

# Regarding COVID-19 Countermeasures From October 1

End of the Strengthened BA.5  
Countermeasures Declaration

▽ **Due to the rate of infections in Miyagi Prefecture decreasing** below the standards the national government set for a Strengthened BA.5 Countermeasures Declaration, the **Miyagi Strengthened BA.5 Countermeasures Declaration** has **expired** as of the **end of September**.

→ However, as there are still confirmed cases of people being infected by COVID-19, we recognize that **infection countermeasures are still important** as the **risk of infection remains**, and so **request that prefectural residents continue to follow** basic infection countermeasures.

Standards for “Strengthened BA.5  
Countermeasures Declaration”

Standards Suggested by National Government	
① <b>Rate of hospital bed usage exceeds 50%</b> or the peak of last winter (the 6 <sup>th</sup> wave of infections)	
②If most inpatients are moderately to severely ill	

Hospital bed usage rates in Miyagi Prefecture	
At the time of the Declaration (8/5)	The latest figure (9/28)
<b>50.0%</b> (269/538)	<b>17.9%</b> (107/597)

Note: The rate of hospital bed usage in Miyagi Prefecture at the peak of last winter was 44.2% Additionally, all inpatients in Miyagi Prefecture are moderately to severely ill.

Main requests starting October 1

For Residents

- ✓ Follow **basic infection countermeasures**
- ✓ Avoid activities **with a high risk of infection**
- ✓ Get vaccinated **as soon as possible**
- ✓ Use the **Support Center for Infected Individuals** (for those who are younger than 65 years old and not at high risk)
- ✓ Use emergency rooms/ambulances responsibly

For Businesses

- ✓ Promote work from home (**telework**), etc.
- ✓ Thoroughly implement infection countermeasures **at facilities and events, etc.**
- ✓ Comply with industry-specific guidelines
- ✓ Continue working following business continuity plans

**Declaration expired at the end of September**

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

## Starting October 1

- 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.
- 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<sup>※</sup> and cooperate with infection prevention measures
  - ※ Ninshoten are dining/drinking establishments recognized under the Miyagi Restaurant COVID-19 Countermeasures System
- Asymptomatic prefectural residents who are worried that they have been infected should get tested
- Get vaccinated as soon as possible
- Guardians of children between 5 and 11 years old should consider getting their children vaccinated
- When traveling or participating in a large event, follow infection prevention measures at your destination and thoroughly implement basic infection prevention measures
- 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.
- Use the Support Center for Infected Individuals (for those who are younger than 65 years old and not at high risk)
- In order to protect yourself and your family, refrain from high risk activities
- To reduce the strain on medical facilities, use emergency rooms and ambulances responsibly