

January 8, 2021

## **Message from the Governor** (Regarding the Special Alert Period for the Coronavirus in Ehime)

I would like to thank everyone for the efforts they have put towards preventing the spread of coronavirus.

On 1/7, a state of emergency was declared in the Tokyo Metropolitan Area, Saitama Prefecture, Chiba Prefecture and Kanagawa Prefecture.

While most cases of the virus have been concentrated in the large cities of the nation, the large traffic of people has caused ripples of the virus spreading to other areas. Taking into account the travel that occurs during the New Years holidays, we highly suspect that the infection rates that were concentrated in Matsuyama may bleed out into other areas of the prefecture.

Furthermore, there has been a significant number of cases that have been a result of individuals eating in groups. Most fall into those in the working generation, and cases of household and workplace infections have been found.

In order to control the spread of the virus, a targeted approach is necessary. As such, Ehime will be entering a "Special Alert Period" from 1/8/2021 (Friday) till 1/26/2021 (Tuesday), and I would like to request all residents take precautionary measures.

I would like to request that everyone have a heightened level of precaution during this time to protect themselves and others from infection, and I appreciate everyone's understanding and cooperation.

Please exercise caution when eating in groups, even when dining at home with individuals you see often.

### **Details of the Request on Stopping the Spread (Avoiding Infection)**

- Refrain from traveling to areas deemed high risk (Tokyo Metropolitan Area, Saitama Prefecture, Chiba Prefecture, Kanagawa Prefecture).
  - \*If travel must be done (exams, medical reasons, familial ceremonies, etc.), take extra precautionary measure.
  - \*When returning from outside the prefecture, take two weeks to carefully monitor your health and avoid participating in any gatherings.
- Take not of the following concerning group outings (such as drinking parties)
  - ✓ Do not gather in large groups (5 or more people) for extended periods of time.
  - ✓ Individuals not feeling well should refrain/be prevented from participating.
  - ✓ Individuals who have traveled outside of the prefecture or participated in any activities with a high risk of infection within a 2 week time period should avoid group outings.

- Be wary of the following “5 situations” that have an increased risk of infection.
  1. Group outings involving alcohol
  2. Dining in large groups and/or dining out for extended periods of time
  3. Conversing without wearing a mask
  4. Living with others in a closely confined space
  5. Changing locations

### **Extra Precautionary Notes**

- If you are showing symptoms, avoid public transportation or traveling through crowded places, contact your primary care doctor and seek consultation.  
\*While the primary symptom for concern is a fever, not all cases involve a fever. As such, pay attention to all symptoms of a cold.
- Concern Towards Infection is Rising in Ehime  
Rather than consider this period as one where “you must not go outside,” it should be viewed as a time where “nutrition and sleep is vital.”  
Building up an immune system that can overcome the virus is of utmost importance.