

# To all Prefectural Residents: “Prevent the Spread of the 3<sup>rd</sup> Wave” as We Approach the New Years Period

November 25<sup>th</sup> 2020

## 1 “To avoid being infected”, avoid New Years Period

### Risks

- Clusters occurring within Gifu Prefecture since September have almost all spread through eating & drinking.
- Going forward, there will be many high risk situations such as end-of-year parties, new year gatherings with relatives and coming-of-age ceremony after-parties.

⇒ **Thoroughly avoid high risk situations such as “eating/drinking with large groups (5 people or more) other than your family” and “eating/drinking with hospitality service” in the New Years Period. Also make sure to “always wear a mask before and after dining”.**

## 2 “To avoid infecting others”, stop your activities if your physical condition is not good

- There have been many cases in Gifu Prefecture of infections spreading after people have carried on dining and taking trips outside etc. despite being in bad physical condition.
- There were examples of people in bad physical condition returning home for the summer bon holidays and infecting their families.

⇒ **If you feel that “something is strange” about your physical condition, make sure to stop social dining and attending school/work and avoid trips outside. Consult a medical institution straight away and get yourself examined.**

⇒ **Those not in good physical condition should stop travelling to return to family homes over the New Years Period.**

## 3 “Repeat the Basics”; masks, hand-washing and social distancing

- It is very easy for various infectious diseases to spread in the dry winter season.

⇒ **You may also be a “symptomless infected person”. Masks are essential.**

**You must always wash your hands after taking trips outside, before and after eating and/or after touching something outside.**

#### **4 Self-protection in the home and workplace with “Everybody working together”**

- There is a tendency for infections to spread in ordinary workplaces and homes.

⇒ Appoint a “Gifu COVID Guard” to be in charge of infection prevention measures in the workplace or home and check temperatures and measures such as masks and hand-washing every day. Stay aware of the need for “self-protection”.

#### **5 “The Virus is the Enemy”, STOP “COVID-19 Harassment”**

- There are concerns about an increase in COVID-19 harassment as COVID-19 infections increase.

⇒ Expand to workplaces, schools and homes the creation of an environment which does not tolerate “COVID-19 Harassment” against infected persons, their families, organizations they belong to or on the basis of nationality etc.

⇒ If you are the victim of harassment or if you see or hear harassment then contact the consultation center at once.

**※ Please report suspected human rights violations to the Legal Affairs Bureau.**

**Gifu Prefecture Human Rights Center**

**【058-272-8252】**

**For foreign language consultations,**

**please contact Gifu Prefectural Consultation Center for Foreign Residents: 【058-263-8066】**