

# Implementation of comprehensive measures for living with COVID-19 (excerpt)

30th of May 2022

Currently, the 6<sup>th</sup> wave of COVID-19 is showing no signs of ending, with cases still at a high level and repeatedly fluctuating.

It is under these circumstances that we will soon be entering the summer season. While taking precautions against heatstroke, comprehensive measures against COVID-19 will be implemented.

Each and every one of us residing in Gifu prefecture must once again, and without exception, abide by the measures to prevent the spread of infection. We thereby ask for your cooperation in tackling the following day-to-day activities.

- Always wear a mask when eating a meal with others (eat quietly, and wear a mask when conversing).
- When travelling or engaging in leisure activities, take a free COVID-19 test before departure (available at pharmacies). In addition, while travelling and when at your destination, continue to abide by the measures to prevent the spread of infection.
- If you develop a sore throat or a fever, even if the symptoms are minor, take time off and stay at home.
- During the summer season, in order to prevent heatstroke, there are situations in which removing your mask is permitted. The following table outlines such situations.

	Social distancing is possible		Social distancing is not possible	
	Indoors	Outdoors	Indoors	Outdoors
When engaging in conversation	Mask recommended*	Mask not required	Mask recommended	Mask recommended
Little or no conversation occurring	Mask not required	Mask not required	Mask recommended	Mask not required

\*If there is plenty of ventilation, and if preventative measures are in place, removing your mask is permitted.