

About the Reevaluation of Mask-Wearing for COVID-19

About the Stance Towards Mask-Wearing from March 13th, 2023 Onward

<Notice>

Starting March 13th, 2023, mask wearing will be left up to personal judgement, to respect individuals' own choices. (The reevaluation of the stance towards mask-wearing in schools will go into effect starting April 1st.) Please take care to respect others' personal choices, and do not compel others to wear or remove masks against their will.

<Settings Where Masks Are Effective>

○ Masking is recommended in the following situations, to prevent infections in older adults and other populations that are at higher risk for serious infections.

- When going to a medical facility for healthcare
- When visiting a healthcare center, assisted living facility, or similar places, where many older adults or other high-risk populations live or are hospitalized.
- When riding crowded trains or buses during rush hour. (※)

(Interim guideline)

※ Excluding scenarios where everyone generally has their own seat (bullet trains, commuter liners, highway buses, charter buses, etc.)

In addition:

○ For those who are at higher risk for a serious COVID-19 infection, masking is effective as a preventative measure for oneself when going to crowded places.

<When Showing Symptoms>

○ If you have symptoms, test positive for COVID-19, or have a cohabiting family member who tests positive, avoid going out, so as not to spread the infection to those around you. When you must go out – to the hospital, for example – avoid crowds and wear a mask.

<Management for Schools>

○ In general, mask wearing is no longer requested during school activities. However, as ever, if a student wishes to wear a mask, their wishes should be respected. Masking may be encouraged for COVID-19 or influenza, but even in this case, students' and parents' own judgement should be respected, and no one should be compelled to remove or wear a mask against their will. Other important points will be released at a later date.

Students will not have to wear masks for graduation ceremonies before or after April 1st, out

of consideration for their educational significance. However, masking and other established infection prevention measures should be practiced for singing the school song, national anthem, etc. in a group, or when groups of students address each other.

<Management for Healthcare Centers, Assisted Living Centers, etc.>

○ Masking is recommended for employees of healthcare centers, assisted living facilities, and similar places where many older adults or other high-risk populations live or are hospitalized.

※ While mask wearing will be left up to individuals' judgement, employers will be able to ask employees or users to wear masks, based on work-related reasons or infection prevention measures.

[Important Notes]

○ It's critical that care be taken so as not to impede children's healthy development, educational and general.

○ If infections start to spread widely, appropriate mask wearing may be generally recommended – temporarily and based on the circumstances – along with stronger infection prevention measures. However, even in this case, there are concerns about the impacts on health etc. when it comes to children wearing masks. As ever, parents and other adults should carefully consider individual children's conditions.

《Basic Infection Prevention Measures》

Even after the reevaluated stance on mask-wearing goes into effect, please continue to avoid the 3 C's, keep a safe distance from other people, practice hand hygiene/wash your hands, ventilate spaces, and carry out other precautionary measures.

Mask Use Guidance Starting From 13 March 2023

Mask Use Will Largely Depend On Personal Choice
instead of current general requirements

Mask use will be recommended for:



Medical institutions
and nursing homes



In crowded trains or buses

Mask use will provide protection for:

People who have a higher risk of serious illness
(*Especially in crowded settings)



Elderly People



People with underlying
medical conditions

Chronic liver disease
Cancer
Cardiovascular illness
etc.



Pregnant
women

Please remember to be understanding and respectful of personal choices
not to force someone to wear or take off their masks

*The operators are permitted to enforce certain regulations for its users and employees on its premises



COVID-19 かんせん たいさく

これまで マスクは、そとでは つけなくてよい、
いえのなかでは つける、とおねがいでいたしましたが、

**2023/3/13から、マスクをつけるかはすすかは
あなたの はんだんに なります**

ただし、したにかいてあることに、きをつけましょう

まわりのひとに、かんせんを、ひろげないために

マスクを つけましょう



びょういん、おとしよりがせいかつ
している、しせつにいくとき



たくさんのひとがいる でんしゃ、
バスに のるとき

じぶんが、かんせん しないために

あなたが、おもいびょうきに なりやすいひとであるときは、
マスクをつけると、かんせんを ふせぐことが できます



おとしより



びょうきが あるひと



にんしん しているひと

COVID-19が ひろがっているときに、たくさんのひとがいる ばしょにいくとき

ほかのひとが、マスクをつけるかはすすかは、そのひとのかんがえを たいせつに
まわりのひとは、ほかのひとに、マスクをつけることやすすことを、むりやりもとめないように

※しせつをりようするとき、しごとをしているときに、かいしゃが、かんせんをふせぐために、マスクをもとめることがあります

