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.



2 meters [OUTDOORS] **Insufficient Distance from Others Sufficient Distance from Others** NO need for masks **Masks Required WHILE Talking** NO need for masks NO need for masks NO **Talking** Walking, running, cycling in a park In Proximity to others Insufficient Distance **Sufficient Distance** [INDOORS] from Others from Others **Masks Required Masks Required**

WHILE Talking



prevention measures, such as adequate ventilation

Masks Required





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



NO **Talking**





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.





