

Dear all residents of Ibaraki Prefecture

January 11th, 2023

Important Request from the Ibaraki Prefectural Government

In Ibaraki Prefecture, one in six of the prefecture's residents, have tested positive for Covid-19, totaling more than 500,000 people. Now that Covid-19 is no longer classified as a special disease, anyone can be infected. Most people are asymptomatic or have mild symptoms, but if you wish to recuperate at home, please stock up on food and other supplies.

① Self-testing, use of Information Registration Center for Positive Persons

- To avoid overloading the outpatient fever clinic, please consider self-examination.

※ People 65 years of age or older, those with underlying medical conditions, pregnant women, and those with persistent symptoms should visit an outpatient fever clinic.

- If you are found to be positive by self-test or pharmacy test, please register with the Information Registration Center for Positive Persons.

② Stockpiling food, daily necessities, and household medicines

Stockpile food and other supplies on a daily basis. This will also help you in case of flu.

【At least 5 days worth of groceries】

Rice, udon, instant foods, frozen foods, sports drinks, jelly drinks, etc.

【Daily necessities】

Tissues, toilet paper, masks, soap, etc.

【Medications you are taking, fever reducers and cough medicines, antigen test kits, etc.】

【Sanitary products, hygiene products for infants and the elderly, etc.】