



Preventing the Spread of COVID-19

Basic precautionary measures are also effective for COVID-19 **variants**.

Make sure to **Wear a Mask, Clean Hands,** and **Avoid the 3Cs (Closed spaces, Crowded places, and Close-contact settings)**

Wear a **mask** properly!



- 1 Cover up to your nose so there are no gaps
- 2 Cover your chin and make it **fit against your face without gaps**

Always wear a mask when talking!

Important

- Not covering your nose **×** Covering only your chin **×**
- Don't touch the surface of a mask
- Hold the strings when wearing and taking off a mask
- Use a quality-certified non-woven fabric mask

Clean your hands frequently!



When to clean your hands:

- After touching items used by multiple people
- Before and after a meal
- After using public transportation

Important



Wash your finger tips, under your fingernails, between your fingers, and your wrists!

Avoid the 3Cs and aim for **Zero C!**



Close-contact settings

- No-mask **×**
- Speaking loudly **×**



Crowded places

- Large gatherings **×**
- Close distance **×**



Closed spaces

- Poor ventilation **×**
- Confined area **×**

