

# Request to All Citizens and Businesses in Saitama Prefecture Beginning October 1, 2022

September 26, 2022

In Saitama Prefecture, the Declaration of Strengthening of Measures Against the BA.5 Variant will end on September 30, 2022. In order to prevent further spread of infection and to work towards the coexistence of infection-prevention measures and socioeconomic activities, we humbly ask for your cooperation regarding the following requests beginning on October 1. However, "Requests based on Article 44-3, Paragraph 2 of the Act on the Prevention of Infectious Diseases and Medical Care for Patients with Infectious Diseases" (hereafter called the Act on Infectious Diseases)" and "Adherence to Infection Prevention Measures after Isolation Period" will go into effect on September 26, 2022. These will remain in effect until further notice.

## 1. Requests for Citizens

Requests based on the Act on Special Measures for Pandemic Influenza and New Infectious Diseases Preparedness and Response (henceforth “Act on Special Measures”), Article 24, Paragraph 9

- If you think you may be infected
  - Regardless of whether you are exhibiting infection symptoms or if you have been vaccinated, please get tested.
  
- ※ This applies to individuals who fulfill the following three conditions:
  1. You are not exhibiting symptoms, including fever (If you are exhibiting symptoms, please get examined by a doctor.)
  2. Regardless of whether or not you have been vaccinated, you think you may be infected due to reasons such as having been in an environment with a high risk of infection
  3. You reside in Saitama Prefecture

## Requests based on the Act on Infectious Diseases Article 44-3, Paragraph 2

- Request for registering positive cases and health monitoring
  - If you are diagnosed as positive for the new coronavirus at a medical institution or testing center, please register with the "COVID-positive registration service", and report your health condition to "My HER-SYS" (the self-registration system for infected persons)

If any of the following apply to you, registration will be completed by the medical institution, so self-registration is not required.

1. Patients 65 years or older on the date of examination
2. Patients requiring hospitalization as determined by the doctor
3. Persons at risk of becoming seriously ill, and,  
patients requiring medication for the new coronavirus  
Or, since contracting the virus, patients requiring oxygen as determined by the doctor
4. Patients who are pregnant

If any of the above 1-4 apply to you and you were reported as positive by the medical institution, please report your health condition to "My HER-SYS" (the self-registration system for infected persons).

## Other requests

- Outings and Travel
  - When traveling outside of the prefectural borders for purposes such as returning home or recreational travel, please strictly adhere to basic infection-prevention measures (social distancing, wearing a mask, hand washing and sanitation, etc.), and avoid the "Three Cs" in addition to abstaining from high infection-risk behavior.
  - If you feel unwell, please refrain from going out (to dining and drinking facilities, participating in events, etc.)
  - When going out, as much as possible, do so in small groups of family or people who you see regularly, and avoid crowded areas and busy times. When shopping, go with the smallest number of people necessary.

○ Use of Dining and Drinking Facilities

- Please use facilities which adhere to industry-specific guidelines, especially Sai-no-Kuni “New Lifestyle” Safety Declaration Plus-certified dining and drinking facilities, which implement measures to protect the lives of their patrons.

○ Infection-Prevention Measures Taking into Account the Characteristics of the Omicron Variant

Please adhere to the following infection-prevention measures to lower the risk of infection :

- Avoid long periods of eating and drinking as much as possible, and do not speak in a loud voice
- Even within your own home, regularly ventilate the rooms and frequently wash your hands
- Strictly adhere to infection-prevention measures for children
- The elderly or those with underlying health conditions should meet only with the people they see regularly, in small groups

○ Consideration for Medical Institutions

- If you are at low risk of developing severe illness, please make use of online diagnosis confirmation services after self-diagnosing.
- There have been instances of inconsiderate speech toward health care professionals. We ask that you please be careful with your words while understanding that working in the medical field is very strenuous.

○ Adherence to Infection Prevention Measures after Isolation Period

- For patients with symptoms of coronavirus, it is possible to end your isolation period on the 8th day (7 days after onset of symptoms, and after 24 hours have passed since symptoms disappeared). Asymptomatic patients can end their isolation period on the 6th day (after 5 days have passed since sample collection). However, you cannot end your isolation period if you do not meet the requirements set by your doctor.
- As you may still be infectious for 10 days (7 days for asymptomatic patients), please strictly adhere to infection-prevention measures such as continuing to monitor your body temperature and health, avoiding contact with the elderly or others at high risk, avoiding visiting high-risk facilities, avoiding places with high risk of infection, avoiding eating with others, and wearing a mask.

## 2. Requests for Businesses (including facility managerial staff)

### (1) Requests for All Businesses

#### Requests based on the Act on Special Measures, Article 24, Paragraph 9

##### ○ Use of and Adherence to Industry-Specific Guidelines

- Please use and adhere to resources such as the Sai-no-Kuni “New Lifestyle” Safety Declaration and industry-specific guidelines, which were designed to assist businesses and facilities with specific independent measures to prevent the spread of infection.

#### Other requests

##### ○ Infection-Prevention Measures Taking into Account the Characteristics of the Omicron Variant

- For work places continuing business, please proceed with plans to reduce the number of people in the workplace through systems such as working at home (telework), etc.

##### ○ Regarding Efforts in Confirmation of Vaccination and Test Results

- While increasing the peace of mind and safety of citizens, in an effort to restore and continue socioeconomic activities, please conduct confirmation of vaccination and test results in settings and places thought to have a high risk of infection such as dining and drinking facilities, events, travel, etc. However, please take care that this does not cause unfair discrimination.
  - ※ It is not necessary to check test results for pre-school aged children (generally under 6 years of age) who are accompanied by a parent or other guardian that lives with them. Please check test results for children aged 6-11 until they have received their second vaccine.

### (2) Requests for Facility Managerial Staff

- Facilities where cluster infections have previously occurred, or where avoiding the “Three Cs” is difficult, please fully implement infection-prevention measures.
- Please implement effective ventilation practices indoors such as continuously running fans and frequently opening

windows, etc. to prevent aerosol infection.

### (3) Requests for the Workplace

#### ○ Efforts to Reduce the Number of People in the Workplace and Contact Between People

- Please promote methods to reduce contact between people at work, such as working at home (telework), staggered work hours, commuting by bicycle, etc., as well as methods to reduce crowding in the office etc.

#### ○ Infection-Prevention Measures in the Workplace

- In the workplace, please promote infection-prevention efforts such as hand washing and using hand sanitizer, proper coughing etiquette, maintaining distance between coworkers, diligently ventilating workplaces, disinfecting surfaces touched by many people, refraining from going to work if you have a fever or other symptoms, testing with an antigen kit if you have mild symptoms, reducing business travels by using video conferences, staggering lunch breaks, and implementing infection-prevention measures at employee dormitories and other communal living spaces, etc. Please also avoid the "Three Cs."

Please be especially careful when going to other locations and thoroughly implement infection-prevention measures in break rooms, dressing rooms, and smoking rooms, etc.

#### ○ Consideration for Employees at Risk of Becoming Seriously Ill

- Please show consideration for employees at risk of becoming seriously ill such as the elderly or those who have underlying health conditions, employees who are pregnant, or employees who live with family members in these categories, by listening to their requests for infection-prevention measures such as working from home (telework), staggered work hours, etc.