

# To Residents of Iwate Prefecture

Please continue basic preventative measures by following the “new social behaviors.”



<Sobacchi (Mask ver.)>

## 1) Avoid travel to high risk prefectures

Please continue to refrain from non-essential and non-urgent travel and outings, such as traveling between prefectures, especially to and from special alert prefectures and to prefectures at risk of spreading infection.



<Nemarō-kun>

## 2) Avoid places with the “3 Cs”

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.



<Sobacchi (Hand-wash ver.)>

## 3) Thorough prevention measures at facilities and workplaces

- 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.



<Amabie>

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

- 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 social behaviors” can be found on the next page

# Examples of “new social behaviors”

## (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 social behaviors for daily life

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



Avoid non-essential outings



Avoid crowds



Avoid close contact



Avoid closed spaces



Ventilate well



Coughing Etiquette



Handwashing

## (3) Various “social behaviors” 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