## 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 **Sufficient Distance** Insufficient Distance [INDOORS] from Others from Others

**Masks Required** 

**Masks Required** 



NO

**Talking** 



prevention measures, such as adequate ventilation



**Masks Required** 









in Crowded Areas (e.g. Public Transit)



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.





