

Here is a short message from the mayor:

First, we would like to thank all healthcare workers who are risking their own health for the better of everyone else from the bottom of our hearts.

As of today, over one month has passed since Japan's nationwide State of Emergency declaration on April 16, 2020.

During this time, Fukui City has seen significant decreases in the amount of confirmed cases thanks to all of its residents, but we must stay consistent with our actions.

Our efforts must not stop here; we must also be sure to take "I won't get infected" actions to avoid infection to the best of our abilities.

Fukui City is doing everything in its power to overcome this ordeal.

HIGASHIMURA Shinichi, Mayor of Fukui City

### **"I won't get infected" Actions**

You may already be taking the following precautions, but for those who may not already know, here are some tips to help defend yourself against COVID-19 infection:

#### **Avoid going outside**

Until this whole COVID-19 situation has settled, avoid going outside and any unnecessary travel overall.

#### **Avoid the "Three Cs"!**

Be sure to avoid "closed spaces with poor ventilation", "crowded places with many people nearby", "close-contact settings such as close-range conversations", or any combination of the three. Beware of any overlap of these "Three Cs"! Aim for "Zero Cs" in your current daily routine!

#### **Hand Washing, Disinfecting, Face Masks**

After you get home, before eating, and any other task that requires your hands being near your face, thoroughly wash your hands! Wear a face mask when talking!

#### **To keep the rate of infection as low as possible,**

#### **Decrease direct contact by at least 80%**

Q: Why decrease by 80%?

A: According to the Novel Coronavirus Expert Meeting, the time it will take to confirm a decreasing trend in the amount of COVID-19 patients is strictly dependent on the percent of direct contacts of an individual.









- By decreasing direct contact by 80%, about 1 month is needed
- By decreasing direct contact by 65%, over 2 months are needed

If we do not act now to decrease direct contacts by 80%, restrictions on our daily lives

will continue for even longer than expected.

In order to keep the number of patients to a minimum, every single one of us must act accordingly.

### 8 Tips on how to decrease direct contact

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| <b>1</b><br>Video chat<br>with your loved ones<br>                     | <b>2</b><br>When shopping, go alone or<br>when there are less people<br> |
| <b>3</b><br>When jogging, choose<br>times/places with few visitors<br> | <b>4</b><br>Purchase things online<br>                                   |
| <b>5</b><br>For food,<br>always order takeout<br>                     | <b>6</b><br>Schedule<br>remote checkups<br>                             |
| <b>7</b><br>For home exercise,<br>reference videos<br>               | <b>8</b><br>Work from home<br>whenever possible<br>                    |

To prevent the spread of COVID-19, municipal facilities are closed until June 1, 2020. All events are either postponed or cancelled entirely.

This is generally true, but the status is also subject to change based on the situation at the time. Status may vary from facility to facility, so be sure to confirm either online or via phone call.

Here is a list of a few cancelled city events \*() indicates usual timing of the event:

- General Natural Disaster training simulations (end of June)
- Gymnastics tournaments (Between May and July)
- Fukui Phoenix Festival (End of July – Early August)
- Elem. and Middle school music recitals (June) and gymnastics tournaments (Sep.)