

“New lifestyle” to cope with COVID-19 【Updated May 14】

Examples of “new lifestyle” urged by the government

The government has offered specific examples of how that might shape the lives of individuals in the coming weeks, month, and possibly years based on the Novel Coronavirus Expert Meeting. The following suggested examples should be adopted by Morioka city residents as well as other citizens nationwide to fight COVID-19.

(1) Basic measures practiced by the individuals

3 basic measures: (1) Practice of 3Cs, (2) Wearing face masks, (3) Washing hands

- Avoid close contact. Always try to keep 2m (at least 1m) away from other people.
 - Choose somewhere outdoors rather than indoors to go out/hang out
 - Avoid face to face conversations
 - Wear face masks whenever its possible even with no noticeable symptoms of COVID-19.
 - Wash hand and face as soon as you get home. Take shower and get changed to new cloths as soon as possible.
 - Wash hands thoroughly for at least 30 seconds with water and soap (or use hand sanitizer).
- ※ Watch your health condition carefully especially when meeting anyone at higher risk of becoming severely ill due to the infection with COVID-19 such as elderly and people with chronic condition.

Prevention measures for outing

- Refrain from moving from infected areas to another and vice versa
- Refrain from visiting home across the border between prefectures. Business trip should also be refrained unless it is necessary
- Keep a record of who you met and where you met them as it helps to find the source of infection in case you are contracted with COVID-19
- Stay alert and updated with latest status of COVID-19

(2) Basic prevention measures practiced on a daily basis

- **Hand washing and use hand sanitizer frequently / when it is needed**
- Cough etiquette to stop the spread of germs
- Provide frequent ventilation
- Physical distancing
- **Avoid 3Cs (“Closed area with insufficient ventilation”, “Crowded places”, “Conversations in short distance”)**
- Measure body temperature every morning and check your health. Rest at home if you have a fever or cold symptoms.

(3) Prevention measures practiced in different occasions in a daily life

Shopping

- Shop online
- Shop alone or in a smallest group possible during least crowded times
- Cashless payment
- Plan ahead and shop speedily
- Avoid touching samples and displays
- Keep sufficient distance (at least 1m) from other customers when queuing up

Entertainment, leisure and sports etc

- Avoid crowded parks
- Workout and Yoga at home
- Refrain from jogging in a large group
- Keep sufficient distance when passing by one another
- Make a reservation and secure private place
- Avoid a long stay in a small space
- Singing or cheering from distance or through online

Prevention measures for commuters using public transportations

- Avoid conversations
- Avoid peak times
- Walk or cycle as much as possible

Meals

- Use takeaway or home delivery service
- Enjoy having meals outside
- Avoid big plates for sharing and serve individually
- Avoid face to face and sit side by side
- Focus on your meal rather than talking
- Avoid serving one's glass or passing a glass around to share

Ceremonial occasions

- Avoid partying in a large group of people
- If you have a fever or any cold symptoms, refrain from participating in any sorts of ceremonial events.

(4) Suggested work style

- Remote work or work in rotation
- Staggered working hours
- Work in a spacious place as possible
- Online meeting
- Exchange business cards through online
- Provide ventilation and face masks for face to face meeting

10 hints of reducing physical contact with others by 80%

Everyone has a risk of contracting with COVID-19. Everyone also has a risk of exposing COVID-19 to other people. Please adjust your lifestyle to protect your loved ones from COVID-19.

1. Use video chat to catch up with friends and family
2. Shop alone or in a smallest group as possible during the least crowded times
3. Refrain from jogging in a large group
4. Shop online if you can wait
5. Social distancing
6. Remote diagnosis, see a doctor at a longer interval
7. Workout and Yoga at home
8. Use takeout or home delivery service
9. Work from home, commute if it is essential to maintain social functions in terms of medical, infrastructure and logistics
10. Wear face masks when talking to other people

Avoid 3Cs

11. Closed area with insufficient ventilation
12. Crowded places
13. Conversations in short distance (close physical contact)

Hand washing, cough etiquette, frequent ventilation and health management is also essential measures that should be practiced by the individuals.