

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!



- Not covering your nose X Covering only your chin X
- · 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



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

(3Cs)

Avoid the 3Cs and aim for Zero C!



Close-contact settings

No-mask X
Speaking loudly X



Crowded places

Large gatherings X
Close distance X



Closed spaces

Poor ventilation X
Confined area X









