

# Be Prepared for the “Twindemic” of COVID-19 and Influenza!

The number of new COVID-19 cases is on the rise again, and the eighth wave of infections has begun. There is also a concern about concurrent outbreaks with seasonal influenza as the winter season approaches. We request that you actively receive vaccinations for both COVID-19 and influenza, in addition to taking basic infection control measures thoroughly.

## 1. Thoroughly implement basic infection prevention measures and get vaccinated

- Take basic infection prevention measures such as avoiding the Three Cs (confined spaces, crowded places, and close contact), wearing face masks properly, washing and disinfecting your hands, and ventilating rooms effectively. As the weather gets colder and the opportunity to use heating system increases, please ensure continuous ventilation even when using your heating system.
- Refrain from commuting if you have any symptoms at all, such as fever, cough, and sore throat.
- Please stockpile test kits as well as one extra week’s worth of food, medicine, and other necessary items, so that you are prepared for infections.
- We ask that everyone, especially those who have higher risks of symptom exacerbation once infected, such as the elderly and those with underlying conditions, be vaccinated as early as possible.
- We also request that you receive influenza vaccination, which can be given at the same time as your COVID-19 vaccine.

## 2. Help ensure focused distribution of healthcare resources

- There is a concern that hospitals may be overwhelmed due to concurrent outbreaks of the next wave of COVID-19 and influenza. In case you have a fever or other health problems in the midst of medical shortage, we ask for your cooperation in taking a self-test and recuperating at home if you are at low risk of symptom exacerbation.
- In order to facilitate health counseling and other follow-up services, we ask that those who are not subject to outbreak notifications and those who recuperate at home to register with the Registration Support Center for Positive Persons.

## 3. Continue socioeconomic activities while taking infection control measures

- When traveling or attending community events, please take basic infection control measures and pay particular attention to the risk of infections arising from crowded places and loud conversations.
- During the year-end and New Year’s holidays, there will be more opportunities for travels, parties, and other events. Be sure to wear face masks during conversations.