

# 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



<Sobacchi (Mask ver.)>

- 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



<Nemarō-kun>

- 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



<Sobacchi (Hand-wash ver.)>

- <At shops/stores>
- Implement thorough measures such as limiting the number customers and providing hand washing space/alcohol disinfectants
- <At workplaces>
- Encourage work-from-home (telework) or staggered shifts to avoid interaction with others as much as possible

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



<Amabie>

- 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.