

## To All Prefectural Citizens

Please refrain from non-urgent outings\* within and to outside of the prefecture, regardless of the time of day or day of the week. In particular, please refrain from non-urgent travel between prefectures during extended days off (this includes refraining from going back to visit family).

\*Outings should be kept to visits to medical facilities, trips to buy food/medicine/lifestyle items (go shopping in extremely small groups to avoid crowding shops), life services (barbers, beauty shops, laundromats), necessary trips to work, outside exercise and walks, or other activities necessary to maintain your daily life.

[Opinion from a person from Toyama Prefecture living in the Tokyo Area]

The number of infections is sharply rising in Tokyo. I am scared of spreading the disease as a possible asymptomatic carrier so I am absolutely not going back to Toyama Prefecture. I am worried for my family and everyone in the prefecture but I hope that they stay safe and healthy.

Wear a mask and remember coughing etiquette when going outside to prevent the spread of infections.

Act as if you could possibly be already infected.

Avoid the 3 Cs (closed spaces, crowded places, and close contact)

Ventilate rooms frequently and keep some distance (around 2 m) from other people.

Appropriately understand and react to the correct information put forth by the national, prefectural, and municipal governments. Respond calmly.

Be considerate of the human rights of the patients, infected persons, medical personnel, and their families and do not stereotype or discriminate against them. Protect them against reputational risk and support them.

To prevent rising levels of stress, make sure to stay healthy mentally by going outside or to parks while avoiding the 3 Cs. Should you have any problems, please call the Toyama Prefecture Foreign Resident Support Center.

Toyama Prefecture Foreign Resident Support Center: 076-441-5654 and 080-5852-2234  
Open from Monday to Friday from 8:30 to 17:15 (except holidays and New Year's holidays)