Stop the spread of COVID-19

Avoid Closed spaces, Crowded places, and Close-contact settings!

- Even in open spaces, be mindful of other Cs. We should aim for "Zero C."

Make enough space with others.

Open doors and windows. Ventilate frequently.

Avoid exercise with many people even outdoors.
Walking or running in a small group is fine.

Make space in restaurants.
- Avoid dining in a large group
- Leave one empty seat between you
- Sit diagonally across the table

Wear a mask when talking.

Refrain from talking inside the train or elevator.

5 min. conversation is the same as one cough.