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.