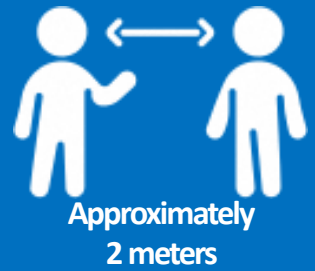


# Prevention measures against COVID-19

## COVID-19 Mask Use in Community Settings



- It is important to wear a mask as a basic prevention measure against COVID-19. Your action will protect everyone's health.
- You do not need to wear a mask outdoors when you are approximately 2 meters apart from others, or when you are not talking at a distance of less than 2 meters.
- You do not need to wear a mask indoors when you are approximately 2 meters apart from others and when you are not talking.



| 【OUTDOORS】    | Sufficient Distance from Others     | Insufficient Distance from Others |
|---------------|-------------------------------------|-----------------------------------|
|               | NO need for masks                   | Masks Required                    |
| WHILE Talking |                                     |                                   |
| NO Talking    | NO need for masks                   | NO need for masks                 |
|               |                                     |                                   |
|               | Walking, running, cycling in a park | In Proximity to others            |

| 【INDOORS】     | Sufficient Distance from Others | Insufficient Distance from Others |
|---------------|---------------------------------|-----------------------------------|
|               | Masks Required                  | Masks Required                    |
| WHILE Talking |                                 |                                   |
| NO Talking    | NO need for masks               | Masks Required                    |
|               |                                 |                                   |
|               | reading in a library etc.       |                                   |



**Wear a Mask in Crowded Areas**  
(e.g. Public Transit)



**Wear a mask while meeting with the elderly or spending time in hospitals.**  
**Refrain from going out if you have cold-like symptoms.**



**Remove your mask if you do not need it outdoors, to prevent heat stroke in summer.**

Q&A  
Regarding  
Masks





# COVID-19 Mask Use for Children

Children don't need to wear masks at a distance of Approximately 2 meters from others. All preschool children are not required to wear a mask.



## 6 to 18 years old

(From elementary to high school)

**NO MASK in the following cases;**

### OUTDOORS

- When you have sufficient distance from others
- When you are not talking even without sufficient distance from others

<Example> Exercising at a distance (outdoor activities such as tag)

Classes held outdoors: nature observation and sketching

### INDOORS

- When you are not talking while maintaining sufficient distance from others

<Example> Reading and studying alone.



### SCHOOL LIFE

**You don't need to wear a mask during PE class, indoor/outdoor club activities, or on your way to and from school.**

※Follow the guidelines by athletic organization when children join athletic club activity with contact.

※Practice prevention measures such as mask wearing when eating or traveling in groups, or changing in the locker rooms.

**Wear a mask when meeting with the elderly or spending time in a hospital.**

## Children 2 to 5 years old



### Children under 2 years old

**Mask wearing is not recommended.**

### Children between 2 to 6 years old

**No need to wear a mask regardless of the distance from others.**

#### Attention!

- ▶ Remove masks in the situations as mentioned above, to prevent heatstroke in summer.
- ▶ Practice infection prevention habits, including washing your hands and avoiding crowded areas.
- ※practice infection prevention measures designated by your local municipality.

