

Requests to All Citizens

In order to **protect your loved ones**, please continue to thoroughly follow **infection-prevention measures**, such as **avoiding the “Three Cs.”**

- **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**
- If you think you may be infected, or you have plans to return home or travel, please make use of free testing services
If you will be in contact with the elderly or people with underlying health conditions when traveling, obtain a negative test result beforehand
- Refrain from actions or activities that pose a high risk of infection at your destination
- If you feel unwell, refrain from going out
- While being cautious of heatstroke, regularly ventilate rooms and wear your mask appropriately
- Use dining and drinking facilities which are certified as “Sai-no-Kuni ‘New Lifestyle’ Safety Declaration Plus”



Requests to All Businesses

Requests for the Workplace

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