

# Restrain yourself in the Infection-prone Winter Season and New Years Period and Continue to Exercise Caution

## To all Prefectural Residents

### 1. Avoid behavior involving a high risk of infection

- Since September clusters in Gifu Prefecture have occurred in enclosed spaces with:
  - ・ Parties or eating & drinking events (including with family) involving alcohol with large numbers of people or over long times
  - ・ Use of food & drink establishments involving hospitality service

Furthermore, cases are occurring nationwide in people living in small shared spaces (dormitories etc) and in places with a high turnover of people (waiting rooms etc).

⇒ Avoid high-risk situations such as “eating/drinking involving alcohol in large groups”.  
In particular you must be careful of “not wearing masks” and “talking in loud voices and releasing saliva”.

### 2. Stop activities without fail if your physical condition is bad

- Cases of infections spreading after people have dined while in bad physical condition.

⇒ If you feel “something is odd” about your physical condition, stop social dining, trips outside & attendance of work and/or school.  
Consult and/or be examined by a medical institution immediately.

### 3. “Wear masks”, “wash hands thoroughly” & “keep distance with others”

- It is easy for various infections to spread during the coming dry winter period.

⇒ Infectious diseases are a danger which require everybody's cooperation to protect against. Continue to thoroughly implement basic infection control measures.  
⇒ Appoint a “COVID Guard (Provisional Name)” within the workplace or home who is in charge of continuing to promote infection control measures.

### 4. Thorough Stop “COVID-19 Harassment” Declaration

- Strengthening of consultation support network and carrying out of internet patrols, in addition to various public awareness efforts.

⇒ Working to creation an environment that does not tolerate COVID-19 Harassment.  
Furthermore, consult one of the consultation centers without delay if you are a victim of harassment or if you observe harassment.