To Residents of Iwate Prefecture

"Please continue to take thorough preventive measures as we move forward to a new lifestyle"



1 Regarding travel between prefectures

- · Please always check the coronavirus situation of your destination
- · Take notes such as "who" and "where" if you are meeting others
- · Wear masks and avoid the "3 Cs"
- During the summer heat, take off your mask when it is safe to do so to avoid heat stroke



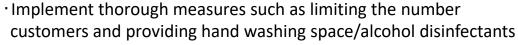
2 Regarding shopping and eating

- · Limit the number of people shopping and avoid peak hours
- · Wear masks and practice social distancing
- · Make sure to thoroughly wash your hands with soap, disinfect with alcohol, and gargle when you return home



3 Preventive measures at shops and workplaces

<At shops/stores>



<At workplaces>

· Encourage work-from-home (telework) or staggered shifts to avoid interaction with others as much as possible



<Sobacchi (Hand-wash ver.)>

4 Be kind to those in essential services or visiting from other prefectures

- · Please continue to provide moral support and express appreciation to those in medical and essential services working hard to maintain the daily lives of all residents.
- · Please also remain calm, and be gentle and kind to others visiting from other prefectures.



