

Important and Effective Preventive Steps

Please thoroughly carry out the following preventive measures.

- ① Everyone needs to take action to lower the risk of infection.
- ② Block the virus transmission modes to prevent infection from people with no symptoms.
- ③ Be careful even when you are with your family.
- ④ Be careful even when you are with your close friends.
- ⑤ Be very careful when visiting Osaka or other highly infected areas.
- ⑥ Spend Golden Week in Nara with your family.

① Everyone needs to take action to lower the risk of infection

Completely avoid meeting
someone outside your household
when not wearing masks.



Expert's advice

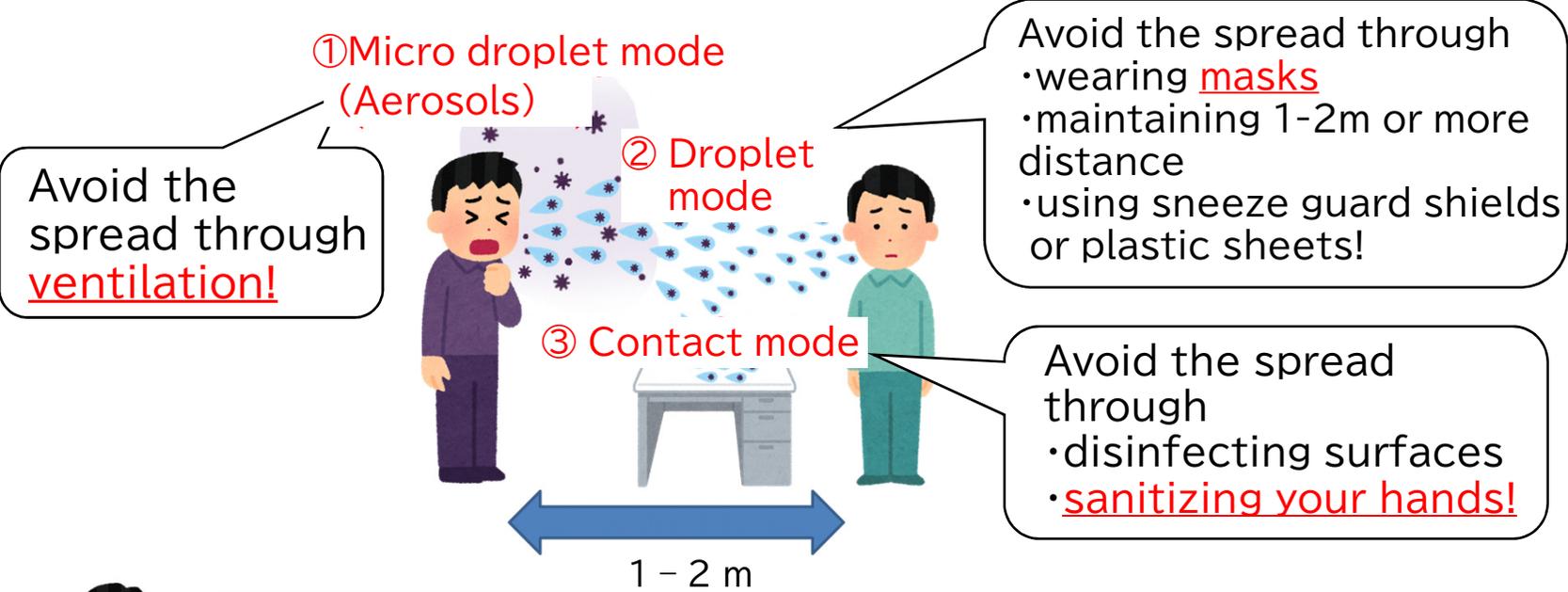
Infection risk depends on **“behavior”** rather than
on **“place.”**

② Block the virus transmission modes to prevent infection from people with no symptoms



Expert's advice

COVID-19 has three modes of transmission.
Block each mode!



Expert's advice

Many of those who have COVID-19 develop **no or minor symptoms**. Even if you are feeling fine, you could pass the disease on to others.

③ Be careful even when you are with your family

Expert's advice



If someone has a fever or other cold-like symptoms, wear a mask even at home .

Here are 8 rules to prevent family infection:

1. Separate those with symptoms from others as much as possible.
2. Limit the number of people who take care of the patient, to preferably one.
3. All people in the household should wear masks, if possible.
4. Wash your hands and gargle frequently.
5. Ventilate the rooms as much as possible during the day.
6. Disinfect doorknobs and commonly touched surfaces.
7. Wash soiled linens and clothes.
8. When discarding trash, put it in a bag and seal it.



④ Infections are increasing within close groups

Lowering your mask when speaking



Eating/drinking outdoors but being close to each other



Eating/drinking at home with guests



Eating/drinking while walking with friends



Karaoke



Smoking



Cleaning teeth during office lunch break



Being in a car



Expert's advice



Resist the urge to remove your mask when you meet others, even if they are your close friends.



⑤ Be very careful when visiting Osaka or other highly infected areas.

A true example: A family went to a restaurant, where they caught the virus from a group dining at another table.



Expert's advice

Please avoid eating/drinking in areas with a high risk of infection. **Extra caution is needed in Osaka and other highly infected areas.**

⑥ Spend Golden Week in Nara Prefecture with your family

