

Nagano's New Lifestyle Guidelines: Winter Version

The most important thing is to avoid touching your eyes, nose and mouth. Please thoroughly follow basic precautions (wear a mask, maintain social distancing, avoid the "Three Cs," do not talk too loudly). Try thinking of other preventative measures you act on yourself, to get through the cold Nagano winter in good health!

Useful Measures

Dining Out

- Limit drinking to **small groups/short times**. Drink **moderately**.
- **Do not share** chopsticks or cups.
- **Sit diagonally**.
- Select restaurants **following safety guidelines**.



Ventilation

- **Run a ventilation unit at all times**.
- **Keep a window slightly open** if a ventilation unit is not available. (Aim for room temperatures above 18°C.)



Humidity Retention

- **Humidify** with a humidifier or by hanging laundry indoors. (Aim for humidity above 40%.)
- **Wipe down surfaces** frequently.



Increased Risk of Infection

- Talking **without a mask**. (Case examples: daytime karaoke, etc.)
- **Letting guard down at work**. (Case examples: break rooms, smoking areas, locker rooms, etc.)
- Cramped, **shared living spaces**. (Case examples: dormitory rooms, shared restrooms, etc.)



Bear in Mind

1. Maintaining social distancing.
2. Washing and disinfecting your hands.
3. The chances of transmitting the virus to others even if you are healthy.
4. Ventilating and humidifying even if wearing a mask.
5. Never assuming your own safety or that of others