

To protect yourself, your loved ones and society from the Novel Coronavirus,

Live a New Lifestyle!

< Basic infection prevention measures and lifestyles >

Wash & sanitize your hands frequently

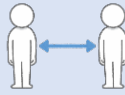


Whenever you go out, Wear a mask
(even if you're asymptomatic)



* In order to avoid heat stroke, remove your mask if you are outside and are able to keep more than 2m away from others

Stay 2 meters apart when possible



Avoid having conversations face-to-face



If you have fever or cold symptoms, **stay home and refrain from going out**



Ventilate frequently



Avoid the 3C's

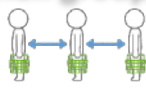
(closed spaces , crowded places and close-contact settings)



< Specific Lifestyles for Specific Settings >

【 Shopping 】

- Shop **by yourself** or in a **small group**, **during off-peak hours**
- **Keep a distance** when lined up at the register
- Plan your shopping in advance and **shop quickly**
- **Refrain from touching displays**



【 Meals 】

- **Do not sit face-to-face**, but side-to-side
- **Use takeout or delivery** when possible
- **Avoid sharing plates, or serving drinks**



【 Leisure & Sports 】

- Choose a **less-crowded park at less-crowded times**
- Run **by yourself** or in small groups
- **Keep a distance** when passing others
- Use **booking systems** for leisure activities



【 Work & Commuting 】

- **Work remotely and rotate shifts**
- Commute with **staggered work times**
- In case of face-to-face meetings, **wear a mask and maintain ventilation**

