

10 tips for reducing person-to-person contact


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