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