

COVID-19 Preventative Measures

Let's practice effective ventilation!

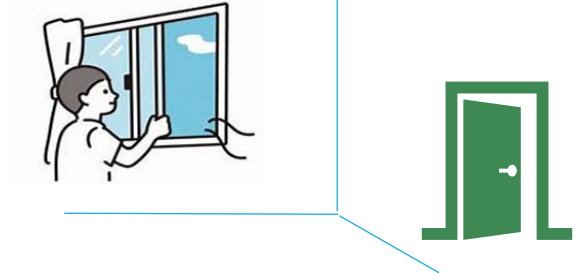
COVID-19 spreads easily in poorly ventilated spaces, so let's practice ventilation **diligently** and **frequently!**

Open windows to **ventilate** your space.



Open windows at least once every 30 minutes.

Practice **effective** ventilation.



Make a pathway for air to circulate.

- When possible, open multiple windows on different sides of the room.
- If necessary, open a door to **create airflow** from a single window.

Remember to ventilate **even** when using air-conditioning.



Every hour, open windows for a few minutes.

- Regular household air-conditioning only circulates the *existing* air in your space.
- **Practice proper ventilation by introducing fresh air from outside** into your space.

Keep heat stroke precautions in mind.

- When opening windows to ensure proper ventilation proves difficult:
 - Check CO₂ density levels
 - Avoid the 3 C's
 - Practice social distancing
- To help prevent heat stroke:
 - Hydrate regularly
 - Be mindful of your physical condition

Reference:

"Methods to improve the ventilation of enclosed spaces (with heat stroke considerations)".

<https://www.mhlw.go.jp/content/10900000/000640913.pdf>

Source: Ministry of Health, Labour and Welfare.

"Methods to improve the ventilation in poorly ventilated spaces".

<https://www.mhlw.go.jp/content/10900000/000618969.pdf>