



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!

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

- Wear a mask before and after eating.
- Wear masks or keep silent while eating depending on situations.



3 Wash and sanitize your hands regularly

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



4 Ventilate properly

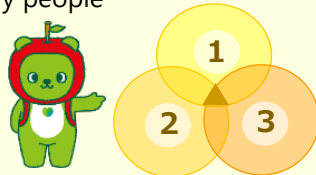
- Ventilate at least once per half-hour for several minutes.



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



Let's aim for **zero Cs**.

Before Your Meal—Prepare!—

- Check infection rates and safety measures in the area.
- Think about whether the timing and the number of group members are appropriate.
- Select restaurants with a Covid-19 Measures Promotion Declaration sticker.
- Do not join if you have had physical symptoms (fever, cough, sore throat, tiredness, etc.).

During Your Meal—Stay safe!—

- Follow restaurant safety plans and directions from staff.
- Practice key precautions. (sanitize your hands, ventilation, etc.)
- Choose private rooms and keep your distance from other groups if possible.
- Do not talk loudly, eat for too long, 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 well and gargle after returning home.
- Continue checking your health after returning home. If you have had physical symptoms, contact a medical institution.

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.



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).