="list-style-type: none"> <li>○ In order to protect yourself and your family, refrain from going to places with a high risk of infection, such as crowded areas, and refrain from high risk activities such as drinking in a group outside. (Especially for those who are at high risk)</li> <li>○ Due to the current strain on medical facilities, use emergency rooms and ambulances responsibly</li> </ul>	Ongoing