

Securing the end of the 8th wave of COVID-19 (Excerpt)

March 3rd 2023
Gifu Prefectural Taskforce for Preventing the Spread of COVID-19

In line with government policy, an attachment detailing the approach to mask wearing in Gifu Prefecture is provided below. We hereby request that you wear a mask when appropriate, and that you continue to follow preventative measures to ensure the end of the 8th wave.

We ask all prefectural residents to cooperate with the following measures

- Get vaccinated promptly.
- Fully abide by basic infection prevention measures.
- Only use emergency medical services when absolutely necessary.
- Remain cautious about actions that could lead to an increased spread of infection, such as going to crowded places and places with a high risk of infection.
- Avoid speaking loudly and prolonging the time spent in restaurants, wear a mask during conversations, and be cautious about dining out in large groups.

The approach to mask wearing in Gifu Prefecture

- Choosing whether or not to wear a mask will be at your own discretion, respecting the independent choice of individuals.

- Wearing a mask is recommended in the following situations:
 - When having a medical examination.
 - When visiting a medical institution, a facility for the elderly, or a facility for those with disabilities.
 - During the workday if you work at a medical institution, a facility for the elderly or a facility for those with disabilities.
 - When using crowded public transportation such as trains and buses.
 - When going to crowded places if you have a high risk of serious illness. (People aged 65 and over, people with underlying health conditions, pregnant women, etc.)

- Regardless of the situations listed above, refrain from going out if any of the following apply, and wear a mask if going out is unavoidable:
 - You have symptoms of COVID-19 (runny nose, blocked nose, sore throat, cough, fever, fatigue, headache, diarrhea).
 - You have tested positive for COVID-19, even if you are

asymptomatic.

- A family member you live with has tested positive for COVID-19, even if they are asymptomatic.

- For those who have symptoms, wear a mask when you are with family members (especially if there is someone in the household who has a high risk of serious illness).