## Let us protect our precious lives! Medical care is in danger.

## President Tetsuo Arakawa

10,000 precious lives have been lost due to COVID-19. The continuing attacks have made it difficult for the medical field to save not only the lives of corona patients but also the lives of non-corona patients in normal times.

However, there is a ray of light. Vaccinations will begin. It will take another three months for the vaccine to take effect. Until then, every one of us must be vigilant as if our own life were at stake. This is the only way to protect everyone.

The mutations are 1.3 to 1.7 times more infectious. Once infected, the rate of increase is doubled. The rate of serious illness is five times higher, to which many young people have fallen victim. Wearing non-woven masks is recommended, wash your hands, and disinfect with alcohol frequently and carefully, even your fingertips. Do not eat with others for a while. Be careful of household infections.

You will be rewarded.



Fig. 1

Meetings of 4 or more people? What should you do?

- 1. Use locations that have displayed the "We vow to prevent the spread of infections" sticker, issued by the Osaka Prefecture Government.
- 2. Sanitize any hands and fingers that touch a table. \*\*carry a mini-bottle of sanitizer around with you.
- 3. Do not share food or drink.
- 4. Take your mask off only when eating.
- 5. Use partitions whenever possible.
- 6. Finish the gathering within 2 hours.
- 7. Thinking of doing some Karaoke? Absolutely not!
- 8. If you are not feeling well within 2 days

after the gathering, check yourself into a hospital and inform those from the gathering.



Fig. 2

Spending time at home? What should you do?

- 1. Sanitize/wash your hands at the entrance of your house.
- 2. Change your clothes near the entrance or in your room.
- 3. Practice Social distancing and properly ventilate your home.
- 4. Do not share food, dishware, or towels.
- 5. Consistently sanitize/wash your hands.
- 6. Wear a mask whenever possible.
- 7. Use partitions whenever possible

While the state of emergency is active (until the end of May), all banquets, drinking parties, and dinners are prohibited, regardless to the number of people

\*\*Figure 2 and revised figure 1 from the 13th Message from the President Regarding COVID-19 "Two places to prevent the spread of infection: group dinners and at home" (November 26, 2020)