

Kyoto Declaration to further
strengthen preventative measures
against the spread of the BA.5
Omicron variant

August 4th, 2022
Kyoto Prefectural Government

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The COVID-19 infection, prominently the BA.5 Omicron variant, has been rapidly spreading at an unprecedented pace, further increasing the burden being placed on medical institutions.

We would like to ask each and every one of us to take measures to prevent the spread of infection by always acting with an awareness of “not getting infected,” “not infecting others,” and “not spreading the infection” during this time of year in which there will be more opportunities for people to return home or travel.

Declaration period : until August 31st, 2022

※The period is subject to change in accordance with the infection situation.

I Each and every one of us should have infection control measures in place

1 Basic infection prevention measures

- Ventilate the room frequently.
- Wear a mask during conversation, including when eating and drinking
- If you feel unwell you should refrain from outings, and so should family members who live with you.

(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.
- Avoid the “Three Cs”, secure appropriate distances between people, and refrain from loud conversations.
- When traveling or returning home, 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 if you have symptoms such as fever or cough.
- Special attention should be paid to elderly people, people with underlying illnesses, and those who come into contact with these people on a daily basis, such as refraining from going out to places or situations where there is a high risk of infection.
- If you have employees who are elderly, or have underlying illness, or if they live together with such people, upon their request please give consideration to employment conditions such as working from home or staggered work.
- Try to carry out testing in advance if you plan to return home or travel to meet elderly people, or people with underlying illnesses

(3) To prevent the spread of infection

- To avoid spreading the infection at business establishments, etc.
 - Work from home (telework), staggered work, bicycle commuting, etc. to reduce contact with people.
 - Please manage the health of employees such as temperature measurements at work, and if you have symptoms such as a fever or cough, you and members of your family whom you live with should not go to work, and workplaces should instruct them to consult a medical institution.
 - Re-examine the infection control measures in the workplace, and be sure to call attention especially when moving locations within the workplaces (dining room, break room, when changing rooms, using smoking areas, etc.)
 - According to Article 24, Paragraph 9 of the Special Measures Law, we request compliance with industry-specific guidelines, so please take appropriate measures.
- To prevent the spread at schools, nursery centers, etc.
 - Please follow the infection control rules set by the school, nursery centers, etc., such as during their daily tasks and taking and collecting children to and from schools.
 - Manage your child's physical condition, such as measuring their temperature every morning, and refrain from going to schools if they have symptoms such as fever or cough, including members of your family whom you live with.
 - Please be careful not to take actions that have a high risk of infection, even during school holidays.
- 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 elderly, etc., please follow the rules for infection control set at each facility, implement online visits etc. to limit opportunities for infection.
 - Please carry out testing of workers to prevent the spread of infection in facilities for the elderly.
- For those who are recovering at home, and for close contacts.
 - 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.
 - For those who are a close contact, or if anyone who lives with you has tested positive for the virus, the chances of you becoming infected is high so please refrain from outings if it is not absolutely necessary.

2 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 a fan and ventilation fan" <If a CO2 sensor is present, maintain levels below 1,000ppm>
- If you stay in the same place for long periods of time, for example during at home or a meeting at a business venue, the risk of infection increases, so take good care to ventilate the area.
- Especially for the facilities for elderly, schools, and nursery, please conduct effective ventilation practices provided by the COVID-19 committee held on 14th July, 2022
- In places where many children gather, adults around them should take precautions to prevent infection, such as ensuring thorough ventilation.

3 Proper use of a mask

- 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.

4 Preventing infections when eating and drinking

When eating and drinking

- Visit restaurants that have appropriate infection control measures (certified restaurant)
- Wear a mask when talking.
- Do not talk loudly in restaurants.
- Sit somewhere separates 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.

5 Business as usual

In order to keep business operating, if a member of staff has any symptoms please let them rest at home while allowing them to reduce close contacts through practices such as promoting telework and staggered work times.

II Holding events in halls, etc.

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

III Promotion of Vaccinations

- Those who wish to be vaccinated should make arrangements to proactively do so.
- Please create an environment at workplaces and schools where those who wish to be vaccinated (including children and students) can take time off to receive the vaccine without hesitation.
- 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.
- Being vaccinated three times is proven to be highly effective, please get the booster as soon as you can if you haven't had it yet.

IV Practical use of testing

- Please go get tested at the places where it is free of charge, and asymptomatic people who are concerned about infection should get tested (based on requests, Special Measures Law, Article 24, Paragraph 9)
- Those who have mild symptoms and with a low risk of getting seriously ill, please use an antigen test conducted by medical institutions distributed to you instead of directly visiting a clinic for people with fevers.

V Appropriate use of emergency calls

- Please do not hesitate to visit the emergency room or call for an ambulance when the situation you are facing is serious.
- Otherwise, please dial # 7 1 1 9 for medical consultations.