

◆ Preventing the Spread of COVID-19 ◆

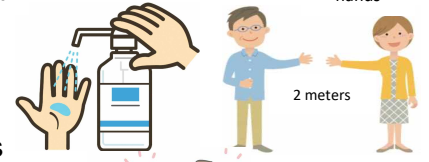
Let's Practice the "New Lifestyle"



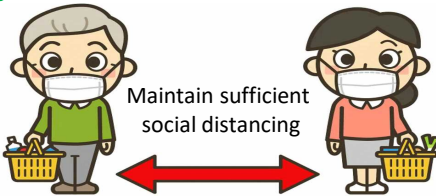
Basic Preventive Measures



- ☑ Wash hands regularly, and use hand-sanitizers
- ☑ Practice good coughing etiquette (wear a mask when you go outside)
- ☑ Avoid the '3Cs' (closed spaces, crowded places, close contact settings)
- ☑ Stay 2m apart from each other whenever possible (a minimum of 1m is recommended)
- ☑ Avoid talking while directly facing each other
- ☑ Avoid non-essential, non-urgent travels across prefectural borders

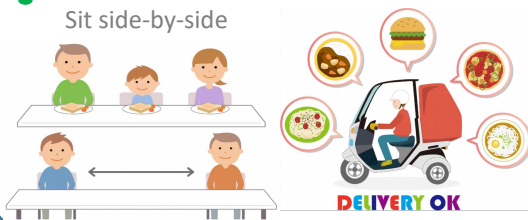


Shopping



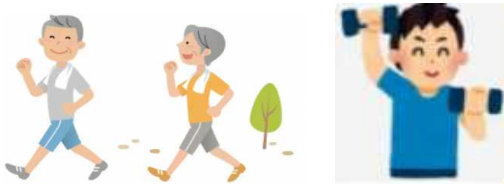
- Shop alone or in small numbers and avoid peak hours
- Plan your shopping to spend less time at the shops
- Try to touch the merchandise as little as possible
- Keep a safe distance from others around you when lining up in front of the register
- Use electronic payment methods
- Use online shopping services

Mealtimes



- Sit side-by-side instead of facing each other
- Keep conversation to a minimum
- Avoid meals with shared dishes – food should be served on individual plates
- Avoid pouring alcohol and drinking in turn from one cup
- Use delivery and takeout services.

Sports and Leisure



- Take a walk or jog in small numbers
- Maintain a safe distance when you pass by others
- When visiting a park, choose relatively vacant timeframes and locations
- Utilize videos for working-out and yoga sessions
- Make a reservation when using facilities and avoid crowds

Work Practices



- Incorporate telecommuting and shift rotations
- Practice staggered work hours to reduce physical contact
- Try to spread out in the office space
- Utilize online meetings
- When meeting in person, wear a mask and maintain physical distances