

Request to cooperate in the establishment of a “New Lifestyle”

1. Preventative measures against infection for daily life

- Thoroughly avoid the “Three Cs” - “Closed spaces with poor ventilation”, “Crowded places with many people nearby”, and “Close-contact settings such as close-range conversations”.
- Wear a mask.
- Practice hand hygiene including washing hands.
- Observe social distancing (people are advised to keep two metres apart as much as possible or at least one metre apart)

2. Preventative measures against infection in the workplace

- Promote efforts for reducing person-to-person contact during commuting hours including staggered work schedules and encouraging workers to commute via bicycle.
- Promote working from home (teleworking) or rotating work schedules, and using teleconferencing and other measures.

3. Preventative measures against infection related to traveling

- When you travel between and across prefectures, you are requested to act carefully by checking the infection status of the prefecture or area you are going to and taking thorough preventative measures such as wearing a mask, etc.
- When you have to visit areas where the risk of getting infected is relatively high with new infections continuously being confirmed or someone in your family is returning home from one of those areas, etc., you are requested to cooperate in minimising the risk of spreading the infection with measures such as keeping track of where you or your family have been for the two weeks since arriving in Fukushima, etc.

Staged easing of the request to refrain from going out (including traveling between and across prefectures)

Actions based on the “New Lifestyle”: Thorough and continued practice of basic preventative measures including hand washing, mask wearing, and refraining from going out with presenting symptoms such as a fever.

Duration	Request to refrain from going out	
	Traveling between and across prefectures, etc.	Sightseeing
① - 31 May	Refrain from traveling between and across prefectures for non-urgent and nonessential reasons as much as possible	Refrain from attracting visitors to Fukushima Prefecture from other prefectures and promote traveling within the prefecture instead. Ensure social distancing at tourist spots.
② 1 June - 18 June	The request to refrain from going out no longer applies However, refrain from traveling between and across the 5 prefectures where the state of emergency was lifted on 25 May for non-urgent	

	and nonessential reasons as much as possible.	
③19 June - 9 July	The request to refrain from going out no longer applies	The request to refrain from going out no longer applies Promote attracting visitors to Fukushima Prefecture from other prefectures. Ensure social distancing at tourist spots.
④10 July - 31 July		

The above guidelines have been formulated by the prefecture in line with the policy determined by the central government in response to the Novel Coronavirus as of 25 May.

Staged easing of the request to refrain from going out (facilities and places where clusters of infections have occurred)

Duration	Request to refrain from going out to facilities and places where clusters of infections have occurred	
	Restaurants with hospitality services, live music clubs and other similar businesses	Karaoke parlours, sports gyms and other similar businesses including bars and indoor sports facilities, and the like
- 31 May	Formulation of industry-specific guidelines	
① 1 June - 18 June	Discussions will take place to introduce additional preventative measures with industry groups, experts and related individuals	The request to refrain from going out to facilities and places where clusters of infections have occurred no longer applies
② 19 June - 9 July	<p>The request to refrain from going out to facilities and places where clusters of infections have occurred no longer applies</p> <p>Business will adopt thorough preventative measures and follow strict guidelines. In the case that clusters of infections occur, a shutdown request will be considered.</p>	Business will adopt thorough preventative measures and follow strict guidelines. In the case that clusters of infections occur, a shutdown request will be considered.
③ 10 July - 31 July		

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