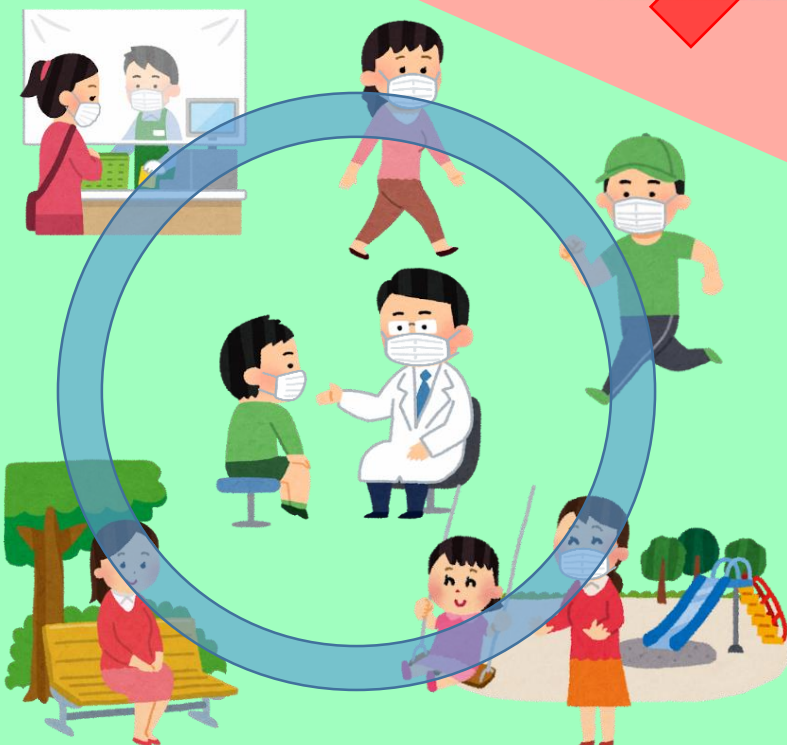


By avoiding unnecessary outings, you can reduce the risk of infection!

Avoid these outings!

- Parties with lots of people
- Barbecues with lots of people
- Eating while chatting
- Long, leisurely shopping
- Vocal activities such as karaoke

Avoid activities that lead to contact with other people!



These outings are OK!

- Short shopping trips necessary for daily life
- Examinations at clinics
- Jogging or walking in open outdoor areas
- Relaxing in an uncrowded park
(Wash your hands after touching any play areas etc.)

Maintain social distance with other people and make sure to wear a mask!