

Moving to a new phase,
Living with COVID-19
【Infection control measures】

September 21st, 2022

Kyoto Prefectural Government

Moving to a new phase, Living with COVID-19

The infection situation in Kyoto prefecture is improving, and although new positive cases still continue to occur the overall number of cases is decreasing compared when the declaration of further preventative measures against the BA.5 Omicron strain was issued, and the ratio of hospital bed utilisation is also within the guidelines given by the central government.

Under these circumstances the country will move to a new phase, “Living with COVID-19,” which will allow for a better balance between responses to the infection and socio-economic activities, and the review on the current infection reporting system for newly confirmed cases will start simultaneously throughout the country from the 26th September.

The previous Kyoto Declaration to further strengthen preventative measures against the spread of the BA.5 Omicron variant will be terminated on 25th September and move on to a new phase, Living with COVID-19 will be initiated.

Moving to a new phase, Living with COVID-19,

- ① Focus on protecting those at risk of serious illness, such as the elderly
- ② Thorough follow-up system is provided to those who are at low risk of serious illness or those who are recovering at home
- ③ The government will promote initiatives of both preventing the spread of the infection and socio-economic activities

The virus is still all around us, please may we remind you that each one of us should

“avoid getting infected”

“avoid infecting others”

“prevent the spread of the infection”

I Thorough basic infection prevention measures

1 To avoid getting infected

- Wear a mask correctly, wash your hands diligently, use hand disinfectant when on the go, and circulate air with diligent ventilation

[Propper use of mask and good ventilation]

- Wearing a mask correctly
 - Even when outdoors, wear a mask if you are unable to maintain a safe physical distance and are engaged in a conversation.
 - Indoors, if you can maintain a safe physical distance and are not engaged in conversation, it is not necessary to wear a mask.
- Thorough ventilation measures to prevent airborne transmission indoors
 - Please keep practicing good ventilation when air conditioning is in use, “open a window or use both fan and ventilation fan”
 - If you stay in the same place for long periods of time, for example when at home or during a meeting at a business venue, the risk of infection increases, so take proper care to ventilate the area
 - Especially for the facilities for the elderly, schools, and nurseries, please conduct effective ventilation practices provided by the COVID-19 subcommittee held on July 14th, 2022
 - In places where many children gather, adults around them should take precautions to prevent infection, such as ensuring thorough ventilation

- Avoid the “three Cs”, secure appropriate distances between people, and refrain from loud conversations.
- When travelling or returning to your hometown, or when in places where many people gather, be careful about the congestion situation and take actions to avoid the risk of infection, such as implementing basic infection control measures.

2 To avoid infecting others

- Keep an eye on your physical condition by taking your temperature every morning, and consult a medical institution (contact the Kyoto Novel Coronavirus Medical Advice Center during nighttime or holidays) if you have symptoms such as a fever or cough.
- Please refrain from outings if you or a member of your family feel unwell.

3 Preventing infections when eating and drinking

When eating and drinking

- Visit restaurants that have appropriate infection control measures (certified restaurants)*
- Wear a mask when talking
- Do not talk loudly in restaurants.
- Sit somewhere separated from others, and don't stay there for a long time.

*Certified restaurants : Restaurants that have implemented infection prevention measures based on the standards set by Kyoto Prefecture, such as the installation of acrylic panels and appropriate ventilation.

4 Promotion of vaccinations

- Those who wish to be vaccinated should proactively make arrangements to do so.
- The number of children becoming infected with COVID-19 is on the rise. Please consider having your children vaccinated as soon as possible if they are age 5 or over.
- Please create an environment at workplaces and schools where those wish to be vaccinated can comfortably take time off to receive the vaccine without hesitation.
- The omicron-adapted vaccine will soon be ready to roll out. Please make plans to receive it as soon as you can.
- For those aged 60 or over and those who have an underlying disease, please work to proactively receive the 4th vaccine in order to prevent becoming seriously ill.

II To prevent the spread at medical institutes and facilities for the elderly

1 **Protecting the elderly and those who have underlying disease from the spread of the virus**

- The elderly, those who have underlying diseases, and people who may come into contact with such people regularly should be especially cautious to avoid situations or places where the infection risk can be high.
- Please promote teleworking or staggered work upon request if you employ those who are elderly, those who have underlying diseases, or those who live with such people.
- If you will be seeing elderly people or those who have underlying diseases when return to your hometown, etc., please conduct a test prior to your visit.

2 **To prevent the spread at medical institutions and facilities for the elderly**

- In order to prevent the spread of infection at medical institutions, facilities for the elderly, etc., please follow the rules for infection control set at each facility, implement online visits etc. to limit opportunities for infections to occur.
- Please carry out testing of workers to prevent the spread of infection in facilities for the elderly.

- Please conduct effective ventilation practices provided by the COVID-19 subcommittee held on July 14th, 2022 at facilities for the elderly.

III To prevent the spread and severity of infection

1 Preventing the spread

- During the home recovery period, please do not go out and try hard to separate the living spaces between yourself and those you live with. While leaving the house for essentials such as grocery shopping is allowed if you are asymptomatic, if you have fully recovered for more than 24 hours, or if your symptoms have been consistently getting milder, please make sure to practice the basic prevention measures such as making the trip as short as possible, wearing a mask, and avoiding travelling using public transportation.
- Even after the home recovery period has ended, please take thorough infection control measures and refrain from going out to situations and places with a high risk of infection for the first 10 days after the onset of illness.

2 Practical use of testing

- Please go get tested at venues where it is free of charge, and asymptomatic people who are concerned about infections should also get tested (based on requests, Special Measures Law, Article 24, Paragraph9)
- Those who have mild symptoms and with a low risk of getting seriously ill, please use an antigen test available at drugstores or those distributed to you by medical institutions, instead of directly visiting a clinic for people with a fever.

3 To reduce the severity of an infection

- If symptoms worsen during home recovery, consult your local health center if you are subject to the current reporting system, for all others, please consult the Kyoto Prefecture Health Follow-up Center or the Kyoto City COVID-19 Infected Persons Follow-up Centre.
- Visit the emergency room or call an ambulance only when the situation you are facing is serious.
- If you are not sure whether to call an ambulance, please do not hesitate to dial #7119 for medical consultations.

IV To maintain socio-economic activities

1 To avoid spreading the infection at business establishments, etc.

- In order to keep businesses operating, if a staff member has any symptoms please let them rest at home while allowing them to reduce contact with people through practices such as promoting telework, staggered work, and by cycling to work.
- Please manage the health of employees such as temperature measurements at work, and if you have any symptoms such as a fever or cough, you and members of your family with whom you live with should not go to work, and workplaces should instruct them to consult a medical institution (during nighttime or holidays, call the Kyoto Novel Coronavirus Medical Consultation Center)
- Re-examine the infection control measures in the workplace, and be sure to be extra cautious when moving locations within the workplaces (moving to the dining room, break room, changing rooms, smoking areas, etc.)
- We request compliance with industry-specific guideline based on Article 24, Paragraph 9 of the Special Measures Law.

2 To prevent the spread at schools, nursery centers, etc.

- In order to prevent a possible interruption of school life or cancellations of events, please follow the infection control rules set by the school, nursery centers, etc., such as during the completion of daily tasks, taking children to and collecting them from schools, etc.
- Regardless of the infection situations or close contacts in class, etc., you should always manage your child 's physical condition, such as by measuring their temperature every morning, and refrain from letting them go to school if they have symptoms such as a fever or cough, including should members of your family whom you live with have such symptoms.
- Please careful not to take actions that have a high risk of infection, even when schools are closed.

3 To prevent infections at universities, etc.

- In order for students to live a safe daily life, please follow the infection control rules regarding classes, research activities, extracurricular activities, dormitories specified by the universities, etc.
- Manage your physical condition, such as by taking your temperature every morning and refraining from going to campus if you have symptoms such as a

fever or cough, including if members of your family whom you live with have such symptoms.

- When eating and drinking, please follow the prescribed infection prevention measures, such as wearing a mask when talking, not talking loudly, and not staying for extended periods of time.

4 To prevent the spread of infections at events

- Regardless of the size of the event, please take thorough measures to prevent infection, such as organizing admissions based on industry-specific guidelines.

- Please see the following requirements for organizing events.

If a space is clearly divided into 'loud voice' and 'no loud voice' areas within the same event, it is possible to hold the event by setting the maximum capacity for each area.

○Requirements for events (Based on requests, Special Measures Law, Article 24, Paragraph 9)

Size of facility	Seating capacity under 5,000	Seating capacity over 5,000 up to 10,000	Seating capacity over 10,000
Loud voice			
Event without loud voice	Admission is up to the capacity※	Admission up to 5,000 is permitted※	Half of the seating capacity is allowed
		In case you set "Infection prevention and safety plan", admission is up to the capacity	
Event with loud voice	Admission is up to the half of the capacity※		

※Infection prevention checklists need to be developed and published on websites, social networking sites, etc.