

**In accordance with Clause 1, Article 45 of the Act on Special Measures for Pandemic Influenza and New Infectious Diseases Preparedness and Response, the request has been made to refrain from going out**

1. Fukushima residents are requested to refrain from going out for nonurgent and nonessential reasons.
2. In particular, Fukushima residents are requested to avoid going to nightclubs, hostess bars and the like in busy downtown areas.
3. Fukushima residents are also requested to refrain from traveling between and across prefectures for nonurgent and nonessential reasons.

**Cases in which the above requests (1-3) do not apply (on the premise that Fukushima residents engage in the following activities while taking preventative measures with a minimum number of people)**

Cases for which activities are essential for sustaining our daily lives

- Procurement of commodities: shopping for the bare necessities such as food, daily necessities, and medicine.
- Activities to maintain your health: going to hospitals, going on a walk and exercising outside.
- Work: going to work. However, residents are urged to implement measures such as working from home, telecommuting or staggered work hours and to take other preventative measures including avoiding the “Three Cs” - “Closed spaces with poor ventilation” , “Crowded places with many people nearby” , “Close-contact

settings such as close-range conversations.”

- Other: going to banks and municipal offices, etc.

**Examples of traveling between and across prefectures**

- Returning to your family home or traveling for nonurgent and nonessential reasons.