

Request to Citizens: Take Precautions to Prevent COVID-19 Resurgence

In Kyoto City, COVID-19 clusters have been confirmed not only among people who have attended gatherings at restaurants but also at offices, schools, homes, hospitals and nursing facilities, etc. We would like every one of you to take preventive measures against COVID-19.

Please continue taking the following basic preventive measures!

- Wear a face mask, wash your hands, and keep social distancing on a daily basis.

Please wash your hands thoroughly and gargle whenever you return home.

- Avoid the 3C's (Closed spaces, Crowded places, Close-contact settings).

- Refrain from attending gatherings that may involve singing and conversations without masks.

Please be careful especially when people at the same table take off face masks for having a meal or drinks.

- Check your body temperature daily and keep yourself in a good health. Do not hesitate to stay off work or school if you feel any fatigue.

- Use a facility that takes COVID-19 preventive measures.

An official sticker as shown on the right indicates that the preventive measures are taken at the facility in accordance with the COVID-19 Preventive Guideline. Please follow the rules set at each facility when you visit there and enjoy your time safely.

- Use “Kyoto City Notification Service of COVID-19 Positive Cases,” etc.

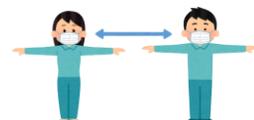
You can register by scanning the QR code posted at each facility.

*Please use the COVID-19 Contact App (COCOA) provided by the Ministry of Health, Labour and Welfare as well.



Wear a face mask

Wash your hands



Keep social distancing



In addition, please take the following precautions as well.

- Ventilate a room, even if it is cold outside.

[Proposed by the Subcommittee on Novel Coronavirus Disease Control]

Ventilate a room by a ventilation system.

If the system is not installed, **keep a window slightly open** to let the wind pass through the room as long as it does not lose heat. Try to maintain the room temperature over 18°C.

- Maintain relative humidity over 40%

[Proposed by the Subcommittee on Novel Coronavirus Disease Control]

- Call your home doctor if you have a fever, etc.

- If you are an elderly person, receive Influenza vaccination using the Influenza Vaccination Program for the Elderly People.



Ventilate a room properly, even if it is cold outside.



Maintain relative humidity.

“5 Scenes” with a higher risk of COVID-19 infection

① Social gatherings with drinking alcohol, etc.



② Big and long-hour drinking parties



③ Conversation without wearing a face mask

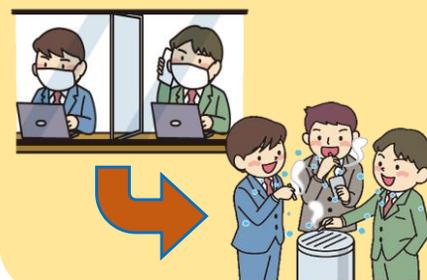


④ Sharing a small space with other persons in a shared residence.



⑤ Break time, etc.

*Places you can feel relaxed and take off your face mask



Beware of those “5 Scenes” to avoid COVID-19 infection!

Protect vulnerable people such as elderly persons from COVID-19

COVID-19 clusters have been confirmed at various places including drinking parties, offices, schools, homes, hospitals, nursing facilities, etc. A person immediately after the onset of symptoms is most infectious; therefore, if you feel unwell, please do not force yourself to stick to your original plan but take a rest at home.

Nana's Episode

1 Nana is a student, living by herself. One day, she got together with her close friends and stayed up all night with them.



The overnight chatting might have made Nana feel tired, but the fatigue lasted and a headache came out.

2 Nana didn't feel well but joined her grandma's birthday party with her cousin on the weekend.



Some days passed, but her fatigue didn't go away.

3 Nana called her home doctor and was advised to take a PCR test. She was tested COVID-19 positive on the following day.



Nana's grandma and cousins were defined as her close contacts so that they had to quarantine themselves at home for 2 weeks. Nana's infection had made a great impact on her family and friends.

4 Fortunately, Nana's case was not serious and she recovered quickly. Moreover, none of her close contacts were infected.



Whenever you feel unwell, do not go out but take a rest at home. When you have a plan to meet elderly people or persons with underlying health conditions, do not meet them.

*This story is fictional. Anyone can be infected. Do not discriminate nor stigmatize against those who have infected or healthcare workers.

Any discrimination or stigmatization against those who have infected, healthcare workers, etc. must be stopped. Behave properly based on accurate information.

Contact: Kyoto City Novel Coronavirus Countermeasures Headquarters

Tel: 075-222-3342

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