



## Mask Use Guidance starting from 13 March, 2023

Government guidance regarding mask usage in Japan is changing from March 13, 2023. The Headquarters for COVID-19 and Other Emerging Infectious Disease Control at the Ministry of Health, Labor and Welfare has announced a “Revision of mask usage policy.” An outline of the policy is as follows.


### >> Until March 12, 2023 <<

 As a general rule, there is no overall recommendation to wear masks outdoors.

 Mask use is recommended indoors in all situations.

### >> From March 13, 2023 <<

 As a general rule, there is no overall recommendation to wear masks outdoors.

 As a general rule, there is no overall recommendation to wear masks indoors. However, the use of a mask is still recommended in certain settings:

- When in a medical institution.
- When visiting medical institutions and nursing homes where many elderly and those at higher risk of serious illness are hospitalized or reside.
- Crowded settings and areas such as commuter trains or buses.

### Important points:

- Business operators may continue to require customers and staff to use masks.
- The policy regarding wearing masks at schools will change from April 1, 2023.
- If you are feeling sick, have tested positive for COVID-19 or are living with someone who has tested positive, please stay home to limit the spread of the disease. If you must go out for hospital visits etc., avoid crowded settings and areas and wear a mask.