

Countermeasures to Prevent the Spread of Infection, Protect the Medical System, and to Maintain Social Infrastructure

【Request Period】 Friday, May 27 – Thursday, June 23, 2022

Basic Concept	<p><u>In working towards preventing the spread of infection, protecting the medical system and in order to maintain social infrastructure,</u> based on the Act on Special Countermeasures against COVID-19 (hereinafter referred to as the "Act"), Article 24, Paragraph 9 requests will be made to prefectural residents and businesses, and any necessary cooperation will be encouraged.</p> <p>If there are areas where a shortage of hospital beds is expected, a “COVID-19 spread alert” will be issued.</p>
Area	The Entirety of Okinawa Prefecture

COVID-19 Spread Alert (May 27 – June 9)

The COVID-19 spread alert remains in effect because of continuing concerns for the shortage of medical care, such as the continued high utilization of hospital beds, in the following areas of the prefecture.

Main Island (municipalities on the main island), Miyako

In order to protect the medical system, residents in the above areas are asked to **take the following measures:**

- ❑ The number of emergency room visits is rapidly increasing. In order to ensure stable emergency medical care, please ensure you use the emergency room appropriately, refrain from visiting the emergency room for COVID-19 tests, consider using medicine you already have when symptoms are mild, and consult with the #8000 number if you are having trouble dealing with your child's illness at night or on holidays.
- ❑ Elderly persons should refrain from meeting with people other than family members living with them, and family members living with them should refrain from high-risk activities such as dining with many people. Relatives and acquaintances should also refrain from visiting or dining with the elderly.
- ❑ To prevent children from becoming infected, if you have symptoms such as fever, sore throat, or runny nose please refrain from going to school, going to the nursery or kindergarten, or going out. When children gather at club activities, cram schools, after-school children's clubs, etc., please take basic infection prevention measures such as ventilation, wearing masks indoors, etc., and send them straight home without stops along the way.
- ❑ Vaccination is expected to prevent the onset and severity of the disease. Early vaccination at available prefectural and municipal venues is encouraged (especially for the elderly, those with underlying medical conditions, and those who are obese).



【Countermeasures to Prevent the Spread of Infection, Protect the Medical System, and to Maintain Social Infrastructure】

Current Situation

- After mid-April, the increase in the number of infected persons was controlled, but after the Golden Week period, the number began to rise again, and on May 14, the number of newly positive cases per 100,000 population in the latest week was 1,019. After the extension of the "period of countermeasures to control the spread of infection and to maintain social infrastructure" on May 12 (until May 26), the number of new cases has gradually decreased, falling to 920 as of May 24. However, the number of cases is still high compared to the level before the Golden Week period (around 600 cases).
- On May 12, we issued a call to residents of the prefecture regarding efforts to curb the spread of infection among children after the Golden Week holidays. Since then, the number of new positive cases among teenagers has decreased, while the number of new cases among children under 10 years old has remained at a high level, and we are particularly concerned about the spread of infection among preschool children.
- The number of new positive cases among those in their 70s and older, who are at high risk of becoming seriously ill, has remained steady, while the number of those receiving medical care at facilities for the elderly has increased significantly. On the other hand, the number of severely ill patients (based on prefectural standards) has been on a downward trend since mid-May.
- The number of new positive cases among pregnant women has been increasing, with approximately 180 cases in March, 380 cases in April, and 300 cases in May as of May 20, showing a clear upward trend.
- Due to the hospital bed utilization rate sharply rising since May 3, reaching 57.4% in the main island and 66.7% in Miyako as of May 12, a COVID-19 spread alert was issued on May 13 to increase precautions against the spread of infection. As of May 23, the hospital bed utilization rate was 52.3% in the main island and 31.8% in Miyako. This shows a certain degree of improvement, but the level remains high in the main island and medical treatment was restricted in both areas.
- Emergency room visits due to COVID-19 are also increasing, and since emergency rooms are becoming increasingly congested, we are calling on the citizens of the prefecture to make appropriate use of emergency medical services.
- In addition, the number of new positive cases of COVID-19 is still at a high level, and the utilization rate of non-COVID-19 beds is now over 90%, which is causing concern about a shortage of general medical care.

【Countermeasures to Prevent the Spread of Infection, Protect the Medical System, and to Maintain Social Infrastructure】

Prefectural Policies

- The prefectural government has implemented the following countermeasures based on the characteristics of the Omicron strain to prevent the spread of the infection and to maintain social infrastructure.
 - ① **Protect the medical system**
 - ② Prevent the spread of infection to the elderly, **pregnant women, and those with underlying medical conditions** who are at high risk of serious illness
 - ③ **Take measures to protect children from spread of infection**
 - ④ Avoid risks related to travel and dining out
 - ⑤ Acceleration of vaccination
 - If the spread of infection causes a rapid increase in medical care, we will consider a request to the national government **to take strong measures like** being designated for priority measures in order to prevent the spread of the disease.
- *Benchmark: If the total number of new positive cases in 7 days has more than doubled from the previous week or the hospital bed utilization rate reaches 60% or more in each area (the level at which the number of inpatients increases and difficulties in adjusting hospitalization occur)
- **A COVID-19 spread alert will continue to be issued from May 27 to June 9 in the main island and Miyako where medical care is in short supply.**

Requests to Prefectural Residents

【The Act, Article 24, Paragraph 9: Requests for Cooperation】

Requests Regarding Traveling and Going Out

- **Refrain from going out or traveling to places with a high risk of infection. **In addition, elderly persons should refrain from meeting with persons other than family members who live with them.****
 - Avoid places where a 1 meter distance from others cannot be maintained or facilities with inadequate ventilation.
 - Whenever possible, spend time with family members or friends that you normally interact with.
 - Refrain from using stores or facilities with inadequate infection prevention measures, such as those that do not comply with industry-specific guidelines.
 - **In the outdoors, when physical distance can be maintained from others, or even when distance cannot be maintained from others, it is not necessary to wear a mask if conversation is rarely conducted.**
 - **In summer, it is recommended that masks be removed when outdoors to prevent heat stroke.**
- **After school activities (classes, club activities, etc.) and cram school, etc., children should return straight home.**
- **Careful consideration should be given to travel to and from out-of-prefecture destinations after confirming the COVID-19 status of the destination.**
When visiting a destination, refrain from activities that carry a high risk of infection, such as dining with an unspecified number of people.
 - Before traveling to or from other areas, observe your health and follow the precautions of the cities and prefectures that you are visiting.
 - Prior to departure, the third round of vaccination should be completed or a PCR test or other tests should be taken. Immediately after returning to Okinawa, please take a PCR test or other tests.
- **When traveling to/from outer islands, please check the website of each outer island's municipality for information on the conditions of acceptance of your visit.**
 - In case of illness, consider canceling or postponing the visit. Also, the third round of vaccination should be completed or undergo PCR or other tests prior to the visit.

Requests to Prefectural Residents

【The Act, Article 24, Paragraph 9: Requests for Cooperation】

Request for Basic Infection Prevention Countermeasures

- Maintain proper social distance from others, properly wear a mask (non-woven masks are recommended), wash and disinfect your hands frequently, avoid "closed spaces, crowded places and close-contact settings" (aim for zero densification), and ensure adequate ventilation indoors and inside vehicles.
 - * Caution should be exercised when children over 2 years of age and preschoolers wear masks, and it is not recommended for those under 2 years of age.
- Observe your health by taking your temperature every day, and if you have any symptoms, refrain from commuting to work, school, and going out.
- If you are not feeling well during the day, please visit your family doctor such as at a clinic, etc., and contact the prefectural call center (098-866-2129) when you have a fever.
 - (* Those who suspect they might have COVID-19 should consider the use of a medical antigen test kit.)
- Since a lot of the spread of infection occurred at home, it is important to take thorough countermeasures to prevent children from becoming infected at home by regularly ventilating rooms and washing hands frequently.
- Those who come in contact with the elderly or those with underlying medical conditions should be especially thorough in infection control measures.
- It has been shown that the vaccine's efficacy against the Omicron strain is restored after the third dose.
- After 5 months have passed since the completion of the second vaccination, please have the third vaccination as soon as possible.
- Those who are 60 years of age or older, have underlying medical conditions, or are obese should also receive the fourth dose.
- Please positively consider the first and second round of vaccinations (Especially the elderly, those with underlying medical conditions, and those who are obese).
- If you are concerned about the spread of the infection, please consider taking a free PCR or other tests, the availability will be extended until May 31.
- ◆ Even those who have completed two rounds of vaccination are still at risk of infection. Please continue to take countermeasures to prevent infection, such as wearing a mask and washing your hands.

* Please return to the starting point once again, please implement thorough basic infection control countermeasures.

Requests to Prefectural Residents

【The Act, Article 24, Paragraph 9: Requests for Cooperation】

Requests for Group Dining (Eating and Drinking)

- ◆ Group dining should be held with no more than 4 people, and for no more than 2 hours (exception when all participants have been tested).
- ◆ Group dining should be held with family members who live together or people who are always together.
- ◆ Proactively cooperate with infection prevention countermeasures required by the establishment (avoid shouting/cheering, wear masks when talking, etc.)
- ◆ Avoid visiting establishments that are not taking thorough infection prevention measures and use an "Infection Prevention Measure Certified Facility".
- ◆ If you are feeling even a little unwell, please do not participate in dining out or if someone else is feeling the same, please do not allow the person to participate.
- The same precautions should be taken for group dining elsewhere, such as at a residence.
- ※ Do not participate in any events where an unspecified large number of people gather and it is expected to be crowded (especially when food and drinks are involved).

※ No more than 4 people, avoid the 3 Cs, less than 2 hours, and return home after the 1st event.

To visitors (who are considering coming to Okinawa)

【Before your visit: Request for cooperation, not based on a law】

【After your visit: Request for cooperation, based on The Act, Article 24, Paragraph 9】

Requests for Coming and Going

- In accordance with the request regarding inter-prefectural travel required by the governor of your residential area, please ensure that you take basic infection prevention countermeasures when visiting the prefecture, avoid high risk places, and eat with four or less people within a two hour time limit.
*Except when all travelers have been tested.
- Before coming to the prefecture, please take sufficient health precautions and **take all possible countermeasures to prevent infection**. When you are not feeling well, **please your trip to the prefecture and we look forward to seeing you again**.
- We ask that visitors to Okinawa on school excursions take thorough countermeasures to prevent infection and act in accordance with the (separate) "Okinawa School Trip Quarantine and Tourism Guidelines".
- Before coming to Okinawa on a school excursion, etc., please make sure that you have received the third dose of vaccination, or confirm in advance that you are negative by a PCR or other test. (*Please also take advantage of the free testing provided by the prefecture in which the traveler resides before coming to Okinawa.)
- For those who are unable to take tests in advance, we have established a system where one can take a PCR test upon their arrival at Naha Airport, Miyako Airport, Shimojishima Airport, New Ishigaki Airport, and Kumejima Airport.
- When coming to the prefecture avoid restaurants and hotels that are not taking thorough infection prevention countermeasures and please use an "Infection Prevention Countermeasure Certified Facility" instead.
- If you feel unwell or have a fever during your stay in Okinawa, please contact the Traveler's Access Center Okinawa.
【Traveler's Access Center Okinawa (TACO)】
※ Telephone number : 098-840-1677 Operating hours : 8a.m.~9p.m. (open all year round)

Requests to Restaurants

【The Act, Article 24, Paragraph 9: Request for Cooperation】

【Request for cooperation, not based on a law】

<p>Target Facilities</p>	<p>〔Restaurants〕 Restaurants (excluding takeout and delivery) 〔Entertainment facilities/wedding halls〕 Facilities like bars, karaoke boxes, wedding halls, etc., that possess a restaurant business license under the Food Sanitation Act.</p>
<p>Details of the Requests</p>	<p>〔Request for Cooperation with Infection Prevention Countermeasures〕</p> <ul style="list-style-type: none"> ➤ <u>In principle, there should be no more than four people in the same group at the same table.</u> (The Act, Article 24, Paragraph 9) (exception: when a certified infection prevention facility confirms that all the relevant people have tested negative or when assistance or care is required). (*For holding events such as weddings, please follow the request for holding events) ➤ Encourage obtaining the "Infection Prevention Countermeasure Certified Facility" certification. (The Act, Article 24, Paragraph 9) ➤ Thorough implementation of infection prevention countermeasures, including compliance with industry-specific guidelines (The Act, Article 24, Paragraph 9) • Installation of hand sanitizing equipment and have all patrons thoroughly sanitize their hands when they enter the facility. • Thorough temperature checks upon entry to the restaurant (no one with a fever or other symptoms, even if mild, should be allowed to enter the restaurant). • Thoroughly monitor the physical condition of employees, including daily temperature checks before work, etc., and recommend vaccinations. • Ensure adequate ventilation of the facilities inside the store. • Ensure that patrons are informed about wearing masks and other countermeasures to prevent infection. (Prohibit the entry of those who do not wear a mask and do not follow infection prevention countermeasures without a valid reason. Wear a mask when talking) • Installation of acrylic panels, etc. (or secure at least 1 meter space between seats and seating positions that face each other are prohibited) • Avoid close proximity of other users when using karaoke facilities, and take thorough measures to disinfect microphones, remote controls, tablet terminals, etc. before each use. ➤ <u>Limit use of facilities to 2 hours or less (request for cooperation not based on the law)</u> *Except when all travelers have been tested.

Requests when Holding Events

【The Act, Article 24, Paragraph 9: Request for Cooperation】

Request for Organizers to Hold Events in Accordance with the Event Capacity Requirements (maximum number of people, venue capacity, etc.)

	Maximum Venue Capacity of Facilities (※1)		
	Less Than 5,000 People	Over 5,000 People ~ Less Than 10,000 People	Over 10,000 People
Events free from Loud Spectator Cheering and/or Shouting	Up to Capacity	Up to 5,000 People (※3)	Up to Half of the Capacity (※3)
Events with Loud Spectator Cheering and/or Shouting (※2)	Up to Half of the Capacity		

※1: In the case a maximum venue capacity has not been set, the capacity shall be as follows.

- Events free from loud spectator cheering and/or shouting → The spacing should be sufficient to avoid having close-contact between people. (There should be enough to avoid person-to-person contact at a minimum).
- Events where spectators tend to cheer and/or shout → Sufficient space (at least 1m and 2m where possible) between people must be provided.

※2: A "Loud Voice" is defined as "a spectator ①speaking louder than their usual voice and ②speaking up repeatedly and continuously", and events that actively encourage this practice or do not take sufficient necessary countermeasures are classified as "Events where spectators tend to shout".

※3: The maximum number of people is allowed up to the capacity of the facility, under the condition that an infection prevention safety plan is prepared and implemented.

- In addition, organizers should ensure compliance with industry-specific guidelines to implement thorough tracking countermeasures, such as the national governments Contact Confirming Application (COCOA) and the Okinawa COVID-19 Countermeasure Personal Support Application (RICCA) or through the creation of a list of participants.
- For events with more than 5,000 spectators and a capacity ratio of more than 50%, the organizer must prepare and submit to the prefecture at least two weeks prior to the event a "Safety Plan for Infection Prevention" that describes specific countermeasures to be taken. If the requests from the prefecture are not met, postponement or cancellation of the event might be requested.
- Organizers should take prompt action in any of the following events: a nationwide spread of infection or clusters occurring, and the government revises industry-specific guidelines, the maximum capacity requirements, or the ceiling of the maximum number of participants.
- For events that attract a large number of visitors from outside the prefecture, visitors should be encouraged to be vaccinated or have negative results confirmed by a PCR test or other tests prior to the event.
- When food and beverages are served, the participants are requested to refrain from eating and drinking outside of the areas dedicated to eating and drinking. **However, this does not apply in environments where measures can be taken to ensure that no vocalizations are made, such as when masks are worn except to eat or drink, or eating and drinking times are shortened to reduce the time with masks off.**
- For events that do not have a "Safety Plan for Infection Prevention", thorough infection control countermeasures should be taken through the creation of checklists, etc. (For details, refer to "About Event Restrictions" at <https://www.pref.okinawa.lg.jp/site/chijiko/kohokoryu/koho/20200828.html>)

- ◆ We ask that those attending the event take basic infection control measures before and after participating in the event and take measures to reduce the risk of infection, such as going directly home.

Requests to Facilities

【The Act, Article 24, Paragraph 9: Request for Cooperation】

Requests to Retail Facilities and Customer Facilities

Requests for the implementation of the countermeasures stipulated in Article 11, Paragraph 1, Enforcement of the Special Countermeasures Act are requested for sports facilities, amusement centers, movie theaters, shopping centers and other facilities. In addition, the implementation status of each countermeasure should be actively published on the facility's website.

- Thorough implementation of infection prevention countermeasures, including compliance with industry-specific guidelines (The Act, Article 24, Paragraph 9)
- Organize and guide entering patrons to avoid crowding. (Work to avoid crowding and close proximity especially when conducting events that attract customers.)
- Countermeasures effective in preventing infection through droplets from conversations (especially at food courts) (Installation of acrylic panels, maintaining distance between seats, and thorough room ventilation, etc., should be implemented)
- Installation of hand sanitizing equipment, recommend the usage of hand sanitizer, and encourage employees to take PCR tests.
- Countermeasures to prohibit the entry of those with a fever or other symptoms (temperature check upon entry, installation of thermography)
- Encourage entering patrons to wear masks properly at all times.
- Prohibit the entry of patrons who do not wear a mask with valid reasons.
- In game centers, sports clubs, and other amusement facilities, check for symptoms, take temperatures and request good hand hygiene before entering.

Requests to Businesses

【The Act, Article 24, Paragraph 9: Request for Cooperation】

Requests to Businesses and the Business Community

- Businesses engaged in operations that are essential for ensuring the stability of people's lives and the national economy, as well as businesses that support these operations, should re-examine their business continuity plans (BCP) (if they have not already done so, they should do so as soon as possible) based on the characteristics of their businesses. In addition, proactive efforts should be made to implement video conferencing and working from home (telework).
- Encourage vaccination at the workplace. (Development of a vaccination friendly environment)
- Monitor the physical condition of staff, and do not come to work or do not allow staff to come to work if they are not feeling well.
- **Consider the use of medical antigen test kits for symptomatic people in the workplace, while also utilizing health observation applications.**
- To reduce close contact opportunities, make efforts to reduce the number and density of commuters, expansion of work from home (telework), and staggered commuting,
- Request employees to avoid using facilities that have not responded to the request to implement infection prevention countermeasures.
- Be careful about switching places in the workplace (break room, change room, smoking room, cafeteria), which increases the risk of infection.
- Thorough implementation of the industry specific guidelines

Requests to Transportation Operators

- Perform temperature checks at major terminals.
- We request that public transportation operators, such as airlines, ships, buses, and taxis, etc. strictly comply with the industry specific guidelines for countermeasures to prevent the spread of COVID-19.
- Re-examine the Business Continuity Plan (BCP) (if it has not yet been formulated, create it as soon as possible) in preparation for a situation when employees are forced to take a leave of absence.

Requests to Businesses

【The Act, Article 24, Paragraph 9: Request for Cooperation】

Requests to Welfare Facilities

- Thoroughly monitor the physical condition of staff, and do not come to work or do not allow staff to come to work if they are not feeling well (e.g., encouraging employees to take leave when they are ill).
- Reconfirm and strengthen infection control countermeasures such as wearing masks, hand disinfection, and thorough ventilation.
- In order to prevent the spread of COVID-19 to users of welfare facilities for the elderly, consideration should be given to the visitor's physical condition, vaccination history, COVID-19 test results, etc., as well as consideration for other countermeasures, including the implementation of online face-to-face visits.
- In addition, infection control countermeasures should be taken according to the local COVID-19 situation and the characteristics of the facility, such as wearing masks during recreational activities, opening windows during transportation, and separating flow lines inside facilities.
- If there are any family members living with the employee who are not feeling well, actively encourage them to take a COVID-19 test.
- Actively encourage employee participation in periodic PCR or other testing.
Apply Here → <https://www.pref.okinawa.jp/site/hoken/kansen/soumu/kansenshou/ewpcr.html>
- Encourage vaccination
- Re-examine the Business Continuity Plan (BCP) (if it has not yet been formulated, create it as soon as possible) in preparation for a situation when employees are forced to take a leave of absence.
- ◆ If you find a positive case in a facility for the elderly or disabled, we will promptly coordinate with the facility and provide guidance on infection control measures and support for medical care so please contact the Hospital and Facility Support Group, General Information Department, COVID-19 Headquarters (Tel:098-866-20006), to report the outbreak in the facility.

Implementation of Initiatives in Each Municipality in Cooperation with the Prefecture

- Raising awareness about infection prevention countermeasures among local residents through use of public information vehicles and disaster warning systems, etc. and calling for cooperation from residents' associations, etc.
- Initiatives as a manager of various facilities, parks, etc. (including cautioning against drinking in groups on the street and in parks)
- Notification of how to receive treatment when one has a fever (Please refrain from any non-essential and non-emergency trips to the emergency room, and for information on how to use the **medical** antigen test kit, contact the Okinawa Prefecture Covid-19 Call Center: 098-866-2129)
- Provide information on positive cases to municipalities and work together to support people receiving treatment at home.
- Promote Vaccination. Work on the third round of vaccination for medical personnel, personnel working in elderly care facilities, and residents of these facilities **and steadily work toward the fourth vaccination.**
- Childcare Facility, etc.: While taking countermeasures based on the "Guidelines for Infectious Disease Control at Childcare Facilities" and other guidelines avoid activities with a high risk of infection. Continue to provide childcare and request that childcare be provided as usual, with basic countermeasures against infectious diseases and thorough health management of children and staff and recommend vaccinations for staff.

Countermeasures at Public Facilities, etc.

- For prefectural public facilities such as museums, art galleries, and athletic facilities, they should be operated while taking thorough countermeasures to prevent infection, such as organizing and guiding entering patrons to avoid congestion, and municipalities are requested to take the same countermeasures as prefectural governments.
- Request facility managers caution and advise the public against behaviors with high-risk of infection, such as drinking in groups on the street or in parks.

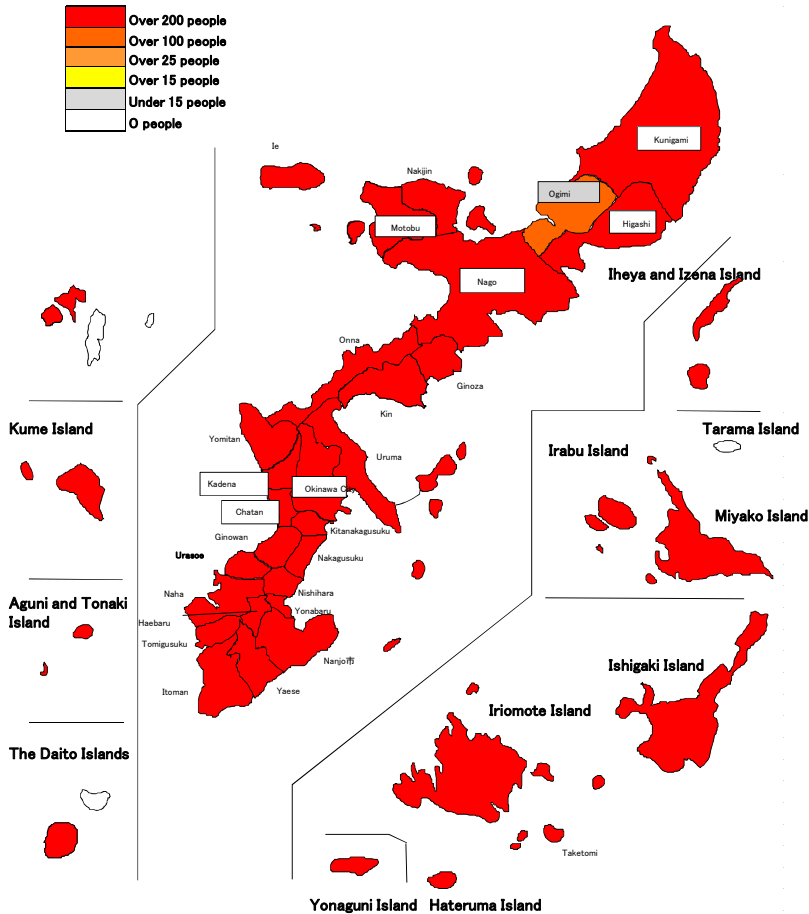
Requests to Schools, etc.



- In principle, in order to “ensure learning,” students will attend school as usual. However, depending on the infection situation at the school, class closures and other countermeasures should be implemented. Elementary and junior high schools should ask their municipal boards of education to make decisions based on the situation of the community and school, by referring to the countermeasures of prefectural schools.
- In the event of class closure, etc., online and other means will be utilized to guarantee learning.
- For students who are unable to attend school due to health concerns, the school will be more flexible in terms of suspending attendance, and will make efforts to support their learning through online and other means.
- While taking countermeasures based on the hygiene management manual, etc., please refrain from conducting educational activities (*) that have a particularly high risk of infection, regardless of the level in the manual. Carefully consider how to implement the countermeasures even in areas where the infection has not spread.
- **In summer months when temperature, humidity, and the heat index are high, priority should be given to preventing heat stroke, and students should be instructed to remove their masks.**
- **Masks are not required to be worn when sufficient physical distance can be maintained, in physical education classes, or in athletic club activities. However, when moving to practice areas, locker rooms, meals, and group activities, students should take thorough measures to prevent infection, including the wearing of masks.**
- **Thoroughly monitor the health of teachers, staff, and students by using health observation charts and health observation apps, and inform them to refrain from coming to work or school if they are not feeling well.**
- School events (welcome events, field trips, overnight learning, etc.) should be postponed, reduced, or cancelled based on the local situation and school conditions.
- Please refrain from club activities that have a high risk of infection, and while thoroughly implementing the countermeasures against the spread of infection, club activities should be limited to 2 hours or less on weekdays (including early morning practice) and 3 hours or less on weekends and holidays. Health checks should be conducted at the start of activities and before various competitions.
- **Cancel training camps and practice games for club activities.**
- Universities and vocational schools should take appropriate countermeasures to balance infection prevention and effective implementation of face-to-face classes and remote classes.
- Universities should thoroughly remind students and others to have group dining, eating and drinking with no more than 4 people, avoid the 3Cs, and for no more than 2 hours, as there is a high risk of infection.
- **After school activities (classes, club activities, etc.) and tutoring sessions, etc., students should return straight home.**
 - ※ Examples: A chorus performed indoors in music class a short distance from others, playing a wind-instrument such as a recorder, and exercises performed densely in a gym class. (Countermeasures to prevent infection based on the characteristics of omicron strain 【from the 12th Subcommittee on Countermeasures against Novel Coronavirus Infections】)


Status of Infection and Medical Systems in Okinawa

By Municipality











Infection Status Map by Municipality



	New Positive cases per 100,000 people
	Bed Utilization Rate

As of 5/23 (5/16~5/22)		
Municipalities		Comparison with previous week
Naha	806.64	0.86
Ginowan	943.64	0.92
Ishigaki	840.56	1.07
Urasoe	987.47	1.00
Nago	1122.03	1.29
Itoman	832.41	0.75
Okinawa City	1033.76	0.97
Tomigusuku	894.08	0.81
Uruma	1035.6	0.98
Miyakojima	1371.07	0.98
Nanjo	850.32	0.89
Northern Municipalities	848.05	0.76
Central Municipalities	934.33	0.94
Southern Municipalities	884.17	0.87
Miyako Municipalities	0.00	0.00
Yaeyama Municipalities	302.93	0.67
Okinawa	934.34	0.92

By Region

Region	Municipalities	As of 5/22	
Main Island	Municipalities on the Main Island		927.81 people
			52.5%
Outer Islands around the Main Island	Ie, Tokashiki, Zamami, Aguni, Tonaki, Minami-Daito, Kita-Daito, Iheya, Izena, Kumejima		446.22 people
			
Miyako	Miyako Island, Tarama		1344.67 people
			42.4%
Yaeyama	Ishigaki, Taketomi, Yonaguni		783.29 people
			13.6%
All of Okinawa	All of the Municipalities (excluding those outside of Okinawa)		932.11 people
			48.8%

Countermeasures to Prevent the Spread of Infection, Protect the Medical System, and to Maintain Social Infrastructure

① Protect the Medical System

We ask for your cooperation in protecting the medical system by stocking medicine at home and refraining from unnecessary emergency room visits.

② Prevent the spread of infection to the elderly, pregnant women, and those with underlying medical conditions who are at high risk of serious illness.

We ask for your cooperation to prevent the spread of infection to the elderly, pregnant women, and those with underlying medical conditions, which can lead to medical shortages.

③ Take measures to protect children from spread of infection

We ask for cooperation from parents/guardians, childcare/education staff, and child day care staff as spread of infection often occurs among children.

④ Avoid risks related to transportation and dining out

Please avoid the "3 Cs" and keep dinners to no more than 4 people for no longer than 2 hours. Restaurants are requested to take measures to prevent the spread of infection.

⑤ Accelerate vaccination

In order to prevent the onset and severity of the disease, we also ask that you promptly receive the third dose and the first two doses of vaccination (For those over 60, those with underlying medical conditions, and those who are overweight please receive your fourth dose).

① Protect the Medical System

What you and families can do



- Please do not visit an emergency room for the sole purpose of testing for COVID-19.
- In case of illness, stock up on antigen test kits available at pharmacies (minimum quantity required), cough medicine, antipyretic, etc., and consider using stocked up medicines if symptoms are mild.
- For more information on how to deal with children's illnesses, please refer to the "Points to Watch Out for in Regard to Your Children (URL or QR code below). If you are in doubt about how to deal with a sudden illness of your child during the night or on holidays, please call the Children's Emergency Hotline (#8000).
〈 https://www.pref.okinawa.lg.jp/site/hoken/kansen-iryuu/taisei/documents/20220429_point.pdf 〉

To support healthcare professionals

- Healthcare workers support local medical services while treating COVID-19 patients every day. To support the efforts of healthcare workers, we ask that you be aware of the need to prevent contracting COVID-19 and take thorough infection control measures on a daily basis.
- We also ask for your understanding and cooperation to ensure that childcare is continuously provided for children so that their guardians, such as medical and nursing care workers, who have difficulty taking time off work, can work without these concerns.
- Please do not discriminate against infected persons or healthcare workers.

Prefectural Measures

- Dispatch of support nurses to secure hospital beds, etc.
- Utilization of hospitalization standby stations
- Measures for those at risk of serious illness by dividing the roles of residential treatment facilities (multifunctional and simple type)
- Focus on health observation and secure medical care system for those who are recuperating at home

② Prevent the spread of infection to the elderly, pregnant women, and those with underlying medical conditions who are at high risk of serious illness.

What you can do

- Please ensure you follow basic infection prevention countermeasures (wash hands, wear a mask, and avoid the “3 Cs”) such as hand washing and wearing a mask.
- As much as possible the elderly should not meet with family members, relatives, or grandchildren who do not live with you and with whom you do not usually have contact.
- **If a pregnant woman becomes infected, even if she is asymptomatic, she will need to be quarantined during childbirth and will not be able to have contact with her baby. Therefore, pregnant women and their family members living together should take thorough measures to prevent infection, and if COVID-19 is suspected, please have PCR or other tests performed as soon as possible.**
- Please proactively get vaccinated.

What families can do

- Please take measures to prevent the introduction of COVID-19 into your home.
○If you have contact with the elderly, **pregnant women or those with underlying conditions, please** refrain from activities that may increase the risk of infection.
- Please receive vaccinations when it is time.
- **If you suspect that a family member living with you has COVID-19, please avoid contact until PCR or other test results are confirmed, and if you are in the same room, please ensure adequate ventilation and wear a mask.**

What establishments can do

- Please continue to be vigilant against infection within establishments.
○ Please monitor the physical condition of staff and have staff participate in periodic PCR or other testing.
- The prefecture has a support program in place if someone tests positive, please inform the Prefectural COVID-19 Headquarters.

Prefectural Measures

- Implementation of periodic PCR or other testing for nursing care workers
- **Strengthen and focus on dispatching support, such as guidance on countermeasures to facilities with outbreaks of infected cases that have been reported.**
○To build a sustainable support system, support is provided through a hospital rotation system in Naha, and the Southern and Central region in cooperation with priority medical institutions and medical associations.
○Implement a project to dispatch nursing assistants (caregivers) and expand the number of support personnel.
○Reinforce prefectural staff in charge of supporting medical institution facilities, work with related organizations, and strengthen the support system for facilities.

③ Take measures to protect children from spread of infection

Parents and/or Guardians

- Please be sure to take your temperature at home before coming to school. **If you have a fever, sore throat, runny nose, or any other symptoms of illness, please do not go to school.**
- If a **child's** family member is confirmed to be positive, please refrain from going out, going to school or preschool as you may be considered a person who has come into close contact with COVID-19.
- Please take measures to prevent infection such as washing hands with your children, avoiding crowded places and taking care of your health.
- **Caution should be exercised with preschool children aged 2 years and older. If the child is not feeling well and has difficulty wearing a mask for a sustained period of time, there is no need to force the child to wear a mask, and if a mask is worn, parents or other adults should pay sufficient attention to the child's physical condition. It is not recommended that children under 2 years of age wear masks.**

Schools, Kindergartens, Daycare Centers, After-school children's clubs, Tutoring School, Sports Organizations, etc

- Please instruct students to take basic infection prevention countermeasures during activities, on the way to and from school, during breaks, after school, and during other activities.
 - Properly wear a mask (**excluding those under 2 years of age**)
 - Wash and disinfect hands frequently
 - Social distance
 - Frequent ventilation (e.g. opening windows)
 - Implementation of the three 'Cs' avoid closed spaces, crowded places, and close-contact settings
- Please refrain from learning activities (including club activities) with a high risk of infection.
- Please take measures to prevent infection such as ventilation during indoor meetings and instruct students not to gather together to eat or drink before or after club activities.
- Children and students who are not feeling well, without having to exert themselves, should be sent home (***Consult your family physician or consider using a medical antigen test kit if COVID-19 is suspected**).
- If there is a confirmed positive case, please conduct a wide range of testing at schools and day-care centers or have the individual tested at the "PCR Test Center for Persons with Contact".

Prefectural Measures

- The utilization of school/daycare PCR tests, contact person at the PCR test center, etc.
 - In addition, please reinforce the on-site dispatch team for specimen collection, etc., and maintain close communication and coordination with the contractor to ensure effective and efficient wide-ranging inspections.
- Implementing periodic PCR tests for day-care staff
- Prepare and distribute pamphlets on infection prevention for students and parents.

④ Avoid Risks Related to Transportation and Dining Out

Out-of-Prefecture and Outer Island Travel

- Carefully consider the situation in the destination prefecture or the outer island.
Refrain from activities with a high risk of infection at the destination, such as dining with an unspecified large number of people.
- Complete the third vaccination or undergo PCR or other testing before departure, and undergo PCR or other testing as soon as possible after returning to Okinawa.

Dining Out

- No more than 4 people should dine at the same table in the same group for 2 hours or less.
- If you are going to have dinner with more than 5 people, whether at a restaurant or at home, please have PCR testing done in advance.
- Select an "Infection Prevention Countermeasure Certified Facility" that has infection control countermeasures in place

Dining Out

- × Receptions and other dinner events with 5 or more people
- × Participating if sick × Speaking loudly or without a mask × Heavy Drinking
- × Sharing Drinks

Prefectural Measures

- Expansion of airport PCR testing
- We will strive to monitor the supply and demand of test reagents and **medical** antigen qualitative test kits in the prefecture to ensure uninterrupted testing even during times of infection spread.

⑤ Accelerate Vaccination

To Prefectural Residents

(Third **and fourth** round of vaccinations)

- It has been noted that after the first and second doses of the COVID-19 vaccine, the efficacy in preventing onset of disease and hospitalization declines with time, but it has been suggested that it recovers 2 to 4 weeks after the third dose of the vaccine.

For this reason we recommend early vaccination at facilities where reservations can be made early in order to prevent serious illness.

- **Persons 60 years of age or older, or persons 18 years of age or older and under 60 years of age who have an underlying medical condition, etc., should receive the fourth dose of vaccination to prevent serious illness.**

(First and second round of vaccinations)

- The vaccination system is in place or those who wish to be vaccinated and for those who are newly eligible for vaccination and vaccinations continue to be offered. Please consider getting vaccinated if you have yet to receive your first vaccination.

Municipalities

We ask that each municipality make a systematic effort to accelerate the vaccination program in order to prevent serious illness and aid in the early recovery and maintenance of social infrastructure.

- Prompt issuance of vaccination tickets
- Respond effectively to prefectural residents who need to have their vaccination tickets reissued due to loss, etc.
- Encourage senior citizen facilities to provide vaccinations
- Call outs to residents in cooperation with neighborhood associations, etc.


Prefectural Measures

- Support for municipalities in securing medical personnel
- Operation of prefectural wide vaccination centers to complement municipalities' vaccinations
 - Introduction of vaccination without reservations, establishment of corporate group vaccinations, and visiting large commercial facilities, etc. for vaccination
- Acceptance of group vaccinations by businesses, universities, etc.

Now, you can get free COVID-19 tests all over the prefecture !

■ Locations where free testing is available (As of **May 12, 2022**)

The test kit provides results quickly!

Region	PCR and Qualitative Antigen Testing	Qualitative Antigen Testing	The Detailed List for Vaccination Testing Sites Here ↓ ↓ ↓ 
Main Island	North: 2 locations Center: 14 locations South: 16 locations	North: 2 locations Center: 8 locations South: 8 locations	
Outer Islands	Kita-Daito, Minami-Daito, Iheya, Izena, Ie, and Kumejima (1 location each)	—	
Miyako	Miyakojima City: 8 locations	Miyakojima City: 2 locations	
Yaeyama	Ishigaki: 4 locations	Ishigaki: 2 locations	

※If you do not have the time to go and take a test, you can purchase a test kit and take it yourself. (For more information, please visit the URL on the right)



Before taking the test, please refer to the leaflet **“If you wonder “is it COVID-19?””**, to learn more about the process after vaccination.

