

April 21st 2020

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

Since 31st March, the number of confirmed cases of COVID-19 in our prefecture has been increasing daily at a rapid rate, and the virus is spreading on a large scale, leading to an unprecedented state of crisis.

Under these circumstances, Yamagata Prefecture has been put under a State of Emergency Declaration from 16th April until 6th May, as part of the Japanese government's COVID-19 control measures.

In order to protect everyone's health, I would appreciate your cooperation on the points laid out below. In particular, I request that you do not undertake any unnecessary outings and avoid trips in and out of the prefecture, as outlined in the Act for Special Measures against New Influenza.

- 1) Wash your hands thoroughly and practise careful 'cough etiquette'
- 2) When indoors, avoid 'The 3 Cs' (Closed spaces, Crowded places and Close-contact settings)

When outdoors, avoid 'The 2 Cs' (Crowded places and Close-contact settings)

- 3) Unless an outing is absolutely necessary, please avoid going out.*
In particular, please be vigilant about not going to food/drink establishments that offer entertainment services etc.

For the sake of yourself and those around you, please try to reduce your social contact by at least 70-80%.

*Trips to the doctor, shopping for food, pharmaceuticals and other necessary items, and exercise necessary for health maintenance (such as going for walks) are considered necessary outings

- 4) Do not take trips outside of the prefecture. In particular, please avoid trips in and out of the prefecture during Golden Week.
- 5) Please discourage any family members residing outside of the prefecture from visiting Yamagata for the time being. Avoid gatherings and events (such as religious services) attended by people from outside of the prefecture.

In addition, if you are pregnant and hoping to return to your family home for childbirth, please come to Yamagata as quickly as possible.

6) Do not spread false information or rumours. Please stay calm and do not hoard everyday products.

7) Do not bully or display prejudice towards those who have been infected (or their families and workplaces), medical workers, or residents whose hometowns are located outside of the prefecture.

We are experiencing a critical situation not only in Yamagata but throughout the world. Right now is a crucial time to prevent the virus from spreading any further. As a prefecture, we are battling to protect our citizens' health with all our might, so let's unite our hearts for the common cause of overcoming this unprecedented challenge together.