



Measures to Avoid Catching or Spreading Covid-19 ...

The new corona virus or Covid-19 is transmitted by infected people through sneezing, coughing and saliva. People can be infected by inhaling the virus through their mouth or nose. The important thing is to maintain social distancing, wear a face mask when going out, practice cough etiquette even inside your home and ventilate your home and work place. Be sure to take care of your health to avoid catching or spreading the virus. Please tell this to your family, friends and people you work with.

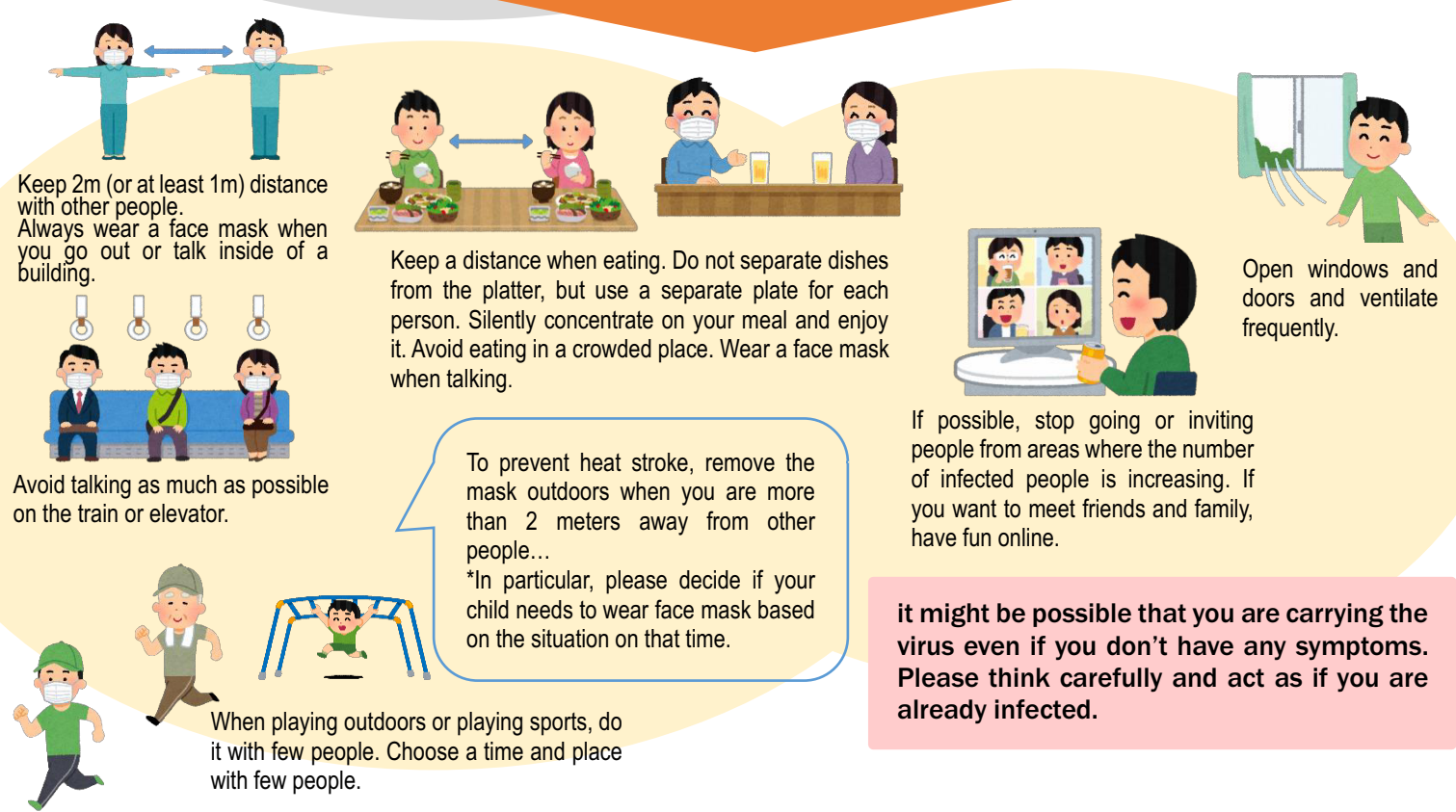
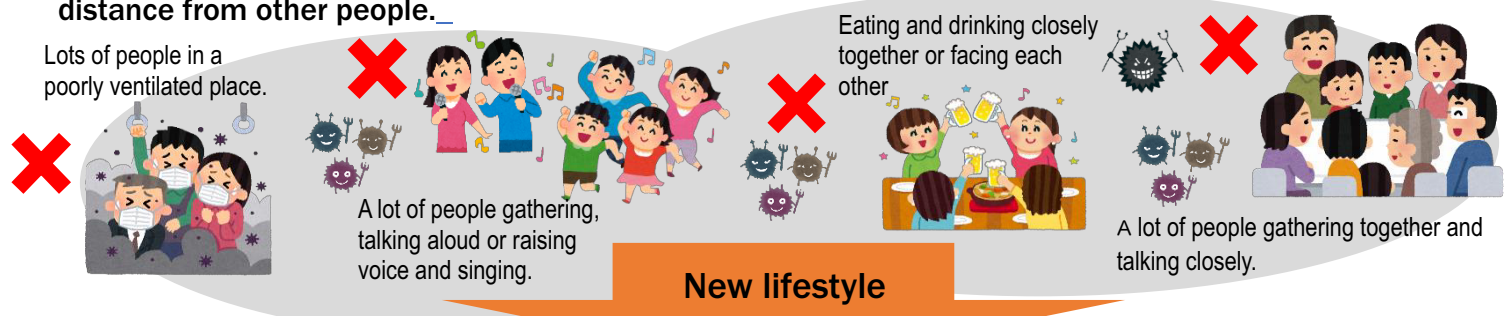
1. Hand washing, Gargling, Cough etiquette

Touching various objects such as doorknobs, electric switches, and train straps may cause to attach a virus to your hands. Wash your hands thoroughly with soap when returning home from the outside, before and after cooking, before eating, etc. If you cannot wash your hands, please use alcohol, sanitizer or other disinfectant. Do not touch your eyes, nose, or mouth with unwashed hands. Gargle and clean your mouth. Wear a face mask when coughing or sneezing.



2. Avoid the Three Cs! (Closed Spaces, Crowded Places, Close-contact Settings)





Avoid environments where the three conditions exist—“Closed Spaces” with poor ventilation, “Crowded Places” with many people nearby, “Close-contact Settings” such as close-range conversations. Keep distance from other people.



it might be possible that you are carrying the virus even if you don't have any symptoms. Please think carefully and act as if you are already infected.



You can prevent infecting people close to you or your loved ones depending on your behaviour. How many rules are you following?




- Do you stay 2 meters (at least 1 meter) away between yourself and others?
- Do you avoid talking to others face-to-face whenever possible?
- Do you wear a face mask even if you do not have any symptoms when you go out or when having a conversation with others or cannot keep enough distance from others? ※Please be careful about heat stroke in the summer.
- Do you wash your hands and face first when you go home? If you had been to a place with lots of people, do you change clothes or take a shower as soon as possible?
- Do you wash your hands thoroughly with water and soap for about 30 seconds?
※When meeting with elderly people or with a high risk of serious diseases such as chronic diseases, Be sure your health condition is well.
- Do you disinfect your fingers? 
- Do you follow cough etiquette? 
- Do you avoid the 3 Cs? –Closed spaces, crowded places, close-contact settings)
- Do you measure your temperature and check your health every morning? If you have fever or cold-like symptoms, do you take a rest at home instead of going to work or going out?
- As much as possible, do you avoid going to areas where the number of infected people is increasing or do you refrain from inviting people who live in those areas?
- In case of onset of symptoms, do you keep track of who you met and where? 
- Do you pay attention to the local infection status on TV or Internet? 




<Shopping>

- Do you use mail order/online shopping? 
- Do you shop as quickly as possible with the fewest number of people?
- Are you using electronic payment?
- Do you refrain from touching various products?
- Do you take space when you line up at the cash register? 


<Use of public transportation>

- Are you conservative in conversation?
- Are you using it when there are few people?
- Do you go out on foot or use a bicycle? 

<Meals>

- Do you use takeaway and delivery? 
- Do you enjoy your meal outdoors?
- Do you eat on a separate plate rather than on a platter?
- Do you eat side by side instead of facing each other?
- Do you focus on enjoying the meal and refrain from speaking?
- Do you avoid pouring alcohol to others or passing the glass around to drink it in turn?

<Hobby, sports, etc.>

- Do you choose a time and place with few people at the park?
- Do you keep enough distance from others during exercise? Have you ever tried to do exercise by using videos at home (ex: yoga, dance)?
- Do you go jogging with few people? 
- Do you practice distance manners when passing each other?
- Do you avoid being in a small room for a long time?
- Do you sing and cheers at a sufficient distance? Do you use online?

<Participation in events etc.>

- Are you using the contact confirmation Application (COCOA)?
- If you have a fever or cold, do you not take part and take a rest? 