

(1) Fundamental infection control measures for individual people

Infection control in day to day life

- When going out doors, wear a mask. When going out for leisure, choose outdoors over indoors.
- Maintain a distance of 2 meters from others when possible (at a minimum, 1 meter).
- When having a conversation, when possible avoid being face to face.
- When you return home, first wash your hands and face. When possible, change clothes and shower as soon as you can.
- Spend at least 30 seconds washing your hands, and wash thoroughly with soap and water. (The use of hand sanitizer is also an option)
- ※ When meeting people who are prone to serious illness such as elderly people or those with underlying conditions, please make particularly sure of your own personal condition.

Infection prevention measures when travelling

- Refrain from going to and from areas with large numbers of infection cases
- Refrain from travelling, and visiting your hometown. Only take business trips when it's unavoidable.
- Make note of where you've visited and who you've met with, turn on your smartphones travel history function as a precaution in case you become infected
- Be aware of the conditions regarding the infection in your region.

(2) Fundamental lifestyle points to be aware of, on top of your everyday life

- Frequent hand wash, hand•finger disinfecting
- Coughing etiquette
- Ventilate frequently
- Maintain social distances
- Avoid areas with the 「3 Cs」 (closed spaces, crowded places, and close-contact settings,)
- Check yours and your family's temperatures every morning, if you have a fever or a cold then stay home and treat yourself
- Wear a mask when indoors and speaking with others, even if you aren't showing any symptoms



Stay indoors Avoid crowds Avoid close contact Avoid closed areas Ventilate Coughing etiquette Wash your hands

(3) Daily lifestyle in various circumstances

Shopping

- Use mail order too
- Shop alone, or with small numbers of people, and during non-busy times
- Use electronic payments
- Plan your shopping to finish quickly
- Avoid trying sample product exhibits, etc.
- Leave enough space when lining up for the register

Entertainment, sports, etc

- Go to quieter parks, and at less busy times, and choose playground equipment not crowded with children
- Do workouts and yoga at home by watching videos
- Jog in small numbers
- Keep distance when passing others
- Use reservations to avoid the crowds
- Avoid staying in small rooms
- When singing and cheering, maintain distances, or take part online

Use of public transport

- Avoid conversations
- Avoid crowded times
- Walk or use a bicycle

Eating out

- Use take out or delivery
- Eat comfortably in outdoor spaces
- Avoid sharing large platters, order/eat separately
- Sit side by side, not face to face
- Focus on eating, avoid conversation
- Avoid close-contact, such as pouring drinks for others, drinking from the same glass as others, etc.

Family gatherings, occasions etc.

- Avoid eating with large numbers of people
- Don't attend if you have a fever, cold symptoms, etc.

(4) New style of working

- Teleworking and rotation working
- Flexi-time
- Spread out the office
- Meetings online
- Exchange business cards online
- When meeting face to face, wear a mask and ventilate well