


# 10 tips for reducing contact by 80%

Under the state of emergency, anyone is at risk of becoming infected or infecting others. Take a look at your everyday life again to protect yourself and people around you from the novel coronavirus.

**1** Family reunion via video chat **without visiting hometown**



**2** Go to supermarkets alone or **in small groups at less crowded times**



**3** Enjoy **jogging** in **small group** in **less crowded parks** at **less crowded times**



**4** Do non-urgent **shopping online**




**5** Enjoy **drinking** with friends **online**




**6** Use **remote medical services**

\*regular health checkup should be rescheduled



**7** **Use videos at home** for workouts, yoga, etc.




**8** Use **takeout or delivery for food**



**9** **Work from home**

\*The medical, infrastructure and distribution sectors are exception



**10** Wear a **mask** when talking



**Avoid the Three Cs**

1. **Closed spaces** with poor ventilation
2. **Crowded places** with many people
3. **Close-contact settings** involving close-range conversations

**Washing hands, coughing etiquette, airing and health monitoring** are also important