

To Residents of Iwate Prefecture

Please continue basic preventative measures by adopting “new lifestyle” practices.

1) Refrain from traveling between prefectures



<Sobacchi (Mask ver.)>

- Please continue to exercise caution and avoid non-essential/non-urgent travel to Saitama, Chiba, Tokyo, Kanagawa, and Hokkaido prefectures until June 18.
- We ask all who come or return to Iwate Prefecture to continue the self-restraint measures requested of you by the prefectures you have been in for two weeks after your arrival.

2) Avoid places with the “3 Cs”



<Nemarō-kun>

Please continue to refrain from going to facilities or businesses (if preventative measures haven't been placed), where cluster cases have been reported in other regions, and to also places where the “3 Cs” are unavoidable.

3) Thorough prevention measures at facilities and workplaces



<Sobacchi (Hand-wash ver.)>

- Limit the number of customers and provide hand washing space/disinfectants at all facilities, such as retail stores.
- Encourage work-from-home (telework) or rotation/staggered shifts to avoid interaction with others at the workplace as much as possible.

4) Remain calm and be kind to those working in essential services



<Amabie>

- We ask residents to provide moral support and express gratitude to those in medical and essential services who are working hard to maintain the daily lives of all residents.
- Please remain calm and be kind to others from other prefectures that work, visit hospitals and clinics, or attend a funeral, and do other essential affairs in Iwate.

*Examples of “new lifestyle” practices can be found on the next page

Examples of practicing “new lifestyles”

(1) Basic preventative measures from each individual

- 2m or more (at least 1m) of social distancing amongst others
- Wear a mask outside even if you do not have symptoms
- Wash hands with soap and water for at least 30 seconds (Disinfect your hands with alcohol afterwards, if possible)



(2) Basic lifestyle activities for daily life

- Frequent hand washing and disinfecting
- Avoid the “3 Cs” (Closed spaces, crowded areas, close contact)
- Daily temperature and health check in the morning (Stay at home if possible if you have flu-like symptoms)



密集回避 Avoid crowds 密接回避 Avoid close contact 密閉回避 Avoid closed spaces 換気 Ventilate well 咳エチケット Coughing Etiquette 手洗い Handwashing

(3) Various “lifestyle activities” depending on the situation

< Shopping >

- Avoid peak hours and limit the number of people shopping
- Avoid unnecessarily touching products

< Sports and Leisure >

- Use parks when they are less crowded
- Smaller groups when jogging, etc.

< Public transportation >

- Avoid peak hours
- Bike or walk more often

< Meals >

- Order take-out or delivery
- Avoid sharing food, order your own meal

(4) New working style

- Introduce work-from-home (telework), rotation or staggered shift measures
- Conduct meetings online

Up-to-date information about the coronavirus situation in Iwate via LINE (JP only; Iwate Prefectural Personal Support for Preventing Coronavirus)



Iwate Prefectural Government Official LINE