

COVID-19 Preventative Measures When It is Cold

1. Practice basic preventative measures against COVID-19

- Wear a mask. (Not to infect others and not to get infected by others.)
- Make enough space with others. (Stay at least 1 m away or 2 m away if possible.)
- As the guidance below "5 situations" that increase the risk of infection shows, dine with others by lowering the risk of infection.
- Avoid the Three Cs. Don't speak loudly.

What's the Three Cs?

Closed spaces with poor ventilation.

Crowded places with many people nearby.

Close-contact settings such as close-range conversation.

2. Ventilate even when it is cold

- Continuous airing by mechanical ventilation

Mechanical ventilation is a way to ventilate/air by using forced/mechanical ventilation such as extractor fans.

- If those mechanical ventilation is not in installed, **open the windows at all times** as long as the room temperature does not drop (open the windows slightly and keep the room temperature above 18°C). You can also open the windows of unused rooms wide or use air purifier/cleaner.

3. Moderate moisture retention (Aim for humidity of 40% or higher)

- Humidify the air while ventilating (Use humidifier or hang laundry indoors to dry)
- Clean/wipe/mop the room frequently.

"5 situations" that increase the risk of infection

Situation ① Social gatherings with drinking alcohol

- Drinking alcohol improves mood and at the same time decreases attention. In addition, hearing is dulled and it leads to speaking in a louder voice.
- The risk of infection increases when large numbers of people are in a small space for a long time.
- In addition, sharing glasses and chopsticks increases the risk of infection.



Situation ② Long feasts in large groups

- Long-term meals, dinner receptions, drinking alcohol at night increase the risk of infection compared to a short meal.
- The risk of infection is increased by eating and drinking in a large group of people, for example, 5 or more people, because in groups you have to talk louder and droplets of saliva spread more often.



Situation ③ Conversation without a mask

- Talking at close range without a mask increases the risk of airborne or micro-droplet infection.
- Cases of infection without masks were observed during gatherings in karaoke machines.
- Please be careful when traveling by car or bus.



Situation ④ Living together in a small limited space

- Living together in a small limited space increases the risk of infection because the enclosed space is shared by several people for a long time.
- There have been reports of suspected infections in common areas such as dormitory bedrooms and bathrooms.



Situation ⑤ Switching locations

- When you move to another location, such as when you take a break in a workplace, the risk of infection may increase due to the feeling of relaxation and changes of the environment.
- Suspicious cases of infection were identified in breaking rooms, smoking areas and changing rooms.

