

Examples of "New Lifestyle" Practices

(1) Basic infection prevention measures for each person

Three basics for preventing infection: ① social distancing ② wearing a mask ③ washing hands

- Keep a distance of at least one meter to 2 meters as much as possible)
- Choose outdoor activities than indoor activities.
- Avoid face-to-face conversation as much as possible.
- Wear a mask when you go out, when you are indoors, or when engaging conversation even in the absence of symptoms.
- Wash your hands and face first when you get back home. Change clothes and take a shower as soon as possible.
- Carefully wash your hands with soap and water approximately 30 seconds (or wind a hand sanitizer).
- ※ Pay more attention to your health, especially when meeting the elderly and individuals at high risk of becoming severe as in those who have a pre-existing condition, keep yourself in good health.

Infection prevention related to traveling

- Refrain from traveling to and from endemic areas.
- Refrain homecoming visits and travel. Travel for business only when it is unavoidable.
- Keep a record of people you met and where you met them in case you get infected.
- Pay heed to the infection status of the area.

(2) Basic lifestyle for daily life

- Always wash and sanitize your hands. Make sure to observe cough etiquette. Always ventilate.
- Social distancing Avoid the "Three Cs" of closed spaces, crowded places, and close-contact settings.
- Measure your body temperature and check your health condition every morning. Try not to work too hard and stay home if you have symptoms of fever or cold.



Stay home



Avoid crowded places with many people nearby



Avoid close-contact setting such as close-range conversation



Avoid closed spaces with poor ventilation



Ventilation



Coughing manners



Washing hands

(3) Lifestyle for each aspect of daily life

Shopping

- Use online shopping
- At off-peak hours for shops by yourself or in a small group
- Use of electronic payment
- Plan and shop quickly
- Refrain from touching displays including samples
- Keep your distance before and behind you when lining up at the cashier.

Leisure, sports, etc.

- Choose off-peak hours and the quietest area for parks
- Use videos at home for muscle training and yoga
- Jog in a small group
- Keep your distance when passing others
- Utilize booking systems for leisure
- Do not stay long in small rooms.
- For singing and cheering, keep your distance or do them online.

Use of public mass transit system

- Refrain from chatting.
- Avoid peak hours.
- Consider cycling or walking.

Meals

- To away or delivery
- Refreshing outdoor dining
- Serve individually and avoid sharing eating utensils.
- Sit facing in the same direction (rather than facing each other) on only one side of the table, spaced apart.
- Concentrate on eating and refrain from chatting.
- Avoid pouring drinks and passing around glasses and sake cups.

Family events including ceremonial functions

- Avoid dining in big groups
- Decline participation when you have symptoms of fever or cold

(4) New working style

- Telework and shift work Staggered commuting at off-peak hours Spacious office Online meeting
- Online business card exchange Ventilate and wear a mask for face-to-face meetings

※ Guidelines for preventing the spread of infection by industry will be separately prepared by relevant organizations.