

# A Request to Tokyo Residents

A Message for the New Year's Holiday:  
**COVID-19**

**Don't spread it / Don't get it**



一般財団法人

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Tokyo Metropolitan Foundation "TSUNAGARI"

# A Different Year End-New Year: Be considerate during the holiday

- Protect yourself from infection
- Protect your family from infection
- Protect the people close to you from infection
- Protect people you spend time with from infection

To this end, let's find new ways that allow us to enjoy the season



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# A Different Year End-New Year: Protect yourself and others

- If you must go out, wear a mask.
- Don't visit crowded places
- Wash your hands many times each day.
- Make a record of your physical condition every day.
- Make a record of your outings and the people you meet to facilitate recollection afterward.



# A Different Year End-New Year: Let's Stay at Home

- Open your windows twice each hour.
- Wash your hands many times each day.
- When you have a cough, wear a mask.
- When you have a visitor, be sure you are all wearing masks.



(Infection risk increases above 30 minutes)



# A Different Year End-New Year: Let's Stay at Home

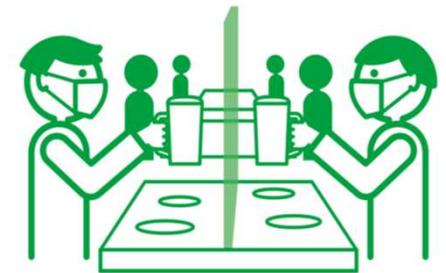


- Spend time in small groups of people you always see, such as family and close friends
- Avoid as much as possible meeting grandparents, other relatives, local friends, and other “long time, no see” people. If you do meet such people, all should wear masks and meet for a short time.
- When shopping, avoid crowded times and places.



# A Different Year End-New Year: Keep dining out lowkey

- Dine in small numbers, with family and others with whom you usually spend your time.
- Keep meals and (alcohol) drinking times short.
- Separate eating time from talking time.
- Wear a mask when talking.
- Always speak softly, never loudly.
- During meals, do not stand, and always pour your own drink
- Avoid year-end and New Year's parties



# A Different Year End-New Year: New Year's shrine visits

- Find on-line and other new ways to enjoy the season.
- Avoid crowded days and times, and have a relaxed visit.
- Wear a mask when you go out.



Avoid January 1<sup>st</sup>,  
2<sup>nd</sup>, and 3<sup>rd</sup>, and have  
a relaxed visit



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# A Different Year End-New Year: Returning to Hometowns

- Some foreign residents are now unable to return to their home countries. Please find other ways to connect, for example, on-line.



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# A Different Year End-New Year: Five Promises

**1. Spend time with the people you are always with**

**2. Don't go to crowded places**

3. Wear a mask.

4. Wash your hands many times each day.

5. Open your windows twice each hour.



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