Measures to Combat the Coronavirus during the New Year Period

Protect yourself and others from becoming infected!

Let's be considerate and support each other by keeping in mind basic measures to combat the spread of disease.

- Wash your hands thoroughly with soap and water and use disinfectant
- Wear a mask
- Maintain a distance from others (of over 1 meter)
- Avoid the "three C's" (closed spaces, crowded places, and close-contact situations)
- Confirm your emergency contact information
- Ensure proper ventilation and humidity control in buildings
- If you feel unwell, consult your family doctor

Returning home, traveling, etc.

1. **Try to stagger your journeys home or elsewhere to avoid the “3 C’s”**
   - Take thorough measures to prevent infections for 14 days before returning home
   - Take special care when meeting people who are elderly or who have a chronic illness which could be aggravated
   - If you develop an illness while returning home, spend as much time as possible separate from other people to prevent the spread of infection at your destination

2. **If you have symptoms, postpone any travel for at least 10 days, and then wait for another 3 days after the symptoms have disappeared**
   - Take thorough measures to prevent infections for 14 days before returning home
   - Take care when meeting people who are elderly or who have a chronic illness which could be aggravated
   - If you develop an illness while returning home, spend as much time as possible separate from other people to prevent the spread of infection at your destination

3. **Be careful when traveling in cars, trains, and buses**
   - Always wear a mask to help avoid the "3 C's"
   - Avoid eating and drinking as much as possible

Christmas, first shrine visits of the New Year, etc.

1. **Be sure to thoroughly implement basic measures to prevent infections, especially at seasonal events where a large number of people are likely to gather**
   - Observe social distancing (of over 1 meter)
   - When talking, wear a mask and don’t talk for more than 15 minutes
   - Wash and thoroughly disinfect your hands

2. **Make a note of who you meet and where you meet them, and use a contact confirmation app**

Year-end parties, New Year’s parties, etc.

1. **With regard to social gatherings, refrain from eating and drinking for long periods with a large number of people (5 or more)**
   - Only eat and drink with people you are usually in contact with
   - Arrange seats so that they are not directly across from one another
   - Eat quietly
   - Wear a mask while talking

2. **Check for sufficient ventilation**
   - Refrain from going to closed areas such as karaoke establishments and bars with live music, as the virus is airborne.

Please don't attend gatherings if you’re not feeling well.