

# [COVID-19]Requests to everyone in Kochi Prefecture

Kochi Prefecture's COVID-19 Level: **Red - Special Advisory** [20th January 2022]

## Request from 20th January to 13th February

### ○ For everyone living in Kochi Prefecture

**(1) Please take infection prevention measures, such as wearing a mask and avoiding the 3Cs.**

(2) When doing sports, especially indoor sports, please make sure changing rooms and other common areas are disinfected and ventilated regularly.

(3) Install the COVID-19 Contact Application, "COCOA". It will notify you of close contact with COVID-19 positive users.

(4) Do not talk badly about or discriminate against healthcare workers, those who have caught COVID-19, and their families.

**(5) If you are do not have symptoms but are worried that you might be infected, designated pharmacies\*1 currently provide free antigen tests and/or free PCR tests. People with symptoms should go directly to a registered medical institution for a free test\*2.**

\*1 List of pharmacies: <https://www.kochi-muryokensa.com>

\*2 List of registered medical institutions: [https://www.pref.kochi.lg.jp/soshiki/130401/cov19\\_kensakyouryoku.html](https://www.pref.kochi.lg.jp/soshiki/130401/cov19_kensakyouryoku.html)

### ○ For business owners

(1) Please take all necessary measures to prevent infection (in particular, that your employees wear masks) according to the guidelines.

(2) Managers of sports facilities and restaurants that serve alcoholic drinks are especially requested to comply with the guidelines.

(3) Please put in the effort to enable your employees to work at home via teleworking or stagger their working hours.

### **1 Regarding eating with others**

(1) Limit eating to **groups of four\* or less** and to **two hours** (people living together are exempt). Try your best to **choose from the Kochike Anshinkaisyoku list** (高知家あんしん会食推進の店).

\*Restaurants that have applied to host groups of five or more can do so, if everyone in the group has tested negative.

(2) Please wear a mask as much as possible when talking with others, especially when talking is the main activity.

(3) In particular, do not do high-risk activities such as drinking from the same cup, talking loudly, or singing karaoke without wearing a mask.

### **2 Regarding going out**

(1) When going out, please follow infection prevention measures.

**(2) Avoid going to high risk places, such as crowded places, poorly ventilated areas, or facilities with poor infection control measures.**

### **3 Regarding going to other prefectures**

**(1) Avoid going to prefectures with a high number of COVID-19 cases, especially those that have announced Quasi-Emergency Measures.**

(2) When traveling, choose areas with low infection numbers, travel when the infection situation is calm, and with people you are commonly with.

(3) Follow the requests and messages issued by the governor of your destination prefecture.

(4) If it is difficult to do points (1) to (3), please consider carefully on whether you should be traveling to another prefecture or not.

(5) If you have a fever or are feeling unwell, please do not travel to other prefectures.

**4 Regarding events** Observe the following points and take infection control measures based on industry-specific guidelines.

(1) For events with more than 5,000 people and more than 50% of the facility's capacity, an infection prevention safety plan is to be submitted to the prefecture at least two weeks in advance. With the prefecture's approval, 100% capacity is allowed. There should be no loud voices\*.

(2) The upper attendance limit for events other than (1)

• Point 1: Events with no loud cheering/voices: 100% capacity | Events with loud cheering/voices\*: 50% capacity

• Point 2: The possible number of attendees should either be 5,000 or 50% of the facility's capacity, whichever is higher.

• The final number of attendees should fulfill both the first and second points (whichever is lower).

**5 Regarding Prefectural Facilities** Opened for visits. Infection control measures are strictly done based on industry-specific guidelines.

(Note) Loud voice events are events actively promoting the audience to continuously use a louder than normal voice. Events not taking necessary measures against this count as well.