

Principles and recommendations for living with coronavirus

(Source: Kyoto prefectural government website:

<https://www.pref.kyoto.jp/kikikanri/news/coronavirus-sengenkaijogohoushin.html>)

(1) Basic principles to avoid coronavirus spread

Three principles: maintain distances, wear masks, wash your hands.

- Try to keep at least 2 meters distance between people. At a minimum, insist on a 1 meter distance between people.
- Try to do your leisure activities in your home rather than outside.
- Avoid talking directly into people's faces.
- When outside of your home, wear a mask even if you have no symptoms.
- When you return home, immediately wash your hands and mouth. If possible, change your clothes and have a shower.
- When washing your hands, do so thoroughly with water and soap for about 30 seconds. Use hand-sanitizer as well if you have some.

* When meeting older people or people with on-going medical conditions, pay stringent attention to your physical condition to avoid passing the virus on to them.

When commuting between places

- Avoid traveling from or to areas where coronavirus is prevalent.
- Avoid holidaying or returning to your home town. Do business trips only if absolutely necessary.
- Keep a memo of who you met and where you meet them (so that virus spread can be traced).
- Pay attention to the coronavirus situation in the area you are visiting.

(2) Basic principles for daily life

- Diligently wash your hands and use hand sanitizer.
- Practice good coughing etiquette.
- Ensure good air ventilation.

- Keep distances.
- Avoid tight gatherings, close contact, and tight spaces.
- Measure your body temperature each morning and check your health. If you have a fever or cold-like symptoms, stay at home if possible.

(3) Specific principles for daily life

When shopping

- Use mail-order if possible.
- Enter shops when they are not crowded.
- Use electronic payments if possible.
- Create a plan before entering the shop, and quickly follow it once you enter.
- Avoid touching samples and display items.
- When lining up before the cash register, maintain distances front and back.

When doing sports, going to entertainment, etc

- Go to the parks when they are not crowded.
- For muscle training or yoga, perform it at home using video instruction.
- Go running when there are few people about.
- When passing by other people, show your manners by maintaining distances.
- Make reservations and attend events in a pre-planned and relaxed manner.
- Avoid using narrow rooms for long periods of time.
- When singing or cheering, maintain distances or do it online.

When using public transport

- Refrain from having conversations.
- Avoid commuting during peak hours.
- Combine your commute with walking or biking.

When eating out

- Consider take-away food or delivered food.
- Consider sitting outside.

- Avoid large plates, eat food on individual plates.
- Sit side-by-side rather than face-to-face.
- Focus on your food, minimize conversation.
- Avoid sharing cups or glasses when drinking.

When attending ceremonies for family events

- Avoid having large numbers of people at the party.
- Do not participate if you have a fever or cold-like symptoms.

(4) Adopt a new working style

- Work from home, or rotate between home and office.
- Have staff work at different times.
- Ensure a spacious office.
- Have meetings online.
- Exchange business cards online.
- When meeting people face-to-face, do so in a well-ventilated area and wear a mask.

* It is anticipated that unions and representative groups will prepare specific guidelines for different occupations.