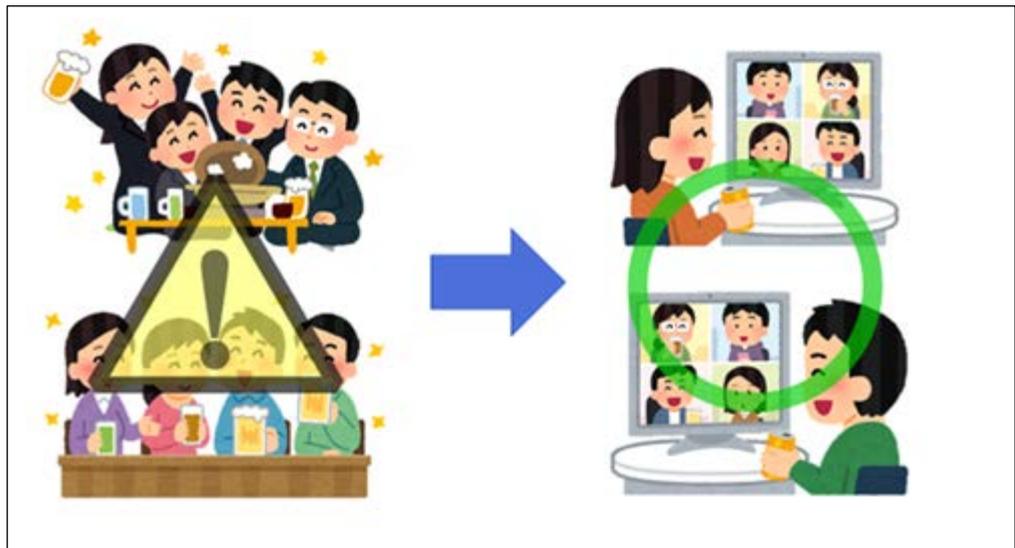


# I “5 Situations” That Increase the Risk of Infection

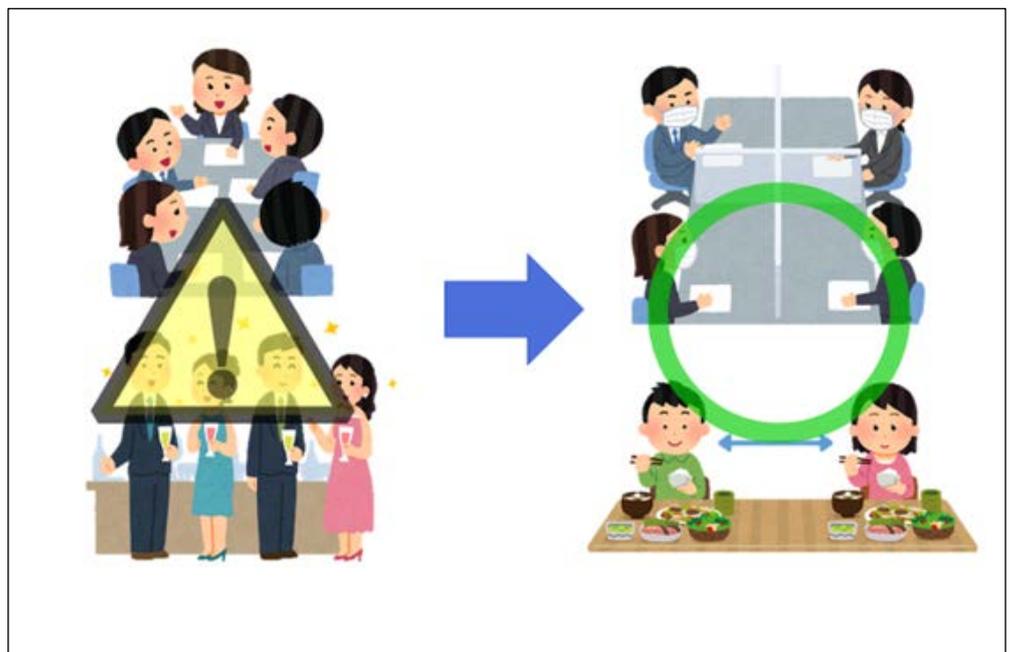
## Situation ①: Alcohol-Related Social Gatherings

- Drinking alcohol improves mood and at the same time decreases attentiveness. Additionally, hearing capabilities are dulled, leading to speaking in a louder voice.
- The risk of infection increases when large numbers of people are in enclosed spaces for long periods of time.
- In addition, sharing drinking glasses and eating utensils increase the risk of infection.



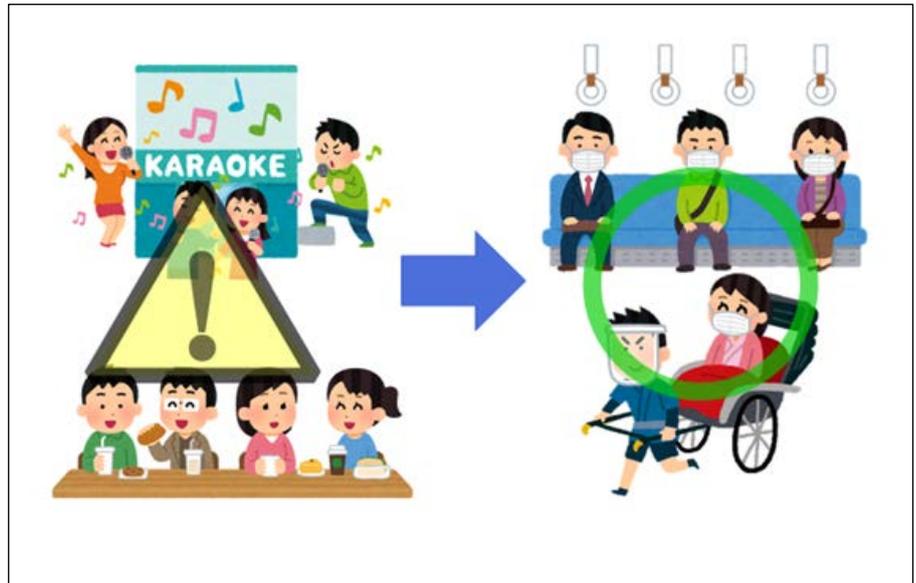
## Situation ②: Large Group Meals

- Long meal gatherings, especially those that include drinking alcohol late at night, increase the risk of infection compared to short meals.
- The risk of infection is increased by eating & drinking in a large group of people – for example, with 5 or more people – because in groups, you often have to speak louder, allowing droplets of saliva to easily spread.



### Situation ③: Unmasked Conversations

- Talking at close range without a mask increases the risk of airborne or micro-droplet infection.
- Cases of unmasked infections have been confirmed during social gatherings at numerous karaoke chains.
- Please exercise precaution at all times, even when traveling by car or bus.



### Situation ④: Living Together in Small Spaces

- Living together in small spaces increases the risk of infection because the enclosed space is shared by multiple people over a long period of time.
- There have been reports of suspected infections in common areas such as dorm rooms and bathrooms.



### Situation ⑤: Switching Locations

- When you move to another location, such as during work breaks, the risk of infection may increase due to feelings of relaxation and changes of environment.
- Suspicious cases of infection have been identified in break rooms, smoking areas and changing rooms.



## II How to Enjoy Meals & Avoid Infection

<To All Customers, >

- ① When having social gatherings that include drinking alcohol, doing so for a short period of time, with just a few regular acquaintances, is recommended.  
Refrain from drinking heavily and barhopping. Drink responsibly and in moderation.
- ② Do not share eating utensils or drinking glasses. Always use one per person.
- ③ Arrange seating to be staggered diagonally.  
Avoid sitting side-by-side or directly in front of one another.  
(There have been several reports of infections when sitting in front of or beside others while eating, but not when sitting diagonally.)
- ④ When talking, wear a mask.  
Keep in mind, wearing face or mouth shields is less effective compared to masks.
- ⑤ Choose taverns & bars that observe guidelines and provide proper ventilation.
- ⑥ When feeling unwell, please refrain from going out to drink.

## <To Owners of Taverns & Bars, >

Please comply with the following prescribed guidelines:

- Manage the physical and mental health conditions of staff,
- Make it a rule to always wear a mask.
- Install acrylic plates on tables to effectively prevent the spread of infection,
- Use appropriate electrical fans in addition to proper ventilation, and
- Encourage customers to comply with the above guidelines and to download the COVID-19 contact-confirming smartphone app, “COCOA.”

## < Protective Measures for Every Occasion (Including Drinking Occasions) >

- ① The most essential measures are to wear a mask and avoid the 3Cs (Closed Spaces, Crowds & Close Contact).
- ② Small gatherings for brief periods of time are recommended.
- ③ When gathering, talk softly, not loudly.
- ④ Clean & thoroughly disinfect all common areas. Handwashing & the use of alcohol-based sanitizers should be done frequently as well.

## III Important Points for the Prevention of COVID-19 During

### Cold Seasons:

#### 1. Enforce the basic measures of infection prevention:

- Wear a mask (to avoid spreading the virus).
- Be sure to maintain social distance (at least 1 meter apart).
- Keep in mind the rules of the “5 Situations” and “How to Enjoy Meals & Avoid Infection”
- Avoid the “3Cs” & refrain from speaking loudly.

#### What are the “5 Situations?”

Situation 1: **Alcohol-Related Social Gatherings**

Situation 2: **Large Group Meals**

Situation 3: **Unmasked Conversations**

Situation 4: **Living Together in Small Spaces**

Situation 5: **Switching Locations**

## **2. Enforcement of Ventilation in Cold Environments**

- Maintaining constant automatic ventilation is effective.

(automatic ventilation systems are typically installed in housing constructed after July 2003)

- If automatic ventilation is unavailable, slightly opening windows is a good alternative – so long as the room temperature remains at 18°C or higher.
- It is also possible to consider utilizing a 2-stage ventilation system plan of a HEPA filter-equipped air purifier & continuous room ventilation.  
example: opening the windows widely in empty rooms.
- If possible in all restaurants & places of business, install CO2 sensors, monitor carbon dioxide levels, and maintain an appropriate CO2 concentration of 1000ppm or less (\*).

## **3. Proper Humidification is Necessary (around 40% or more)**

- Ventilate & humidify at the same time.  
Using a humidifier & drying laundry indoors is recommended.
- Frequent cleanings with dry towels is also recommended.