

## As the New Year Holidays Approach, Take Basic Infection Prevention Measures and Get Vaccinated!

The number of new COVID-19 cases is still on the rise, and there is a concern about concurrent outbreaks with seasonal influenza. During the holidays, we have more opportunities to meet people, especially when we return to our hometowns. Besides taking basic infection prevention measures and getting vaccinated, we request that you utilize test kits or the free testing service provided by Hyogo Prefecture before hometown visits or trips.

### 1. Thoroughly implement basic infection prevention measures

- Before the holidays, make sure again that you 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. Please ensure continuous ventilation even when using your heating system.
- Please stockpile test kits, food, medicine, and other necessary items.
- When having conversations with your relatives and friends, take infection prevention measures such as wearing face masks properly.
- If you have cold-like symptoms, please refrain from visiting your hometown or attending get-togethers. Organizers of such gatherings are encouraged to urge participants to reconsider attendance in such cases.

### 2. Get vaccinated, and utilize test kits and the free testing service

- 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 with the vaccine targeting the Omicron variant 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.
- When returning to your hometown or taking trips during the holidays, please utilize test kits and the free testing service, since there is a possibility of contact with elderly relatives and others with a high risk of infection.

### 3. Help ensure focused distribution of healthcare resources

- In case you have a fever or other health problems, we ask for your cooperation in taking a self-test and recuperating at home if you are at low risk of symptom exacerbation (i.e., if you are NOT an elderly, someone with underlying conditions, pregnant, or a child under the age of 12).
- If you have symptoms and are at low risk of symptom exacerbation, please utilize the antigen test kit delivery service.
- 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.

[Reference: Preparing for the Concurrent Outbreaks of COVID-19 and Seasonal Flu this Winter  
(website of Hyogo Prefecture)]

