

# Requests for each and every Nagano resident along with announcement of a quasi-state of emergency

In Nagano Prefecture, a quasi-state of emergency will be in force from January 27 to February 20, 2022.

We have the following requests for all residents during this period.

## Please do not go to places (stores and facilities) where there is a high risk of infection.



**Closed space**  
Places that cannot be sufficiently ventilated



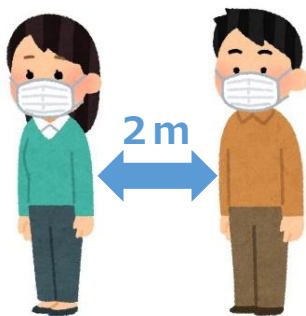
**Crowds**  
Places where people gather in large numbers



**Close contact**  
Places where people talk, sing, or shout in close proximity to others

## Measures to avoid contracting Covid-19

1) Stay at least 2 meters away from other people



2) Wear face masks properly



3) Wash your hands and disinfect your hands and fingers



4) Regularly air out interior space



5) Decrease occasions for meeting other people



6) Eat meals with people you always are with or meet



If there are any people in your household who are recuperating from disease, are not in good health, or have come into close contact with people diagnosed with Covid-19, **take measures** such as wearing a face mask **even at home**.

If you are not feeling well, please consult your regular doctor by telephone instead of going outside to make a visit to the clinic etc.

If you do not have a regular doctor or want to consult one in a language other than Japanese, please call this number: **0120-974-998** (calls are accepted 24 hours a day).

URL for the website of the Nagano Prefecture Intercultural Consultation Center  
<https://www.naganoken-tabunka-center.jp/en/covid19-info/>

