

## Continue to Take Infection Prevention Measures while Regaining Normal Daily Life!

As we head into the new fiscal year, it is important to take measures to prevent the spread of COVID-19 infections. While regaining normal daily life, **please continue to take basic infection prevention measures** and, **when necessary, seek appropriate medical attention at a medical institution.**

**The use of masks** has been “based on personal choice” since March 13. Please take adequate consideration **not to force anyone to put on or take off a mask.**

### 1. Continue to take infection prevention measures

- **Continue to take basic infection prevention measures** such as avoiding the Three Cs, washing and disinfecting your hands, ventilating rooms effectively, and using masks as necessary.
- **Refrain from going out if you have any symptoms or tested positive, or if your family members living with you tested positive**, so as not to spread infections. If you have to go out for hospital visits or other purposes, please **avoid crowded places and wear a mask.**

### 2. Call a medical institution before visiting if you have symptoms such as fever, cough, and sore throat

- If you have **symptoms such as fever**, please **visit a medical institution**. In such a case, **please refrain from going directly to a medical institution**. Instead, **consult with your family doctor or the health consultation call center** in advance, or **contact a medical institution that treats COVID-19** on the published list.
- When visiting a medical institution, please follow their instructions, such as wearing a mask.

### 3. Use masks according to the situation

- The use of masks is **recommended** when (1) **seeking medical attention at a medical institution**, (2) **visiting a medical or elderly institution**, and (3) **riding crowded trains or buses**, particularly during rush hours.
- If there are rules for wearing masks at medical or elderly institutions, follow them.
- **When people with a high risk of symptom exacerbation in the event of a COVID-19 outbreak** (e.g., the elderly, those with underlying conditions, pregnant women) **go to crowded places**, wearing a mask is **an effective measure** to protect themselves from infections.