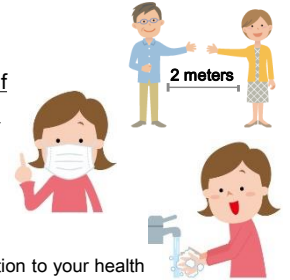


## Practical Examples

### ( 1 ) Basic Infection Prevention

#### The Three Basic Rules : ① Maintain Physical Distance ② Wear A Mask ③ Wash Your Hands

- Stay at least 2 meters away (or at minimum, 1 meter away) from other people
- When conversing, avoid being directly in front of each other whenever possible
- Whether talking indoors or outdoors, if you cannot maintain proper distance, wear a mask even if you do not feel any symptoms. However, please be careful of heat exhaustion in the summer.
- When you return home, please wash your hands and face first. If you went somewhere with many people, change clothes and take a shower as soon as you can
- Properly wash your hands with soap and water for approximately 30 seconds  
(Hand sanitizer is also possible)
- ※ When meeting with high risk populations, such as the elderly or those with chronic illnesses, pay more attention to your health



#### Preventing Infection While Travelling

- Refrain from travelling to and from areas with high infection rates.
- Keep track of the people you meet and where you meet in the case you have symptoms.  
Also utilize a contact-tracing app.
- Stay up-to-date with the infection status of the various areas



### ( 2 ) Daily Life in the New Lifestyle

- Frequently wash and sanitize hands □ Observe proper coughing etiquette
- Frequently ventilate (Keep indoor temperatures below 28 °C with air conditioning)
- Maintain physical distancing □ Avoid the Three C's (Crowded areas, Closed spaces, Close-contact settings)
- Be mindful and implement the proper lifestyle choices for individual health conditions, such as for exercise, food, non-smoking areas, etc.
- Check temperature and health condition every morning  
If you have feverish or cold-like symptoms, don't push yourself and rest at home



### ( 3 ) New Lifestyle for Various Situations

#### Shopping

- Shop online
- Shop by oneself or in small groups during off-peak hours
- Pay electronically
- Plan ahead and shop quickly
- Avoid touching samples or displays
- When lining up for check out, keep a distance between those in front and behind you



#### Public Transportation

- Limit conversing
- Avoid peak hours
- Use other transportation methods like walking or bicycling



#### Leisure and Sports

- Choose parks and places during off-peak hours
- Keep a distance when weight training or doing yoga  
Also consider home workout videos
- Jog in small groups
- Keep a distance when passing by others
- Utilize reservation periods for comfort
- Do not stay for long periods of time in small spaces
- Sing or cheer while maintaining distance or via online



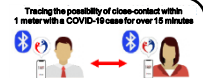
#### Meals

- Utilize take-out or delivery services
- Enjoy meals outdoors
- Avoid sharing plates and serve individually
- Sit side-by-side and not face-to-face
- Concentrate on eating and refrain from chatting
- Avoid serving alcohol and sharing glasses or sake cups



#### Participating in Events

- Utilize contact-tracing apps
- If you have feverish or cold-like symptoms, do not participate



### ( 4 ) New Working Style

- Remote work or rotating shift work
- Provide a spacious office area
- Conduct meetings online
- Stay comfortable with staggered work hours
- Wear masks and ventilate spaces for in-person meetings



◆ For businesses, please plan and enforce a strategy to prevent the spread of infection following the “Guideline to Prevent the Spread of Infection” created by related organizations.