

# Request to Citizens of the Prefecture

On July 28, the risk of infection was upgraded from 'Stage 3: Special Infection Alert' to 'Stage 4: State of Emergency'

## ① Refraining from going out

- **Refrain from going out unnecessarily**, including during the daytime.
- Avoid crowded places and times.
- **Refrain from visiting eating and drinking establishments not meeting acceptable infection control measures and business hours.**
- Refrain from drinking alcohol in the street or parks.

## ② Travel to and from other prefectures

- **Refrain from any unnecessary travel** to and from areas currently under state of emergency or quasi-emergency infection measures. If such travel is unavoidable, return home immediately having completed work assignments.
- **Remain wary of travel to other prefectures** where the infection has spread, while considering holding meetings online wherever possible.

## ③ Eating and drinking out

- Strictly adhere to the 'New Lifestyle' and always wear a mask.
- **Remain wary of visiting customer service-based eating and drinking establishments.**

## ④ Summer vacation

- Remain wary when eating and drinking in large groups, for long periods of time, and with people you do not usually meet.
- Continue to take all possible measures to prevent the spread of infection.

## ⑤ Olympics

- Watch events from home with those from your own household.

**Be aware that wearing a mask increases the risk of heat stroke**