

## Adapt to the “New Lifestyle” to prevent the spread of the Novel Coronavirus

Although it seems like the spread of the novel coronavirus is somewhat under control in Japan, there is still possibility for the virus to spread. Therefore, it is necessary for us to adapt to the “new lifestyle” to prevent the spread of the virus. Also, it is not only important to be careful to not to get infected, but it is also crucial to not to spread the virus to the people around you.

### Examples for the “New Lifestyle”

#### (1) Basic rules to prevent virus from spreading

3 basic principles : ①Keep distance from others, ②Wear masks, ③Wash hands

- Keep a 2 metre distance from others (if you can't, try at least 1 metre).
- If you want to meet with friends, choose outdoor instead of indoor
- Avoid face to face conversations
- Wear masks when you talk indoor and outdoor even if you don't have the symptoms
- Wash your hands and face immediately after you arrived home, and try to change clothes and shower as soon as possible.

- Wash your hands carefully with soap for about 30 seconds (you can also use disinfectant)

※Be extra careful with your health if you will be around elders or people with underlying medical problems

#### Measures to prevent infection when traveling

- Avoid traveling from and to areas experiencing virus outbreaks
- Try not to go on trips or go back to your hometown. Go on business trips only when you absolutely have to.
- Take notes of the people you met with, in case you've been infected with the virus
- Pay attention to the infection status in the region you are going

#### (2) Basic new lifestyle for everyday life

- wash hands frequently
- disinfect your fingers and practice cough etiquette
- ventilate frequently
- keep distance from others
- avoid the 3Cs (crowded places • close-contact settings • closed spaces)
- measure your body temperature and check your health every morning. If you have fever or cold, do not go to work.



### **(3) New lifestyle for different scenarios**

#### Shopping

- Shop online
- Go alone or in a small group at less crowded times
- Try to use e-money
- Decide what you need to buy and finish shopping quickly
- Don't touch the samples and display items
- When you are lining up at the cashier, keep space in front and behind you

#### Entertainment, sports, etc.

- Go to less crowded parks at less crowded times
- Follow videos to exercise or do yoga at home
- Jog alone or in a small group
- Keep distance when you are passing someone
- Use places that allow you to make reservation to avoid crowds
- Avoid staying in small rooms for a long time
- Keep distance when you sing and cheer or do it online

#### When using public transportations

- Try to avoid talking
- Try to avoid rush hours
- Try to walk or use a bicycle

#### Eating out

- Order takeout or deliveries
- Enjoy your food outside
- Order individual dishes for each person, don't share the food
- Don't sit face to face
- Focus on the food, and talk less
- Don't pour drinks from the same bottle and do not share glasses

#### For important family ceremonial occasions

- Try to avoid having parties with large number of people
- Do not participate if you have symptoms of fever or cold

### **(4) New way of working**

- Work from home or have a rotation schedule
- Stagger commuting hours
- Have less people and enough space in the office
- Have meetings online
- Exchange name cards online
- If you are going to meet directly with people, ventilate the room frequently and wear masks

## **To prevent heat stroke**

Actions that prevent heat stroke under new lifestyle

1 . Avoid the heat

Use ventilation fan and air conditioning to ventilate and control the room temperature

Wear cool clothes and don't push yourself when it's too hot.

2 . Take off masks when possible

Be cautious when you wear masks on hot and humid days.

Take off your mask if you can keep distance from others outdoors. Avoid intense physical work when wearing masks.

3 . Frequent water intake

Drink water before you feel thirsty

Drink about 1.2 litres of water each day, increase salt intake if you sweat a lot

4 . Everyday health management

Measure body temperature regularly and if you don't feel well, you should stay home

5 . Prepare your body for the heat

Exercise within your comfort zone and don't forget to drink enough water

Do workouts that you feel are a little difficult under the environment that's a bit hot for about 30 minutes every day.