

Oyama City COVID-19 Corona virus prevention measures (English)

August 8th, 2022

Welcome to this week's announcements for Oyama City's Coronavirus measures. When you are calling city office services for help, please be accompanied by a Japanese speaker to expedite the process.

Also, please wear a mask to protect yourself and your family and to prevent the spread of COVID-19.

(1) Latest update from Oyama City

In the week from August 1st to August 7th, there were 1,298 confirmed infections of Coronavirus within Oyama City. The total number of cases in Tochigi was 145,503. Since July 16th, all over Tochigi prefecture, the alert level went up to level 2(Keep practicing basic countermeasures).Today's broadcasting is English. Please continue to take safety measures.

Let's consider new ways of enjoying ourselves, such as participating in online events and parties.

Please refrain from having drinking parties with five or more people as these situations are likely to be crowded and closed spaces where people are talking loudly. Also, please download the app called COCOA to prevent the spread of the virus. This app using Bluetooth keeps track of who you have come in contact with, and notifies people when someone nearby has been positive with the virus.

In order to help prevent the spread of COVID-19, please keep the following points:

“STOP NO MASK”

1) When you are in a car with people outside of your household, keep the windows open and wear a mask

2) When meeting your friends in a room, please wear a mask.

“STOP 3 Cs Gathering”

1) Please do not hold a gathering under “3Cs” circumstances. Also please avoid going to the areas where the cases of infection are increasing.

For foreign residents who can speak Japanese, if you are suspecting that you have been infected with the coronavirus or experiencing symptoms, such as shortness of breath, sluggishness, high fever, please call the Kikokusha

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shokusha Soudan Centre. The number for this is 0285-22-0302. If you are identified as a close contact person, Tochigi Prefecture will get in touch with you, so please wait to be instructed. Please do not go into hospitals in terms of preventing further spread of infection.

We would like all of you to be aware that you could be the one to transmit the virus to others as spreaders. Please stay safe by taking precautions, such as wearing masks, sanitising your hands and fingers and avoiding 3Cs. Also, please be careful to not go to the places with poor ventilation, dense places where many people gather or places with a high risk of CLOSE contact with an unspecified number of people.

In addition to avoiding the 3 Cs, please continue to take the following measures including maintaining “New Lifestyle”

We ask you to cooperate in the following way:

1. Avoid 3 C's – closed space, crowded space and close contact.
2. Even when not showing any symptoms, wear masks at all times both indoors and outdoors, especially having conversations.
3. Wash your hands and face as soon as you get home. Change your clothes and have a shower as soon as possible.
4. Wash your hands thoroughly for 30 seconds with soap and running water.
5. Keep a 'social distance' of at least 1m, preferably 2m between yourself and others.
6. Avoid sitting across from, and talking with others when eating together.
7. Reduce contact with people in the workplace through strategies such as working remotely, adjusting shift times and having meetings online.

This is an information about the Counter Services at Oyama City Hall on weekend and extended hours on weekday:

The Residence Affairs Division, which has a counter service open on Tuesdays and Thursdays until 7pm, and also every 2nd and 4th Sunday of each month from 8:30am to 5:15pm.

The Oyama Jonan branch office, which also offers counter services on every 2nd and 4th Sunday of the month, from 8:30am to 5:15pm.

Finally, the Tax Administration Division, is offering extended hours on Tuesdays and Thursdays from until 7pm, and occasionally on Sundays from 8:30am to 5:15pm.

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2) Information from Oyama City Multicultural Support Centre

For those who cannot speak Japanese, and if you have shortness of breath, sluggishness, high fever and worried about a possible coronavirus infection, please call Coronavirus Hotline for Tochigi Foreign Residents at: 028-678-8282. This hotline is available 24 hours in 19 different languages.

Multicultural Support Centre on the 1st floor of the City Hall has offering face-to-face services from July 2020. We kindly ask for your cooperation in temperature measurement and wearing masks. Also, if we can give you an assistance via telephone, please give us a call to prevent the spread of infection. Our phone number is 22-9439.

(3) Information from a multilingual language broadcaster

熱中症対策について

厳しい暑さが続いています但皆さんいかがお過ごしでしょうか？

今日は熱中症対策についてお伝えしたいと思います。

熱中症にかかると以下のような症状が現れます：めまい、手足の痛み、頭痛やいつもと違う発汗、肌が熱い等

もしこのような症状がある場合は医療機関に連絡してください。

十分な休息と睡眠、水分補給に心がけ、日中の暑い時間の運動をさけて過ごしましょう。

Prevention of heat stroke

How are you all doing in this extremely hot summer?

Today we would like to tell you how you can deal with heat stroke.

When you have heat stroke, you will have symptoms as following:

dizziness, pain in the arms and legs, headache and unusual sweating, and very warm skin and so forth.

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If you have any suspicious symptoms, contact a healthcare provider.

Make sure you take enough breaks, sleep well, get plenty of water, and avoid doing exercise when the temperature is high.

Thank you

Covid-19 vaccination for children is not mandatory. Before you decide to get your child vaccinated, please talk about the infection prevention effect, risks and side reactions. To refer more information on Covid-19 vaccination, go to Ministry of Health, Labor and Welfare website.

This completes the announcements for this month from Oyama City. When you are calling city office services for consultations, please be accompanied by a Japanese speaker to help you. Once again, we would like you to wear a mask to protect yourself and your family and to prevent the spread of COVID-19. We thank you for your efforts to prevent the spread of infection and your act with respect for human rights. Thank you for listening, and have a great week.