

July 29, 2020

Governor's Message to Hyogo citizens and Hyogo-based business operators:  
As we enter the "infection expanding" phase

— *Now is a critical moment for curbing the spread of coronavirus* —

As of July 29, forty-six new cases of COVID-19 were confirmed in Hyogo Prefecture, and the most recent seven-day moving average for the number of cases has exceeded 30 persons, indicating that we have entered the "infection expanding" phase.

Serious concerns are growing over the rapid spreading of infections within Hyogo as it took only six days to transition from the "infection alert" phase to the "infection rising" phase. It again took only six days to shift into the "infection expanding (1)" phase.

The current cases are mostly young people, but the ratio for patients in their sixties and above is also increasing. If the spread of infections continues, we may face even more aggravated situation, with an increasing number of patients with severe symptoms and a shortage of hospital beds.

I would like to request Hyogo citizens and business operators to observe the following with the utmost attention to limit any possibility for further spread of the infections.

**To Hyogo citizens**

- Please **refrain from unnecessary and non-urgent visits to areas where the resurgence of infections has been observed**, such as the Tokyo metropolitan area.
- Please **avoid using facilities that do not follow the industry's infection prevention guidelines**.
- Please **avoid dining or drinking in groups**. In particular **to young people, please refrain from using eating and drinking establishments that provide individual customer services**.
- Please avoid **speaking loudly and sharing glasses** when eating and drinking.
- Please follow the "**Hyogo Style**" that includes avoiding the Three Cs (confined spaces, crowded places, and close contact) and wearing face masks.

**To Hyogo-based business operators**

- Please **practice thorough infection prevention measures based on each industry's guidelines and put up the "infection control poster" indicating that your facility is taking proper measures**. In particular, bars, nightclubs, and other **eating and drinking establishments that provide individual customer services or serve alcohol** should strictly adhere to the guidelines.
- Please **register for the "Hyogo new coronavirus tracing system,"** and download and post the QR code in your facility.
- Please **reduce the number of commuters** through telecommuting, TV conferencing, and rotating work schedules.

**Now is a critical moment for curbing the spread of coronavirus.**

The infection mitigation depends on the efforts by each and every citizen and business operator of Hyogo, and hence, I would like to ask all of you for your understanding and cooperation in order to prevent any further spread of COVID-19 infections.

[Response Plan for Each Phase]

Phase	Initial	Infection alert	Infection rising	Infection expanding (1)	Infection expanding (2)
Criteria (Weekly average of new cases)	Less than 10 persons	10 persons or more (Caution required from here)	20 persons or more	30 persons or more	40 persons or more
Basic idea of response	Responding to 15 new cases per day	Responding to 20 new cases per day	Responding to 30 new cases per day	Responding to 40 new cases per day	Responding to 55 new cases per day
No. of hospital beds prepared	Approx. 200 (including approx. 40 for severe cases)	Approx. 300 (including approx. 50 for severe cases)	Approx. 400 (including approx. 70 for severe cases)	Approx. 500 (including approx. 90 for severe cases)	Approx. 650 (including approx. 120 for severe cases)
No. of rooms in accommodation facilities for isolation	Approx. 200	Approx. 200	Approx. 300	Approx. 500	Approx. 700

## Hyogo Style for preventing the spread of COVID-19

### I. A new lifestyle for preventing the spread of infections

1. Practices for coexisting with the coronavirus in your daily life
  - (1) Avoid the Three Cs (confined spaces, crowded places, and close contact)
  - (2) Practice physical distancing (Two meters apart, or at least one meter)
  - (3) Wear face masks and practice cough etiquette
  - (4) Wash and sanitize your hands (Use soap and wash for 30 seconds, or use sanitizers)
  - (5) Measure body temperature and check your health (Stay at home for recovery when you have a fever or common cold symptoms)



Avoid outings/Avoid crowds/Avoid close contact/Avoid confined spaces/Ventilation/Cough etiquette/Wash hands

2. Behaviors in everyday settings
  - (1) Shopping
    - ✓ Shop online and use contactless/electronic payment
    - ✓ Touch displayed items as little as possible
    - ✓ Keep a distance away from others at checkouts
    - ✓ Make a shopping list before you go, and shop alone (or with a small number of people) as quick as possible when the store is less crowded
  - (2) Using public transportation
    - ✓ Keep conversations to a minimum
    - ✓ Avoid peak hours
    - ✓ Use bicycles or walk when possible
  - (3) Dining
    - ✓ Order takeaway or delivery when possible
    - ✓ Avoid pouring drinks for others or sharing drinking glasses
    - ✓ Sit side by side, not facing each other
    - ✓ Keep conversations to a minimum
    - ✓ Do not serve food in platters for sharing; serve in individual dishes
  - (4) Amusement and sports
    - ✓ When going to the park, choose less crowded places/hours
    - ✓ When working out or doing yoga, do it at home while following video instructions
    - ✓ Jog in a small group
    - ✓ Maintain a proper distance while jogging
    - ✓ Utilize reservation system
    - ✓ When doing activities such as singing or cheering, keep a distance away from others or do them online

(5) Family meetings (ceremonial functions, etc.)

- ✓ Avoid dining in a large group
- ✓ Do not participate in such events if you have a fever or common cold symptoms

## **II. A new working style for preventing the spread of infections**

- ✓ Introduce/continue telecommuting, rotating work schedules, and staggering work hours
- ✓ Utilize online meetings
- ✓ When having an in-person meeting, ventilate the room and wear face masks
- ✓ Do not let employees with a fever or poor health condition come to the office
- ✓ Avoid the Three Cs in the workplace

## **III. Preparation for possible compound emergencies (natural disasters and infections)**

1. Operational guidelines for evacuation centers that respond to COVID-19 infections will be made at the end of May.
2. Preparation to respond to compound emergencies
  - ✓ Hyogo Prefecture, municipalities, and local communities will work in cooperation to secure evacuation areas/centers and decide what to do at the centers on the occasion of possible compound emergencies of natural disasters and infections.
  - ✓ The “Hyogo Emergency Net” app and the “individual evacuation card” can be utilized when deciding what actions to take to do in an emergency.