

## Request to cooperate in the establishment of a “New Lifestyle”

### 1. Preventative measures against infection for daily life

- Thoroughly avoid the “Three Cs”, “Closed spaces with poor ventilation”, “Crowded places with many people nearby”, and “Close contact-settings such as close-range conversations”.
- Take thorough preventative measures (e.g., sanitising your hands, wearing a mask in accordance with the situation, avoiding speaking in loud voices, having proper indoor ventilation, observing physical distancing, etc.).
- Pay attention to the “5 situations” that have an increased risk for infections.
- Use facilities and other such places that follow industry-specific guidelines.
- If you spend time with family members or friends who have returned home/have travelled from areas where cases are spiking or if you are with someone who has recently visited those areas, make sure to take preventative measures such as wearing a mask and having proper ventilation, even when you are indoors or at home.
- Make use of the contact tracing app (COCOA).
- When you have a fever or cold-like symptoms, you should take care of yourself and recuperate at home.
- If you feel unwell, **please consult** with your family doctor or **a medical care and examination institution. If you do not have a family doctor**, please consult with the consultation hotlines (Jyushin-Sodan-Senta).

### 2. Preventative measures against infection in the workplace

- Do not go to work if you feel unwell and do not let workers come to work if they feel unwell.
- Promote the efforts in reducing person-to-person contact such as working from home (teleworking), staggered work schedules, commuting via bicycle.
- Take thorough preventative measures (e.g. washing and sanitising your hands, observing cough etiquette, securing enough space between employees, having proper ventilation at the workplace, disinfecting objects many people frequently touch, refraining from coming to work if employees have symptoms including a fever, using web and teleconferences to reduce movements of employees from business trips, having staggered lunch breaks, taking measures in communal living such as dormitory, etc.).
- Promote the act of avoiding the “Three Cs” – “Closed spaces with poor ventilation”, “Crowded places with many people nearby”, “Close-contact settings such as close-range conversations” overlap, and “5 situations” that have an increased risk for infections, while using practical examples.
- Inform people to be careful when switching places, especially at work (for break time, to go to locker and smoking rooms, etc.).
- Implement industry-specific guidelines.

### **3. Preventative measures against infection related to travelling**

<Precautions when travelling outside the Prefecture>

- When you have any symptoms such as a fever, you are requested to refrain from going out or travelling between and across prefectures.
- Check the infection status of the prefecture or area you are going to.
- Exercise extreme caution and act more carefully by avoiding places where the “Three Cs”- “Closed spaces with poor ventilation”, “Crowded places with many people nearby”, “Close-contact settings such as close-range conversations” overlap and places without thorough preventative measures in place, and take thorough preventative measures such as wearing a mask, etc.

<Precautions when travelling to areas where cases are spiking>

- When travelling to areas across prefectural borders, be thorough in taking measures including the “Three Cs”. Please refrain from travelling as much as possible for nonurgent and noessential reasons to areas where a state of emergency or priority measures to prevent the spread of diseases (stronger measures against the spread of infections) are implemented. (Those who have received a “vaccine and testing package” are exempt.)
- Use facilities and other such places that follow industry-specific guidelines.
- Refrain from going to crowded places or places where the risk of getting infected is high if there are signs that infections have been spreading.
- Avoid places where the “Three Cs”- “Closed spaces with poor ventilation”, “Crowded places with many people nearby”, “Close-contact settings such as close-range conversations” overlap. Also, avoid situations that involve speaking in loud voices and places where infections tend to spread, such as parties and dinners.