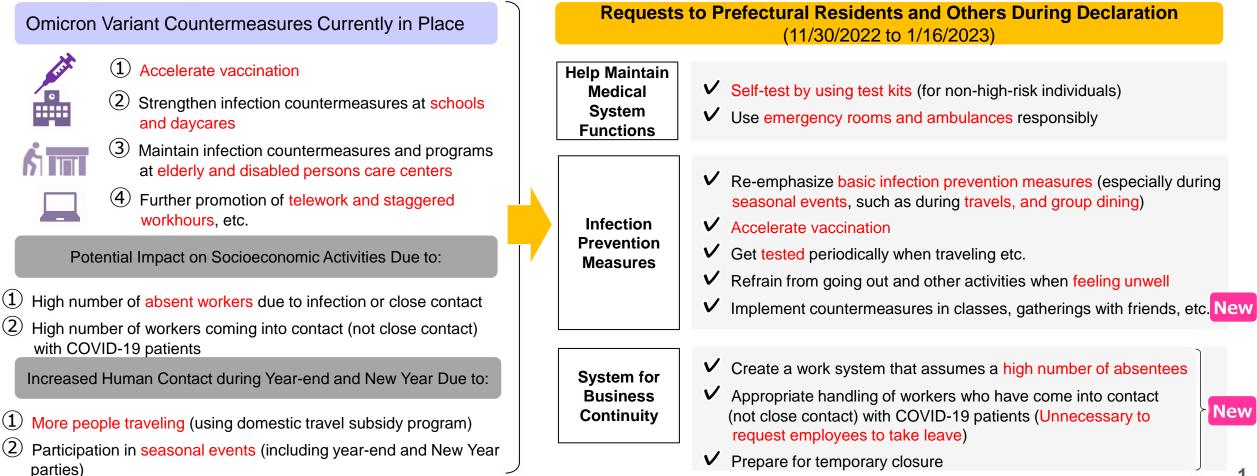
∇ The "Miyagi Medical Emergency Declaration" has been issued (Period: 11/30/2022 to 1/16/2023) due to the current burden on healthcare system and the potential **impact on socioeconomic activities** if the infection continues to spread.

 \rightarrow As the year-end and New Year holidays approach and there are increased opportunities for human contact, Requests are being made to prefectural residents and others to reduce the burden on the healthcare system and prevent infections.



X In addition, reviews will be conducted in accordance with changes in the basic countermeasure policies (e.g., abolition of COCOA).

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

November 30, 2022 to January 16, 2023

[Maintain Medical System Functions]

- O 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.
- O Prepare over-the-counter medications, antigen test kits, food, and daily necessities in case of infection
- O Take care of your daily health, and refrain from going out, going to work, school, nursery school, etc. if you are feeling unwell.
- O Refraining from activities that could lead to the spread of infection, such as going out to places with a high risk of infection
- \bigcirc Be especially careful about infections in classes, tutoring sessions, and gatherings with friends, etc.
- O Get vaccinated with Omicron vaccine as soon as possible
- O 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.