

Requests from the Governor of Nagano Prefecture for the Golden Week Holiday (April 19)

With the risk of infection heightened by travel, **Nagano Prefecture has designated April 19 to May 9 a period of strengthened infection and prevention control.**

Currently, we see increasing burdens on the medical care provision system, and a **medical care alert** is under currently effect. **COVID-19 variants*** have been found too. Please practice the following to take the utmost precautions.

*The variant viruses are highly contagious, and may be more likely to lead to serious illness. Variant viruses have seen a high rate of infection among teens or younger.

Keep in Mind

1. **When visiting destinations or family homes outside of Nagano**, talk with family and **carefully consider** the necessity of the trip. We ask that residents avoid travel to areas with high rates of infection* if possible.
2. Avoid large group meetings and meals, crowded places and **reduce other social interactions.**
3. Please follow **standard precautions** to prevent transmission. (Wear a mask, maintain social distancing, wash and sanitize your hands regularly, avoid the "Three Cs," etc.)
4. When planning **large group events and activities, thoroughly restrict the number of people and take preventative measures.** If sufficient precautions cannot be taken, please consider suspending or postponing plans.

Call your family doctor if you feel unwell. If you do not have a doctor or would like to request multilingual support, **call 0120-974-998** (24 hours).

*For details, please visit the Nagano Prefecture Intercultural Consultation Center website: <https://www.naganoken-tabunka-center.jp/en/covid19-info/>

