

Points for preventing the spread of coronavirus (COVID-19) infection in cold weather

1. Basic preventing measures for the coronavirus infection

- Wear a mask (Do not transfer the virus to others)
- Keep a distance between people (1 meter as a guide of distance)
- Refer “Five scenes” and “Ideas for enjoying a meal while reducing the risk of infection”
- Avoid “3Cs” (Closed spaces with poor ventilation, Crowded places with many people nearby and Close-contact settings in which close-range conversations take place) and do not talk in a loud voice

“Five scenes”

【Case1】 Social gathering with drinking

【Case2】 Eating and drinking in a large number of people or for a long time

【Case3】 Conversation without a mask

【Case4】 Living together in a small space

【Case5】 Switching places

2. Ventilation even in cold environments

- Always ventilate with a mechanical ventilation
(A system that forcibly ventilates. It has been installed in houses since July 2003.)
- Always open the windows as long as the room temperature does not drop if mechanical ventilation is not installed. (Open the window a little and control the room temperature to 18°C or higher.)
Alternatively, use two-stage ventilation using a continuous room (e.g. open the window of an unused room wide) or use an air purifier with a HEPA filter.
- If possible at restaurants, etc., install a CO₂ sensor, monitor the carbon dioxide concentration, and maintain 1000ppm or less (*) with appropriate ventilation.

*For mechanical ventilation. Use as a guide for window opening ventilation.

3. Moderate moisturizing (40% or more as a guide of humidity)

- Humidify while ventilating
(Use humidifier or dry the laundry indoors)
- Wipe clean with water frequently