

A message on prevention of COVID-19 outbreaks from Oshu City Mayor

Since the end of March, multiple clusters have arisen in Oshu, and we have confirmed new cases of new coronavirus infections almost every day. The situation is unprecedentedly severe.

We offer our heartfelt sympathies to those who have been infected and pray for their speedy recovery.

Highly infectious mutant strains are spreading nationwide, so we ask for residents' continued cooperation in taking thorough measures to prevent infection.

[Refraining from unnecessary and unurgent travel]

- Please refrain from unnecessary and unurgent travel to and from areas under a State of Emergency or quasi-State of Emergency.
- Areas under a State of Emergency: Hokkaido, Tokyo, Aichi, Kyoto, Osaka, Hyogo, Okayama, Hiroshima, and Fukuoka Prefectures
- Areas under a quasi-State of Emergency: Gunma, Saitama, Chiba, Kanagawa, Ishikawa, Gifu, Ehime, Mie, Kumamoto, and Okinawa Prefectures
- When traveling to and from areas outside of the prefecture other than those listed above, check whether infections are spreading or whether you are requested to refrain from going out. Take care when making decisions.

[Consultations and examinations for those with symptoms such as fever]

- If symptoms such as fever or coughing persist, or if you have severe symptoms such as difficulty in breathing, feeling extreme fatigue, or a high fever, call your doctor and consult with him or her.
- If you do not have a doctor or if you are hesitant about your medical institution, consult with the "Examination / Consultation Center."
[Examination / Consultation Center] TEL: 019-651-3175 (Available 24 hours a day, including Saturdays, Sundays, and national holidays)

[Basic measures to prevent infection]

- Avoid enclosed spaces (spaces with poor ventilation), gathering places (where many people gather), and crowded locations (where conversations or collaborations take place within reach of each other) everywhere.
- When coughing or sneezing, practice proper etiquette by using a handkerchief or sleeve to cough into. When returning home and before meals, take care to wash and disinfect your hands.
- When holding gatherings involving eating and drinking, avoid large numbers of participants and lengthy gatherings. Be cautious in situations where the risk of infection increases, such as holding conversations without using masks.
- “Shifting gears,” such as between work time and break time, tends to lead to lower awareness in preventing infection, such as holding conversations without masks. This increases the risk of infection, so please be strongly aware concerning the prevention of infection even in break rooms, smoking areas, dressing rooms, etc.
- If you have cold-like symptoms such as fever, stay home from work and school, and do not participate in outings, events, and such.

Actions such as discrimination, prejudice, or besmirching infected persons, those in close contact with them, medical workers, and their families cannot be allowed.

Do not simply believe or spread rumors or misinformation. Take composed actions based on correct information.

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