



Nagano's Safe Restaurants Support Campaign

英語

Nagano Prefecture New Dining Guidelines

We have created the guidelines below so that everyone can safely enjoy eating and drinking together. By practicing dining precautions fit for our new lifestyle, we can support restaurants in Nagano!

Three Keys to Preventing Infection

① Maintain social distancing

- Maintain a distance of more than 1 meter between yourself and others to prevent spread of respiratory droplets.
- Use a partition panel and avoid facing others while talking.



② Wear a mask and use cough etiquette

- Wear a mask before and after eating and practice proper cough etiquette.
- Use your mask appropriately depending on situations.



③ Wash and sanitize your hands regularly

- Sanitize your hands before and after eating.
- Alcohol-based hand sanitizers are recommended.



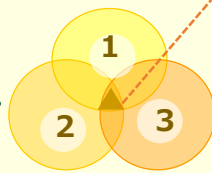
Avoid the "Three Cs"

Avoid the following when going out:

1. Closed spaces with poor ventilation
2. Crowded places with many people
3. Close-contact settings



Increased risk of group infection with the Three Cs



Points for talks during meals: Avoid spreading droplets; stay out of range of droplets.

- ① Use partitions when eating. (Check if partitions are installed.)
- ② Maintain a distance of more than 1 meter with others. Avoid facing others.
- ③ If 1 and 2 cannot be maintained, wear masks or keep silent while eating.



Before Your Meal—Prepare!—

- Think about whether the timing and the number of group members are appropriate!
- Select restaurants with a Covid-19 Measures Promotion Declaration sticker!
- Check the health conditions and recent history (business trips outside of Nagano, contact with patients, etc.) of group members! If you feel worried, do not join, or ask others not to join.
- Decide times and menus with group members beforehand so as not to take too long (over 2 hours)!
- Check infection rates and safety measures in the area!

During Your Meal—Stay safe!—

- Check group members' health conditions again before entering restaurants!
- Follow restaurant safety plans and directions from staff!
- Practice key precautions! (sanitize your hands, etc.)
- Choose private rooms and keep your distance from other groups if possible!
- Do not talk loudly, eat for too long (over 2 hours), or interact with other groups!
- Do not pour for others, share cups, or share plates and utensils!

After Your Meal—Keep at it!—

- Wash your hands, gargle, take a bath, and change your clothes after returning home!
- Keep an eye on group health conditions for one week!

For more information

Please visit the Nagano Prefecture Intercultural Consultation Center website:
<https://www.naganoken-tabunka-center.jp/en/covid19-info/>



Call your family doctor when you feel unwell. If you do not have a doctor or would like to request multilingual support, call **0120-974-998** (24 hours).