



## Special Issue on Novel Coronavirus Infection Control Measures ⑤

The number of people infected with COVID-19 in Japan has surged. Everyone must take thorough measures against infection and reduce the number of infected people.

\*This information is current as of January 12, so please get updated information on your own from any available sources.

### 1. A State of emergency has been declared again

Following the rapid spread of COVID-19, a state of emergency was issued under the law. Chiba prefecture is included. Have the right knowledge and take measures to prevent the infection.

**Period:** Friday, January 8 to Sunday February 7

#### (1) Avoid non-essential outings

Please refrain from outings unless it is necessary for living or maintaining good health. Avoid going out especially after 8pm.

【Examples for necessities for living and maintaining good health】

- ① Grocery shopping
- ② Going to a clinic or hospital
- ③ Visiting retirement homes or facilities for physically and mentally challenged people
- ④ Outdoor exercise and going for a walk
- ⑤ Commuting to work



#### (2) Beware of infections during meals

As well as eating with multiple people at a restaurant, events such as home parties, have a high risk of infection, so refrain from doing so. You also need to be careful about lunch at work.

【Reduced hours at restaurants and bars】

Chiba Prefecture is requesting restaurants to close by 20:00 and to stop alcoholic beverages by 19:00. Chiba Prefecture is also requesting entertainment facilities, theaters, movie theaters, etc. to close by 20:00.

### (3) Self-restraint done right

Stay calm and do not be misled by uncertain information. Continue with activities that are compatible with infectious disease prevention measures, and maintain health and connection with the community.

#### 【Examples for Possible activities】

- ① Outdoor exercise (radio calisthenics)  
\*Hold activities outdoors with a social distancing
- ② Going to your doctor for a checkup



### (4) COVID-19 cases in Chiba City ~Pay attention to the following situations~

#### 【A case at work】

- ① I was sick but I went to work anyway.

It turned out that I spread the virus to my colleagues and an outbreak occurred.



- ② After lunch with my colleagues, we all had a conversation without wearing a mask and everyone got infected.



#### 【A case at a restaurant】

I went for a drink with four colleagues and three of them got positive PCR results. I didn't check if the restaurant took enough disease prevention measures.



#### 【A case at a house party】

I got infected after I had a home party with a family from the same kindergarten.



## 2. Regarding restrictions and closures of city-run facilities, and cancellation of events

### (1) Restrictions on the use of city-run facilities

To prevent the spread of COVID-19, Chiba City's facilities will be closed or restricted  
Period: During the state of emergency

In addition, events held by the city will be cancelled or changed. Thank you for your understanding and cooperation.

**For more details about facilities and events in the city, access here.**



## 3. 【Consultations and App related to COVID-19】

### (1) COVID-19 Consultation Center

TEL: 043-238-9966 Hours: 9:00-17:00 E-mail:

[chibashicorona@city.chiba.lg.jp](mailto:chibashicorona@city.chiba.lg.jp)

\*Please note that email inquiries may take some time.

## (2) COVID-19 Contact-Tracing App: COCOA

Please use the app, "COCOA" so you can get notifications when you may have had close contact with infected people.



## 4. Chiba City International Association

### "Daily Life Consultation Desk for Foreign Residents"

For people struggling with Japanese, you may consult in foreign languages (English, Chinese, Korean, Spanish, and Vietnamese). Please ask or check the QR code below to see when you can consult in your desired language.

Hours: 9:00-19:30 Monday to Friday

9:00-16:30 Saturday

\* Closed on Sundays and holidays

【Consult/Ask】 TEL:043-245-5750 E-Mail: ccia@ccia-chiba.or.jp



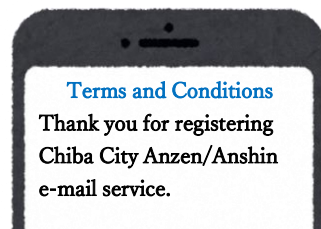
## 5. Obtaining Recent Information

### "Please make sure to verify and confirm recent information"

Information regarding the novel coronavirus changes every day. It takes time for paper notifications such as the Chiba City Newsletter to reach the citizens. The following are methods that deliver the latest information in real time. Please register to receive information using the following methods.

#### 【Chiba City Anzen/Anshin Emails】

- ① Send a blank email to [entry@chiba-an.jp](mailto:entry@chiba-an.jp)
- ② Open the URL that is in the reply email
- ③ Register by following the instructions on the screen



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