

「New Way of Life」 Practical Examples

(1) Basic Infection Prevention Measures for Everyone

The 3 Basic Precautions: 1) Maintain social distance 2) Wear a mask 3) Wash hands

- If possible maintain a distance of 2 meters** (at least 1 meter) from others.
- If going out, choose to go **outdoors rather than indoors**.
- As much as possible **avoid direct face-to-face conversation**.
- When going out, **wear a mask** indoors or when in conversation with others, **even if you don't have any symptoms**.
- When you return home, **wash your hands and face**. Take a shower and change your clothes as soon as possible.
- Wash your hands for at least 30 seconds, using water and soap**, or use a disinfectant.

※ If you meet with individuals at high risk of infection, such as the elderly, be extra cautious of your health condition.

Infection prevention measures and travel:

- Refrain from traveling to and from areas with a high rate of infection.
- Avoid traveling home or for fun, and keep business travel to an absolute minimum.
- In case you develop symptoms, keep a record of who you met with and where.
- Be cautious of each regions state of infection.

(2) New Way of Life and Basic Everyday Routines

- Wash and disinfect hands** frequently
- Maintain proper cough etiquette
- Ventilate space frequently
- Keep a safe distance
- Avoid the Three C's (closed spaces, crowded places, close-contact settings)**
- Check your temperature and state of health every morning, and if you have any symptoms or feel unwell, rest at home.

(3) New Way of Life in Various Situations

Shopping

- Shop online
- Shop in small numbers or alone and avoid peak hours
- Use electronic payment
- Plan ahead and shop quickly
- Avoid touching samples or displays
- Maintain social distancing in line

Entertainment, sports, etc.

- Choose uncrowded spots in the park and avoid peak hours
- Use videos to work out or do yoga at home
- Go jogging in small numbers
- Keep a safe distance when passing
- Use reservation systems
- There is no need to stay inside small rooms for long periods of time
- Keep a safe distance or use online options when singing or cheering

Public transit

- Refrain from conversing
- Avoid peak traffic times
- Walk or ride a bicycle if possible

Meals

- Make use of take-out and delivery
- Enjoy outdoor spaces
- Avoid shared dishes, plate separately
- Sit side by side, not face to face
- Focus on eating, keep conversation to a minimum
- Avoid sharing glasses or alcohol

Family events, ceremonial occasions

- Keep numbers small and avoid shared meals
- If you have cold symptoms or a fever, avoid participating

(4) New Style of Working

- Work from home or on rotating shifts
- Have meetings online
- When meeting in person, use masks and meet in well-ventilated spaces
- Exchange business cards online

- Use staggered commuting
- Spread out in the office