

To all residents in Aomori Prefecture

Please wear a mask outside and avoid the “3 Cs” (Close spaces, Crowded areas and Close contact).

Paying attention to the “New Social Behaviors” is very important for us all. It is the essential point to prevent the Coronavirus infection and any other infectious diseases.

Examples of “New Social Behaviors”

(1) Basic preventative measures from each individual

○ 3 Essentials to Prevent Infection:

① Keeping a Social Distance ② Wearing a Mask ③ Washing Hands

Distancing 2 m or more (at least 1m) amongst others.

Get outdoor when playing, not inside.

Avoid a face to face conversation.

Wear a mask outside or inside and while talking with others, even if you don't have any symptoms of infectious diseases.

When you come back home, wash your hands and face first. Then exchange your clothes and take a shower as soon as possible.

Wash hands carefully with a soap for about 30seconds. (Using a hand sanitizer is also good to disinfect).

※ Please be more careful, when you visit elderlies, ones with chronic diseases and other serious infectious diseases, and pregnant ladies.

The Important Points to Prevent Infection on Outing and Moving

Avoid moving from and to the areas where Coronavirus infection is serious.

Refrain from going back to a hometown or taking a trip. Avoid non-essential

business trips.

- Note names of individuals whom you met and places where you met each day in case of your infection.
- Check infection status of your living town and destination area.

(2) Basic Social Behaviors for Daily Life

- Wash hands frequently.
- Keep “Cough Etiquette”.
- Ventilate well.
- Keep a Social Distance.
- Avoid “3Cs” (crowds, closed contact and closed spaces)
- Check a body temperature and physical condition every morning.
Avoid outing when having a fever and symptoms of cold.

(3) Various “Social Behaviors” in Daily Life

Shopping

- Make use of online shopping and payment.
- Avoid peak hours and go alone or with two at maximum.
- Make a payment by your mobile phone.
- Make a shopping list in advance and finish shopping quickly.
- Refrain from touching displayed items.
- Keep a “Social Distance” in a cash register line.

Leisure and Sports

- Going to the parks on less crowded time and in less crowded area.
- Make a use of video clip when doing muscle training or Yoga lessons.
- Make your jogging alone or with two.
- When you pass through with others, keep a “Social Distance”.
- Make a reservation if possible when enjoying sports or leisure.

- After enjoying sports or leisure, leave the place quickly.
- When you sing, cheer and support your favorite teams, make a use of online services or keep a “Social Distance”.

Transportation

- Refrain from talking loudly.
- Avoid peak hours.
- Bike or walk more often.

Meals

- Make a use of delivering service or taking out.
- Enjoy out door meals as possible.
- Avoid big dishes and enjoy meals individually.
- While having meals with others, sit side by side, not face to face.
- While eating, enjoy meals more and refrain from talking.
- While enjoying meals, refrain from sharing one’s glass or cup with others.

Ceremony (Wedding, Funeral and so on)

- Refrain from having a big party.
- Refrain from participation while having a fever or symptoms of cold.

(4) New Style of Working

- Remote working or Rotation working.
- Adopt Staggered Commute hours.
- Keep physical distances while working.
- Conduct online conferences and meetings.
- Exchange business name cards afterwards through online.
- When you have a face to face meeting, wear a mask and ventilate well.

※Affiliates are supposed to make infection spread guidelines by industries.