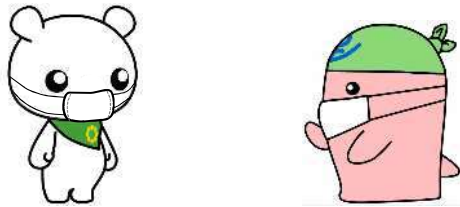


# Beneficial Daily Practices

A rethink of our daily practices to protect you and those that you value most

Use a **MASK** when talking / interacting  
**Avoid being directly in front of each other**



Go shopping alone  
**Lesser people at the time with the least number of customers**



Decide what you need and **conclude shopping as quick as possible**

Use **delivery** too



Going jogging?  
**Alone or with just one other**

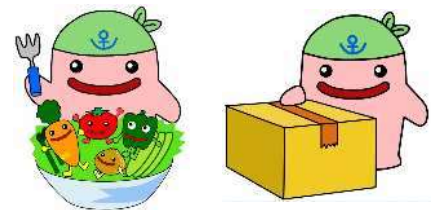


At the park?  
**Choose a place and time with less people**

Weight training or Yoga?  
**How about watching online videos for instruction?**



Planning to eat out?  
**Why not takeout or delivery?**



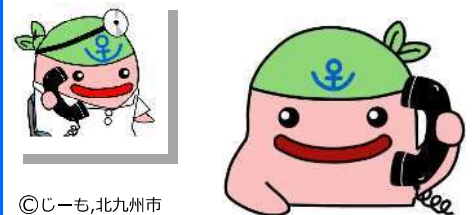
**When eating :**  
individually, **and** not facing each other



Work:  
**remotely or in shifts**  
**Staggered commute**  
avoiding close contact



Fever and the like?  
**Contact your doctor**

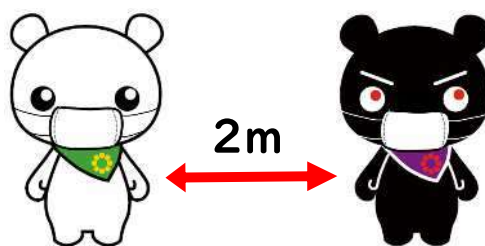


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**Take down**  
Who and where you met them  
As a precaution if you develop symptoms (for contact tracing)



## SOCIAL DISTANCE



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☆ Wash your hands  
☆ Maintain proper ventilation  
☆ Take care of your health

