

Let's avoid
the "3 Cs"



For the people of Fukushima

Fukushima has seen new cases of COVID-19 every day. Many of the new patients are highly likely to have contracted the virus while travelling across prefectures or being in close contact with these patients. In addition to taking thorough preventative measures (such as sanitising your hands, wearing a mask, avoiding speaking in loud voices, having proper indoor ventilation, etc.), I ask you to focus on the following points.

○ **When you are going out**

- If you have any symptoms such as a fever, please refrain from going out or travelling across prefectures.
- Please check the information provided by the local government of the area you are going to.
- Please avoid places where the "Three Cs"- "Closed spaces with poor ventilation", "Crowded places with many people nearby", "Close-contact settings such as close-range conversations" overlap as well as avoiding places that do not have careful preventative measures in place. Also, you should take thorough preventative measures such as wearing a mask.

< **Precautions when travelling to areas where cases are spiking** >

- Please carefully assess the necessity of that travel.
- Please avoid places where the "Three Cs"- "Closed spaces with poor ventilation", "Crowded places with many people nearby", "Close-contact settings such as close-range conversations" overlap. Also, please avoid situations that involve speaking in loud voices and places where infections tend to spread, such as parties and dinners.
- Please make use of the contact tracing app (COCOA) and keep track of your movements for the two weeks after making that travel.

○ **Please be careful even when you are at home**

- If you spend time with family members or friends who have returned home/have travelled from areas where cases are spiking or if you are with someone who has recently visited those areas, please make sure to take preventative measures such as wearing a mask and having proper ventilation, even when you are indoors or at home.
- Please quickly contact one of the public health centre hotlines (Kikokusha-Sesshokusha-Sodan-Senta) if you develop symptoms such as a fever and feel unwell after travelling to areas where the risk of getting infected is high or after having welcomed any family members home from those areas during the "Obon" holiday.