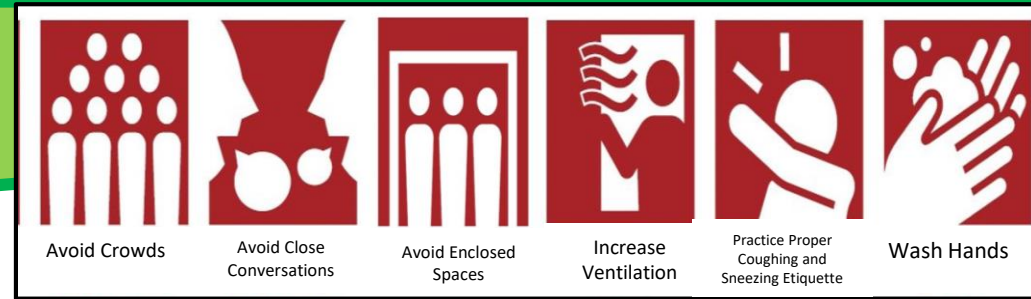


# Follow the Japanese Government's Guidelines on "New Social Behavior"

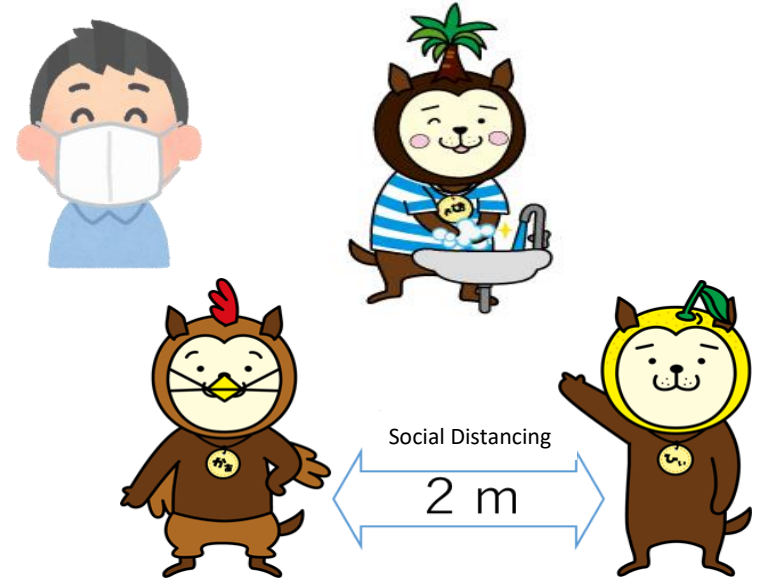


## Be Aware of the Dangers of COVID-19!

Things you can do in your daily life to reduce the risk of infection:



- Wash/Sanitize your hands frequently
- Wear a mask when outside, and practice the proper etiquette if coughing or sneezing
- Try and keep about 2m (at the very least 1m) away from other people
- Avoid the "Three C's"
- When talking to someone, try and avoid facing them directly
- Try to avoid visiting areas where the infection is spreading



# Follow the Japanese Government's Guidelines on "New Social Behavior"



## Be Aware of the Dangers of COVID-19!

Things you can do in your daily life to reduce the risk of infection:



Avoid Crowds

Avoid Close Conversations

Avoid Enclosed Spaces

Increase Ventilation

Practice Proper Coughing and Sneezing Etiquette

Wash Hands

### Shopping:



Keep your distance



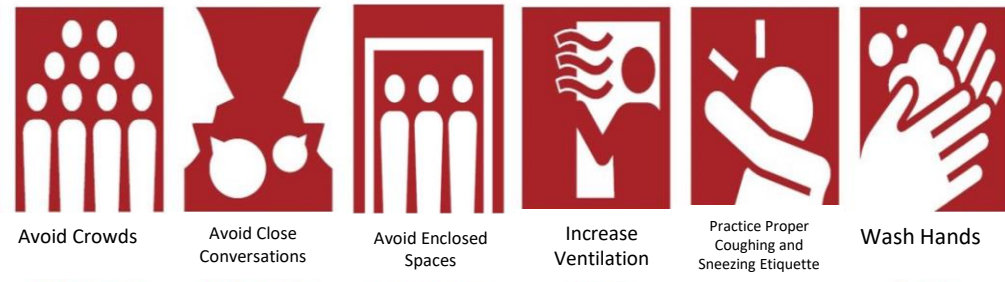
- Go to the store alone if possible, or in as small a group as you can, and try and pick a less crowded time to shop
- Try to use contactless payment if possible
- Plan your route and shop as quickly as possible
- Please refrain from touching items you don't intend to buy
- When lining up to pay, keep some distance open in front of and behind you
- Try using online ordering and home delivery services

# Follow the Japanese Government's Guidelines on "New Social Behavior"



## Be Aware of the Dangers of COVID-19!

Things you can do in your daily life to reduce the risk of infection:



### Sports & Leisure



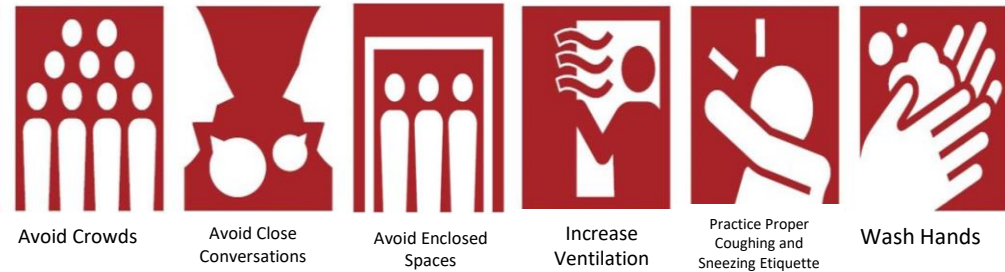
- If you go to the park, try and pick a less crowded time and space
- Go jogging alone or in small groups
- When passing people, keep some distance
- Try exercising or doing yoga at home using videos
- Avoid spending long periods in cramped rooms
- If singing or cheering people on, try to do it from a distance or via the internet

# Follow the Japanese Government's Guidelines on "New Social Behavior"



## Be Aware of the Dangers of COVID-19!

Things you can do in your daily life to reduce the risk of infection:



### Food



- Rather than facing people, try to sit side by side
- Refrain from talking if possible
- Avoid large sharing platters – try to use individual plates
- Avoid passing around drinks
- Try ordering takeout or delivery
- Try enjoying dining outside