

How to Avoid the 3Cs

- Please avoid the **3Cs (Closed spaces, Crowded places, Close-contact settings)** in addition to coughing etiquette and hand washing to stop the spread of COVID-19.
- Even if the 3Cs do not overlap, we should aim for **"Zero C"** to reduce risks.
- In open spaces, be mindful of other Cs. Avoid speaking loudly and stay away from crowds.



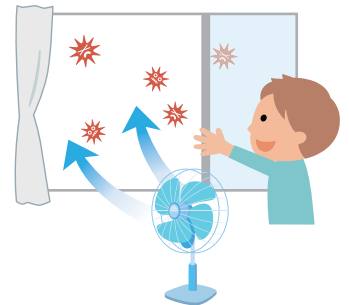
Stop the spread of COVID-19

① Avoid Creating **Closed Spaces** by Ventilating Frequently!

You cannot assume large rooms to be safe or small rooms to be dangerous. The key is the degree of ventilation. WHO recognizes the relationship between the spread of measles and tuberculosis (due to airborne infection) and lack of ventilation.

Windows

- **Open windows completely in two different directions for a few minutes each time. Do this at least twice every hour** so that the air can flow.
- For a room with one window, open the door as well and the air will flow. Be creative to improve ventilation by using a fan or extractor.



Ventilators

- Even in facilities without windows, building managers are required by law to maintain a reasonable degree of ventilation to prevent infections.
Note) In facilities used by a large number of people, managers need to ensure a certain amount of ventilation per person (approximately 30m² per person) through indoor air control, under the Act on Maintenance of Sanitation in Buildings.
- Consequently, there is no need to be too concerned about tall buildings without windows or underground facilities, as they are normally ventilated using installations (such as air conditioning).
- But don't let your guard down. Increasing ventilation will be more effective. While it will weaken air-conditioning, you should still open doors and windows and increase intake of outside air. Also, reduce the number of people in the room.
- Regular home air conditioners do not usually ventilate the air. The effect of air purifiers for COVID-19 is unknown as they pass much less air than ventilators.

Driving

- When driving cars or trucks, use "fresh air mode" instead of "recirculation mode."
- When taking public transportation like trains and buses, let the **windows opened**.



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② Avoid **Crowded Places** and **Make Space with Other People!**

- Make enough space (**more than 2 meters**) so that you cannot reach another person when you stretch out your arms.



- When lining up at a supermarket or other places, be careful not to stand too close to the person in front of you.

- In restaurants, **make space with other people by leaving one empty seat between you.**



Also, instead of sitting directly across from someone, **sit diagonally across the table.**

Store owners should ensure sufficient space between customers by arranging seats properly.

- Elevators can become crowded with people. Take the next one when necessary. Use the stairs for just one floor up or down.



- Switch to teleworking whenever possible. Incentives are available for starting telework.



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③ Avoid Conversations and Speaking in **Close-contact Settings!**

- Conversations in close-contact settings could spread the virus through droplets. WHO reported that five minutes of conversation releases the same amount of droplets as one cough (approximately 3000 droplets).



- When you need to have a meeting in person, make plenty of space with other people, and **wear a mask**.



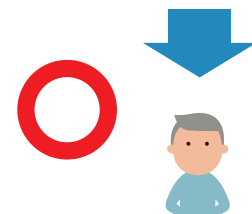
- When it is difficult to maintain distance inside elevators or trains, **refrain from talking** or making phone calls.

- In restaurants, you might take off your mask for a long period of time. To prevent droplets from spreading while not wearing your mask, **avoid dining with many people** (other than family) where you have to speak loudly.



Note) Many people means 10 people and over, but the fewer people the better.

- Avoid exercise indoors with many people (such as at fitness centers) that leaves you breathing heavily.



- If you smoke, be particularly mindful of the Cs with people next to you.

