

"5 Scenes" which increase the risk of infection.

Scene 1 Social gatherings which include eating and drinking.
Due to the effects of alcohol, people relax and become less mindful.
Hearing may be dulled and people tend to speak louder.
When a large number of people stay for extended periods in confined spaces, such as a zashiki, the chances of infection are increased.
Passing around drinks and sharing chopsticks also increase the risks.



Scene 2 Eating and drinking with a large group for a long time.

- Compared to a short meal, longer gatherings; like business meetings including eating and drinking, and bar-hopping, will increase the risk of infection.
- Larger groups, more than 5 people, increase the risk of infection since people tend to speak louder, increasing the spread of droplets.



Scene 3 Talking without a mask.

- Having a conversation at a close distance, without wearing a mask, will increase the chance of infection through droplets and micro droplets.
- Several cases of infection have been reported which involved singing at karaoke without a mask.
- Please be mindful on transportation such as in the car or on the bus.



Scene 4 Living and working in communal spaces.

- Communal work in confined spaces can increase the risk of infection.
- Several cases of transmission have been identified as having taken place in restrooms and other common areas of dormitories.



Scene 5 Change of location.

- When you have a break from work or change of location, people tend to drop their guard and increase the risk of infection.
- Several cases of transmission have been identified as likely having taken place in break rooms, smoking areas and changing rooms.



【Notice for citizens and business owners】

Infection prevention measure “Before Winter”

○Effects of dropping temperatures and humidity

- Droplets which may carry the virus stay airborne longer and can travel greater distances.
- The virus can survive longer periods outside the body.
- Using heating devices can create a "closed space."
- Easier to get infected due to the decreased defensive mechanism of the throat's mucous membrane.

→ With all the increased risks listed above, let's prevent an outbreak this winter by following these procedures:

1. Thoroughness in basic infection prevention measures

- ① Strict enforcement of washing hands and coughing etiquette
- ② Wearing a mask properly (Wear a mask even you have no symptoms)
- ③ Maintain physical distances and avoid the “3Cs”
- ④ Practice a “new lifestyle” post-COVID-19
 - Think carefully about seating arrangements for dinner meetings to reduce infection risk and enjoy your meal.

2. Ensure adequate ventilation

- ① Make use of “mechanical ventilation” such as ventilation fans to provide constant ventilation.
- ② Open windows and doors for “natural ventilation”.
 - Recommended room temperature is above 18°C .

3. Appropriate humidity

- ① Control humidity in the room by using a humidifier or drying laundry indoors.
 - Recommended humidity is above 40%.