Example of practicing "New Lifestyle"

(1) Basic infection prevention measures for each person

Three basics for preventing infection:
① Keeping physical distance, ② wearing a mask, ③ washing hands
- Keep a distance of two meters as much as possible, or at least one meter, between two persons
- Chose outside rather than inside if you are to play
- Avoid standing right in front of each other during conversation as much as possible
- Wear a mask when you go out or talk inside even without any symptoms
- Wash your hands and face first when you get back home, followed by changing clothes and taking a shower as soon as possible
- Carefully wash your hands with water and a soap for approximately 30 seconds (also possibly with hand sanitizer)
※ Pay more attention to your health, especially when meeting those who may have a high risk of serious symptoms, such as the elderly or people with chronic diseases.

Infection prevention related to traveling
- Refrain from traveling to and from where the infection is prevailing
- Refrain from traveling upcountry or for leisure. Business trips only when it is unavoidable
- Keep a record of the people you meet and the time of meeting in case you get infected
- Carefully follow how the infection is prevailing locally

(2) Basic lifestyle for daily life
- Wash and sanitize hands frequently
- Make sure to observe coughing etiquette (by covering your mouth)
- Ventilate frequently
- Keep physical distance
- Avoid gatherings in crowded places, close contact settings and closed spaces
- Check your health condition and measure body temperature every morning
Do not force yourself to go out, and stay home if you have symptoms of fever or cold

(3) Lifestyle for each scene of daily life

Shopping
- Use online shopping
- Shop by yourself or in a small group, at off-peak hours
- Use electronic payment
- Plan your shopping in advance and shop quickly
- Refrain from touching displays like samples
- Keep a distance while lining up at the cashier

Leisure, Sports etc.
- Select places like parks at off-peak time
- Refer to videos for home muscle training or yoga
- Jog in a small group
- Keep a distance as etiquette when passing others
- Utilize booking systems for leisure
- Do not stay long in small rooms
- Keep a distance or stay online for singing or cheering others

Meals
- Take away or delivery
- Enjoy meals at outside spaces
- Serve individually, avoid sharing plates
- Do not sit face-to-face, rather besides
- Concentrate on eating, refrain from chatting
- Avoid pouring drinks for others, sharing glasses or sake cups

Family ceremonial occasions
- Avoid banquets or meetings with large numbers
- Decline participation when you have symptoms of fever of cold

Public Transports
- Refrain from chatting
- Avoid peak-hours
- Take a walk or ride a bike if possible

(4) New working style
- Work remotely and rotate commuting shifts
- Keeping a distance while commuting during different working hours
- Open and widen working spaces
- Use online meetings
- Exchange business cards online
- Wear a mask and ventilate venues in case of a face-to-face meeting
※ Infection prevention guidelines for each business sectors will be prepared by relevant organizations.