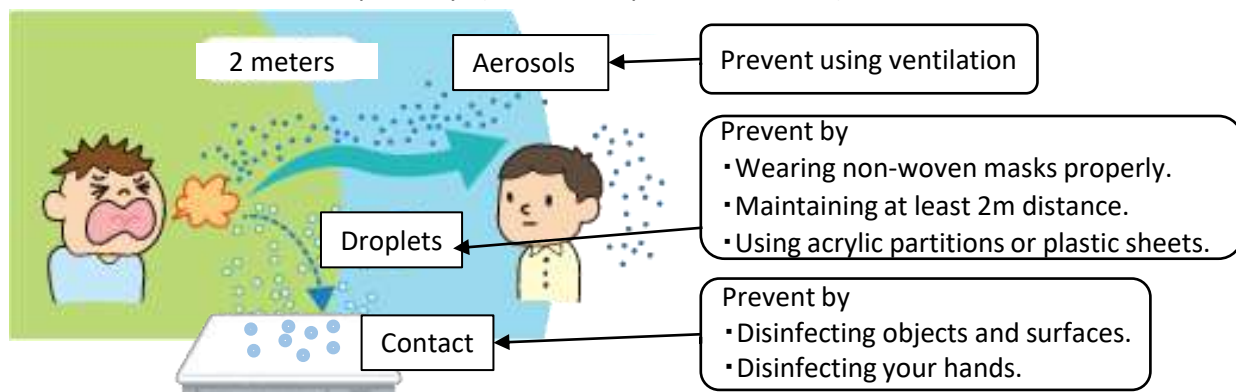


# COVID-19 Control

## Keep Practicing Basic Prevention Measures.

### ①Masks ②Ventilation ③Disinfection ④Distance

Shut down the three transmission pathways (aerosol, droplets and contact) with these measures.



#### Extra caution is needed on high-risk occasions.

Please **take extra care where all three transmission paths exist**, such as when having loud conversations or spending a long time without masks with people outside of your household.

Do not lower your mask when speaking.



Avoid facing each other when eating/drinking outdoors.



Do not speak without a mask when eating/drinking with coworkers/friends.



Do not speak without a mask while smoking.



Avoid crowds and do not speak when brushing your teeth at the office.



Masks and good ventilation are needed when in a car with people outside your household.



When dining with others or in groups

- **Choose a restaurant where proper preventive measures are maintained.**
- Avoid speaking without a mask while dining.
- Avoid large or long gatherings and loud conversation.

#### Relax a little on low-risk occasions and try to maintain normal life as much as possible.

- e.g.,
- You can take off your mask when alone. No mask is needed when driving alone.
  - Excessive prevention measures are not necessary when you are with your household members. (When you have a cold-like symptoms, you and family members should wear masks, separate time and space from other members, and maintain ventilation and disinfection.)
  - You can take off your mask when you are outdoors and are able to keep a distance from others.
  - Disinfection is not necessary when no one has touched the surface.

To prevent heatstroke, it is recommended to take off your mask in summer when you are outdoors and no mask is needed.

**Japan Visitor Hotline 050-3816-2787 (Japan National Tourism Organization)**

**Open 24 hours and every day, available in English, Chinese and Korean**  
Nara Prefecture (Disease Control Division, Medical Policy Bureau, Welfare and Medical Department / Comprehensive Disaster Prevention Office, Office of the Governor, General Affairs Department)