

## 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-contact settings such as close-range conversations”.
  - When talking to someone outdoors or indoors, wear a mask if you cannot keep your social distance. However, be careful of getting heat stroke.
  - Often wash and sanitize your hands.
  - Observe social distancing (people are advised to keep two metres apart as much as possible or at least one metre apart).
  - Make use of the contact tracing app (COCOA).
  - When you have a fever or cold-like symptoms, you should take care of yourself and recuperate at home.
  - If you feel unwell, please contact one of the public health centre hotlines (Kikokusha-Sesshokusha-Sodan-Senta).
2. Preventative measures against infection in the workplace
  - Promote staggered work schedules, working from home (teleworking), rotating work schedules, and using teleconferencing and other measures.
3. Preventative measures against infection related to traveling
  - When you have any symptoms such as a fever, you are requested to refrain from going out or travelling between and across prefectures.
  - When you travel between and across prefectures, you are requested to exercise extreme caution and act more carefully by first checking the infection status of the prefecture or area you are going to, avoiding 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 and places without thorough preventative measures in place, and take thorough preventative measures such as wearing a mask, etc.
  - When you are planning to travel to areas where cases are spiking and the risk of getting infected is high, you are requested to carefully assess the necessity of that travel. If you do visit such areas or if someone in your family is returning from those areas, you are requested to cooperate in minimising the risk of spreading the infection with measures such as using the contact tracing app (COCOA) and keeping track of where you or your family have been for the two weeks since arriving in Fukushima, etc.

### Area covered

The entire area of Fukushima Prefecture

### Duration

From Saturday, 1 August 2020 to Monday, 31 August 2020