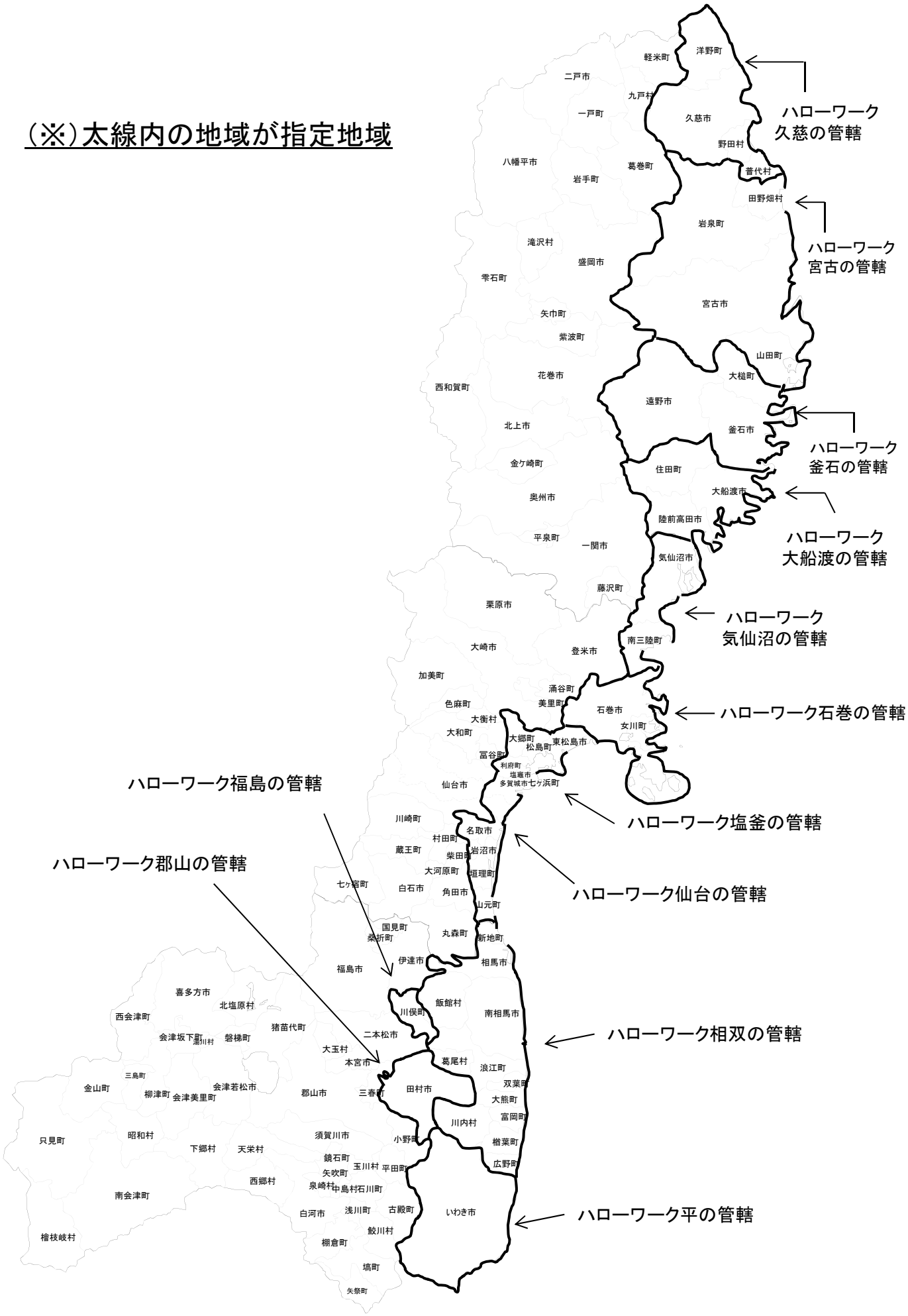（※）太線内の地域が指定地域