

# Example of Practicing a “New Lifestyle”

## (1) Fundamental Methods of Preventing the Spread of Infections Between People

### The three fundamental methods of preventing infections:

#### ①Maintaining a distance between yourself and others, ②Wearing a mask, ③Washing your hands

- Leave **2m (1m minimum)** between yourself and others.
- When meeting with friends or going out for recreation, **choose outdoor locations when possible**.
- Avoid being directly in front of someone** when having a conversation with them.
- Wear a mask even if you do not display any symptoms** when going out or talking to others.
- Wash your hands and face** as soon as you get home. Take a shower and change your clothes as soon as you can afterwards.
- Wash your hands for 30 seconds** using **soap and water** (hand sanitizer can also be used).

\*Be especially careful and follow the above guidelines when meeting the elderly, those with illnesses, or anyone with an otherwise high risk of developing serious symptoms.

### Reducing the risk of infection while traveling and going out

- Avoid traveling to areas with high numbers of infections.
- Avoid visiting family living in different regions and traveling. Only go on business trips when absolutely necessary.
- Keep a record of who you have met and also what time and where you met in case you or they start to display symptoms.
- Pay attention to information about infections in the area that you live.

## (2) Lifestyle Habits to Practice Throughout Daily Life

- Diligently **wash and disinfect your hands**.
- Practice good cough etiquette.
- Diligently maintain good ventilation.
- Maintaining a distance from those around you.
- Avoiding the three C's (crowded places, close contact, and closed spaces)**.
- Measure your temperature and check your health every day.

If you have a fever or any cold-like symptoms, do not overdo it and stay home.



Going out only when necessary



Avoiding crowded places



Avoiding close contact



Avoiding closed spaces



Maintaining good ventilation



Practicing good cough etiquette



Washing your hands

## (3) Lifestyle Habits to Practice in Activities in Your Daily Life

### Shopping

- Use online shopping.
- Go by yourself or with few people during non-busy times.
- Use electronic payment methods.
- Make a plan of what you want to buy before going out, and do not spend more time doing so than necessary.
- Avoid coming into contact with display goods.
- Keep space in front and behind you when lining up to pay.

### Leisure, sports, etc.

- When going to parks, do so when they are not too busy and stay in areas with few people.
- When working out, doing yoga, etc., do so at home and use videos if necessary.
- If going jogging, only do so with a few people at most.
- Make sure to keep a distance between yourself and those around you when passing or being passed by others.
- Make reservations when possible.
- Do not remain in small and narrow rooms for long periods of time.
- When singing or cheering, do so from an appropriate distance or online.

### Using public transportation

- Keep conversations to a minimum.
- Avoid using during busy times.
- Walk or ride a bicycle when possible.

### Food

- Make use of takeout or delivery.
- Eat in outdoor spaces when possible.
- Avoid shared dishes and instead order individual portions.
- Avoid eating directly across from others.
- Try not to talk and focus on eating.
- Do not share the same drinks.

### Family celebrations and ceremonies

- Avoid eating with large numbers of people.
- Do not attend if you have a fever or cold-like symptoms.

## (4) New Work Methods

- Telework and rotational shifts.
- Coming to work at different times.
- Working in a wide and open office.
- Conducting meetings online.
- Exchanging business cards online.
- Wearing masks and being in a well-ventilated room/outside if meeting in person.