

# Even following the downgrade of COVID-19 to a Category 5 infectious disease, follow cautious infection control measures (Excerpt)

April 28<sup>th</sup> 2023

Gifu Prefectural Taskforce for Preventing the Spread of COVID-19

From May 8<sup>th</sup>, COVID-19 will be ranked as a Category 5 infectious disease, the same rank as seasonal influenza. As a result, various requests introduced under the special measures law will come to an end.

However, the following remain unchanged in regard to COVID-19:

- COVID-19 is highly transmissible and under the right conditions, infection can spread rapidly.
- The elderly and those with underlying health conditions have a higher risk of serious illness.
- Even those who are asymptomatic may suffer from long Covid.

In view of these circumstances, a document outlining preventative measures following the downgrade of COVID-19 to Category 5 (from May 8<sup>th</sup>) is attached, and we hereby request that all prefectural residents continue to follow cautious infection control measures.

## Preventative measures following the downgrade of COVID-19 to Category 5 (from May 8<sup>th</sup>)

- Frequently washing and disinfecting hands, and regularly ventilating indoor spaces is recommended.
- Wearing a mask in situations where it is effective is recommended, while respecting the independent choice of individuals, and leaving the decision of whether or not to wear a mask to the individual's own discretion.

### 【Situations where wearing a mask is effective】

- When having a medical examination.
- When visiting a medical institution, a facility for the elderly, or a facility for those with disabilities.
- During the workday if you work at a medical institution, a facility for the elderly, or a facility for those with disabilities.
- When using crowded public transportation such as trains and buses.
- When going to crowded places if you have a high risk of serious illness. (People aged 65 and over, people with underlying health conditions, pregnant women, etc.)

- There is no legal requirement to refrain from going out, so individual decisions can be made by referring to the following:

### 【When it is recommended to refrain from going out】

- It is recommended to refrain from going out for 5 days, with the day symptoms began as day 0.
- In addition, if symptoms are still present on day 5, it is recommended to refrain from going out until 24 hours after symptoms have improved, and to continue to monitor your health.

### 【Consideration for those around you】

- Until 10 days have passed since the onset of symptoms, take care not to spread COVID-19 to others, for example by wearing a non-woven mask and avoiding coming into contact with those with a high risk of serious illness, such as the elderly.

### 【Regarding close contacts】

- There are no recommendations regarding both identifying close contacts and close contacts voluntarily refraining from going out.

- Avoiding conversations at close proximity in crowded places is recommended (when unavoidable, wearing a mask is effective).