

Q What precautions should we take to prevent the spread of COVID-19?

A: The routes of transmission are generally through droplets or through direct contact with a COVID-19 positive individual. Therefore the risk of infection increases in a 3Cs (closed spaces, crowded places, close-contact settings) environment.

Situations such as social gatherings, eating and drinking with a large group of people or remaining in an eating or drinking area (e.g. restaurant setting) for a long time, having conversations without masks, living in a small communal area, and changing seating arrangements, may increase the risk of infection and should be avoided.

"Five scenarios" with a higher risk of infection

Scene① Eating and drinking at social gatherings

- The effects of alcohol uplifts the atmosphere, reducing one's attention span and it decreases one's hearing ability, leading to people becoming louder as they begin to raise their voices.
- When a large number of people stay for a long time, especially in smaller spaces separated by dividers (thin walls, Japanese sliding doors, etc.), the risk of infection increases.
- In addition, sharing glass and chopsticks increases the risk of infection.



Scene② Eating and drinking with a large group of people for a long time

- Eating and drinking for a long time, eating and drinking with entertainment, and late-night pub/bar-crawl increase the risk of infection compared to short meals.
- When eating and drinking with a large number of people, for example, 5 or more people, the risk of infection increases as people start talking out loudly, causing the droplets to fly around, creating a higher chance of an infection.



Scene③ Socializing without a mask

- Increased risk of infection by droplet infection or microdroplet infection by talking at close range without a mask
- An example of an infection that has occurred in a social event without a mask has been confirmed at events such as daytime karaoke.
- It is important to be cautious even in the car when getting on a car or bus



Scene④ Communal living space in a small area

- Living in a small communal space increases the risk of infection because the closed space is shared for a long time.
- Cases of suspected infection in common share spaces such as dormitory rooms and toilets have been reported.



Scene⑤ Moving Locations

- When moving locations, for example, when you are on a break at work, your risk of infection may increase due to relaxation and changes in the environment
- It has been believed that infections occur in break rooms, smoking areas, and changing rooms.

