

*April 3<sup>rd</sup> 2020*

**To the Citizens of Yamagata Prefecture (A Message from Yoshimura Mieko, Governor):**

In order to prevent further spread of COVID-19, I ask you to do the following 6 things.

- 1) Wash your hands thoroughly and pay attention to ‘cough etiquette’ (including wearing masks)
- 2) Avoid the “Three C’s”:
  - ① Closed spaces with poor ventilation
  - ② Crowded spaces
  - ③ Close-contact settings with other people (please keep an appropriate distance)
- 3) For the time being, avoid any non-essential, non-urgent trips in and out of the prefecture
- 4) Avoid any gatherings or interactions likely to involve people from outside of the prefecture (such as religious services and festivals)
- 5) Do not spread false or unreliable information and gossip. Remain calm.
- 6) Whilst keeping in mind the five points above, please try to maintain an appropriate level of exercise