

Emergency Measures to Protect Prefectural Residents' Livelihoods and Lives, to Control the Rapid Spread of COVID-19

【Duration】 July 22 (Friday) - August 14 (Sunday) 2022

Details of Implementation

To protect prefectural residents' livelihoods and lives, and to control the rapid spread of COVID-19, based on article 24, section 9 of the Act on Special Measures Against Novel Influenza, etc. (hereinafter referred to as "The Act"), requests will be made to prefectural residents and businesses, and the necessary cooperation will be encouraged.

Area

The entirety of Okinawa prefecture

Current Situation

In Okinawa Prefecture, the spread of COVID-19 has continued since late June, with the number of new positive cases repeatedly reaching record highs.

The spread of COVID-19 has occurred not only among children, but among all generations, including the young and elderly who are at a higher risk of a severe case of COVID-19.

Along with the spread of COVID-19, the use of hospital beds for COVID-19 has remained at a high level, making it difficult to coordinate hospital admissions. It is difficult to maintain the emergency medical system, including general medical care, as well as the medical response to COVID-19, and if this situation continues, it will be impossible to provide the same level of medical care that has been available to all residents of the prefecture.

**Protecting your loved ones and yourself will lead to the protection of our medical care.
We would appreciate the cooperation of all prefectural residents and businesses.**

Request to Prefectural Residents

~Make it a habit to employ the COVID-19 countermeasures we have already learned~

- ◆ Please make sure to take thorough COVID-19 countermeasures, such as, ensuring adequate ventilation, wearing a mask properly **on a daily basis**. Please refrain from all non-essential and non-emergency outings as much as possible.
- ◆ **Dine** with no more than 4 people, and for no more than 2 hours, and wear a mask when talking to others.
- ◆ **If you have any symptoms** such as a fever, a sore throat, coughs, a runny nose, please refrain from going to work or school and group dining.
- ◆ In order to prevent a severe case of COVID-19, for example, people aged 60 years and over, please **receive the fourth dose of vaccination** (those who have not received their third round of vaccinations, should also be vaccinated as soon as possible).

1 On a daily basis

Make sure to take thorough COVID-19 countermeasures.

- Please refrain from all non-essential and non-emergency outings as much as possible. If you need to go out or travel, please make sure to avoid “closed spaces, crowded places and close-contact settings”. The elderly should refrain from meeting people that they do not live with.
- Make it habit to ventilate, wear a mask properly, use hand sanitizer, observe your health daily (especially, the elderly, people who have underlying conditions, and expectant mothers).
- When there is a high risk of infection at the destination, such as when going to parents' home, staying overnight or attending an event, please confirm negative results with a PCR or other test immediately before the start of the trip.

2 When you dine and interact with your friends

Avoid large, prolonged gatherings and wear a mask indoors.

- In places where children gather (such as after-school day-cares, cram schools, etc.), adults should check infection control measures such as the ventilation and **the proper usage of masks**.
- **Dine with no more than 4 people, for no more than 2 hours.**
- Have dinner with family members whom you live with or who are always with you as much as possible. Confirm negative result with COVID-19 tests at events where large groups of people are unmasked.
- When dining, use the "Infection Prevention Measure Certified Facility", avoid visiting restaurants and other facilities which are not taking thorough infection prevention measures.

3 If you feel unwell

If you have any symptoms such as a fever, a sore throat, coughs, a runny nose, refrain from going to work or school, outings, and a group dining.

- If you have any cold symptoms, please make sure to avoid the elderly and expectant mothers for a week as they have the risk of severe case of COVID-19.
- If you feel unwell and you may have been infected, you can use a medical antigen test kit **if you have a mild symptoms**, or **consult the Prefectural Call Center**.
- **To protect the emergency medical system, please refrain from going to the emergency room if you have a mild illness or to take a COVID-19 test. Keep medicines, for example, fever reducers at your home**

4 Vaccination

People aged 60 years and over, should receive their fourth COVID-19 vaccination.

(Those who have not received their third dose of the vaccine should also be vaccinated as soon as possible).

- Keeping up-to-date with vaccinations reduces the risk of hospitalization and death.
- Residents of social welfare facilities and users of day facilities should receive their vaccination, as they are at high risk of infection.
- People at risk of a severe case, such as those who have underlying conditions such as hypertension, obesity and those who smoke, can also lower their risk of a severe case by receiving vaccine.

【To Travelers (Those Considering a Travel to Okinawa)】

- Before traveling to Okinawa, please conduct a thorough health check and then come to Okinawa. If you feel unwell, postpone your trip. We look forward to seeing you another time. **Before arriving and during your stay in Okinawa, please make sure to take basic infection prevention measures.**
- For those that will visit Okinawa on a school trip, take thorough infection prevention measures, and also make sure to act in accordance with the "Okinawa School Trip Quarantine and Sightseeing Guidelines" and other guidelines.
- For other purposes, such as travel, before your arrival in Okinawa, **update your vaccination 2weeks before the trip starts, or confirm a negative result with a PCR test or other tests. Especially in the event that you will interact with prefectural residents, such as while on a business trip, visiting your family, attending an event, please take a PCR test or other test in advance. (*Also, please take free tests provided by the prefecture in which you live, before your arrival in Okinawa.)**
- **For those who are unable to take a PCR test or antigen test in advance, we have established a system where one can take a PCR test upon their arrival at Naha Airport, Miyako Airport, Shimojishima Airport, New Ishigaki Airport, and Kumejima Airport.**
- **During your stay, please take the same actions that are expected of Prefectural residents as requested by this response policy, including the use of an Infection Prevention Measure Certified Facility.**
- **Medical institutions in Okinawa are overwhelmed, and it is difficult to see a doctor. For those who have chronic illnesses, take it easy and take care of your health condition during your stay. Also, those who have a chronic illnesses, ensure you have adequate supplies of prescribed medications, bring extra medications when you visit Okinawa.**
- **If you feel unwell or have a fever during your stay, please consult the "Traveler's Access Center Okinawa".**

【Traveler's Access Center Okinawa (TACO)】

Phone: 098-840-1677 Operation hour: 8:00 ~21:00

Requests to Restaurants

<p>Target Facilities</p>	<p>[Restaurants] Restaurants (excluding takeout and delivery) [Entertainment facilities / wedding halls] Bars, karaoke boxes, wedding halls (etc.) that possess a restaurant business license under the Food Sanitation Act</p>
<p>Details of the Requests</p>	<p>○ For all restaurants and others, allow one group at one table with no more than 4 persons. (Excluding the cases when care or assistance is necessary.)</p> <p>(For holding weddings and other ceremonial events, please follow the request for holding events.)</p> <p>○ For all restaurants and others, please encourage customers to dine for no more than 2 hours.</p> <p>○ For Infection Prevention Measure Certified Facilities, please continue to ensure that the restaurant is safe and secure by taking thorough infection prevention measures, including compliance with the industry specific guidelines</p> <p>① Hygiene management of restaurant: Sufficient ventilation in the restaurant, disinfection of area and utensils touched by customers.</p> <p>② Safety and hygiene management of staff: Conducting thorough health management of staff, including daily body temperature checks before work. Recommend vaccination.</p> <p>③ Safety for customers: Body temperature checks upon entry, sanitizing hands thoroughly, spaced seating, etc.</p> <p>(Deny entry to a customer who has symptoms such as a fever and other, even if it is a mild illness. Ensure customers comply with infection prevention measures.) etc.</p> <p>○ For restaurants that are not certified with Infection Prevention Measure Certified Facility Certification, we encourage these facilities to take thorough infection prevention measures and get certified with "Infection Prevention Measure Certified Facility" as soon as possible.</p>

Request when Holding Events

◆ As the infection situation getting worse, we ask for your understanding and cooperation in preparing the Infection Prevention Safety Plan and submitting it to the Prefectural government.

- ◆ Request for Organizers to Hold Events in Accordance with the Event Capacity Requirements (maximum number of people, venue capacity, etc.).

	Maximum Venue Capacity(*1)		
	Less than 5,000 people	Over 5,000 ~ less than 10,000 people	Over 10,000 people
Events Free from Loud Spectator Cheering /Shouting	Up to capacity	Up to 5,000 people(*3)	Up to Half of the capacity(*3)
Events with Loud Spectator Cheering and/or Shouting (*2)	Up to Half of the capacity		

*1:In the case a maximum venue capacity has not been set, the capacity shall be as follows.

- Events Free from Loud Spectator Cheering /Shouting → The spacing should be sufficient to avoid having close-contact between people (There should be enough to avoid person-to-person contact at a minimum).

- Events with Loud Spectator Cheering and/or Shouting → Sufficient space (2m as much as possible and at least 1m) between people must be provided.

*2: A "Loud Voice" is defined as "a spectator ①speaking louder than their usual voice and ②speaking up repeatedly and continuously", and events that actively encourage this practice or do not take sufficient necessary countermeasures are classified as "Events where spectators tend to shout".

*3:The maximum number of people is allowed up to the capacity of the facility, under the condition that an infection prevention safety plan is prepared and implemented.

- Event Organizers should thoroughly comply with the industry specific guidelines, thoroughly implement tracking measures, such as the utilization of the national governments Contact Confirming Application (COCOA) and the LINE application base close contact notification system recommended by the Prefecture (RICCA), and creation of a list of participants.
- **For events with more than 1,000 participants**, the organizers must prepare and submit an Infection Prevention Safety Plan with specific measures to the prefectural government at least two weeks before the event.
- Postpone the event or cancellation would be requested, if it doesn't meet the request by the prefectural government.
- Respond promptly in the event of a national outbreak or cluster at an event, and if the national government revises its industry-specific guidelines, capacity requirements and maximum number of people.
- For events with large numbers of people, recommend visitors to **update with vaccinations** or confirm negative results by PCR or other tests in advance.
- If food or drink is served, voluntary restraint should be requested outside the dedicated eating and drinking areas. However, this does not apply in environments where measures can be taken to ensure the wearing of masks except when eating or drinking, or to shorten eating and drinking times in order to reduce the time spent unmasking, on the basis that there is no vocalization.
- **As the infection situation getting worse, we ask you to consider postponing the timing of any events involving the serving of alcohol.**
- For events that do not have an Infection Prevention Safety Plan, infection control measures should be thoroughly implemented through the preparation of checklists and other. For more details, see the "Restrictions on holding events". (<https://www.pref.okinawa.lg.jp/site/chijiko/kohokoryu/koho/20200828.html>)

- ◆ Participants of an event are asked to ensure they take basic infection control measures in order to reduce the risk of infection, such as going directly to the venue and home.

To Commercial and Visitor-attracting Facilities

The following infection control measures shall be implemented in sports facilities, amusement centers, cinemas, shopping malls and other facilities as regulated in Article 11, section 1 of the Special Measures Act.

- The compliance with the industry specific guidelines, implementation of thorough infection prevention measures.
- Control and guide visitors so that they do not crowd together (especially when holding events that attract visitors, work to ensure that they are not crowded or close together).
- Requesting visitors wear masks properly, etc.
- Take effective measures to prevent infection through droplets from conversation, etc. (Especially, for food courts, measures such as the installation of acrylic panels, etc. or ensuring seating spacing and thorough ventilation).

To Businesses

- Ensure that employees take care of their health condition thoroughly and if you feel unwell, do not come to work and do not make anyone who is unwell to come to work.
- **In cases that an employee tests positive or becomes a close contact person, etc., negative proof of PCR or other tests shall not be required when the employee is brought to work.**
- Take measures to prevent dense commuting to and from work, such as working from home (teleworking), videoconferencing and expanding staggered working hours.
- Adhere to the Guidelines for Preventing the Spread of Novel Coronavirus Disease (COVID-19) specified by the industry.
- Encourage vaccination in the workplace (please provide an environment conducive to vaccination).
- **Conduct effective indoor ventilation and other measures to deal with aerosol infections, such as the constant operation of ventilation fans and additional window openings.**

Implementation of initiatives in cooperation with the prefecture in each municipality.

- **Raise awareness of infection prevention measures among local residents and call for cooperation from residents' associations, etc., by using the information vehicles and disaster warning systems.**
- **Municipalities that are in charge of vaccination should accelerate the third and fourth vaccination.**

Requests to Schools

- Based on the actions on the basis of the Sanitation Management Manuals, etc., and **carry out effective indoor ventilation and the correct use of masks in response to the aerosol infection, including the constant operation of ventilation fans and additional window openings.**
- Please refrain from educational activities with a particularly high risk of infection (*), regardless of the level in the Manual. Even in areas where infection is not spreading, the implementation of such activities should be carefully considered.
- Thoroughly monitor the health of teachers, staff and students, using health observation charts and health observation apps, and ensure they refrain from going to work, school, **club activities**, etc. when they are unwell.
- **Take measures against heat stroke during summer when temperatures, humidity and heat indexes are high. When outdoors, make sure to inform people to remove their masks if there are no one else around.**
- Club activities should be limited to approximately two hours on weekdays (including early morning practice) and three hours on weekends and holidays, and health checks should be carried out at the start of activities and before various competitions, with thorough infection prevention measures such as refraining from activities with a high risk of infection (*).
- **Make sure to inform students to carry out the basic infection prevention measures, even during the summer vacation.**
- **Please refrain from gathering at a friend's home during the summer vacation.**
- Promote the use of RADECO, which allows symptomatic primary and junior high school, high school students and their family members living with them who may be a close contact persons to carry out a qualitative antigen testing at home.
- **In cases that a teacher, staff member or student tests positive or becomes a close contact person, etc., the teacher, staff member, or student shall not be required to submit to negative PCR test or other tests before being allowed to go to work or school.**
- *Examples: choral singing and playing of wind instruments such as recorders at close range in a room in music class, dense physical exercise in physical education, etc. (Infection prevention measures based on the characteristics of the Omicron strain from "the 12th Japanese government's coronavirus countermeasures subcommittee".)



COVID-19 is spreading



To control the rapid spread of COVID-19 and to protect prefectural residents' livelihoods and lives, please take the following measures.

1. Protect elderly people, etc.

- Elderly people and those with underlying medical conditions are at higher risk of serious illness when infected with COVID-19.
- Do not meet with the elderly or other people at high risk of serious illness for a week after a meal with people you do not usually meet or after attending an event attended by a large number of people.

The rate of severe illness, according to age groups ↓



2. Get vaccinated

- The rate of hospitalizations and deaths of unvaccinated persons among corona-affected persons aged 70 years and over is more than double the rate of hospitalizations and deaths among persons who received the third dose of the vaccine. *source from the Okinawa Prefectural Epidemiology Statistical Analysis Committee.
- To reduce the risk of hospitalization and death, keep your vaccination up-to-date.

Booking for the Prefectural vaccinations ↓



3. Refrain from the misuse of emergency medical care.

- To ensure the stability of emergency medical care, do not visit the emergency room for minor illnesses or for the sole purpose of testing for COVID-19. (Schools and businesses should not ask for negative test results.)
- If you have problems dealing with a child's illness at night or on holidays, please call #8000 for advice.

Outpatient service for a fever ↓



4. Remember to take infection control measures when attending events

- You need to be careful at events that increase contact with people, which raise the risk of infection.
- Avoid crowds as much as possible, wear a mask when conversing in social situations such as beach parties, and do not detour on the way home.

Infection prevention measures when attending events ↓



State of Medical Emergency ver.

If You Think it May Be COVID-19

To protect you and medical services, please cooperate the following:

July 21, 2022



Okinawa Prefecture

	When you want to be tested	When you want to see a doctor
No symptoms	<ul style="list-style-type: none"> Take a test at PCR testing centers contracted by the prefecture or private testing centers in the city. 	<ul style="list-style-type: none"> Please do not see a doctor, when you have no symptoms. If you are unsure, consult your primary care doctor.
Mild symptoms	<ul style="list-style-type: none"> Take a test at PCR testing centers set up by the prefecture. If you would like to receive the results quickly, you can also self-test with a commercial medical antigen test kit from the day after the onset of the disease. If the result is positive, report it to the Antigen Identification Test and Positive Persons Registration Center. For primary, junior high and high school students, that have symptoms, they can apply for an antigen test kit, which will be sent to them. (free of charge) 	<ul style="list-style-type: none"> Visit a nearby clinic in the daytime. As much as possible, please refrain from visiting the emergency room if you have mild symptoms. If you don't know which clinic to visit, consult the Prefectural Call Center. If you are unsure how to deal with a sudden child's symptoms, you can call #8000 for help. If you have a confirmed COVID-19 infection and wish to see a doctor, please call the contact number given to you.
Moderate or severe symptoms*	<p>Be sure to see a doctor →</p>	<ul style="list-style-type: none"> Consult your primary care doctor or visit the emergency hospital as soon as possible if you consider your condition to be poor.

Close contact person PCR testing center (appointment)

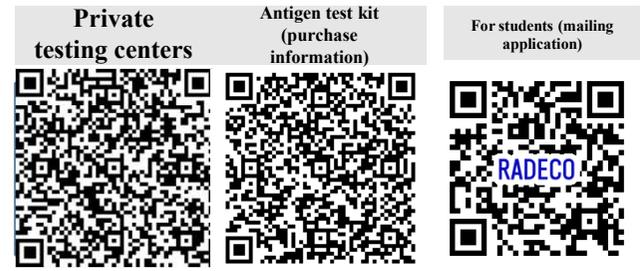


Central

South

Miyako

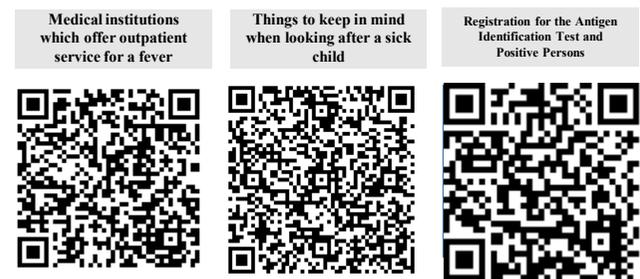
Yaeyama



Private testing centers

Antigen test kit (purchase information)

For students (mailing application)



Medical institutions which offer outpatient service for a fever

Things to keep in mind when looking after a sick child

Registration for the Antigen Identification Test and Positive Persons

*Rapid breathing or difficulty breathing, feel groggy, limping, inability to ingest fluids or food, high fever for three days, pale complexion, etc.