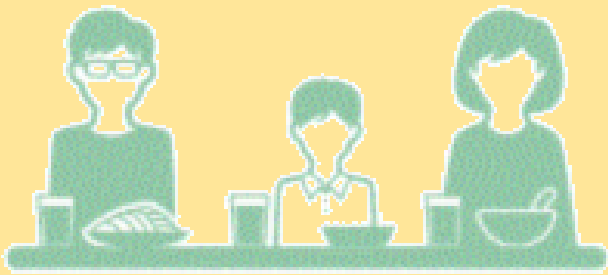


# Let's change our lifestyles

to protect ourselves and our families and friends!

## Meals

- ✓ Stop sharing from the same plate.
- ✓ Avoid talking while eating.



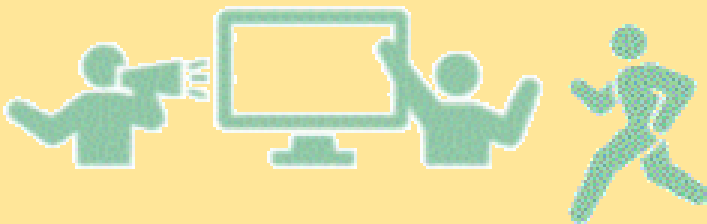
## Shopping

- ✓ Use online shopping or electric payment.
- ✓ Plan purchases beforehand and minimize shopping time.



## Sports

- ✓ Jog alone or in small group.
- ✓ Cheer from a distance or online.

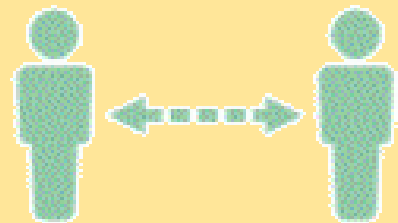
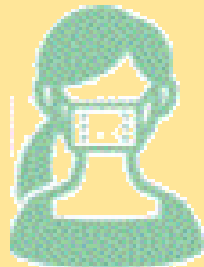
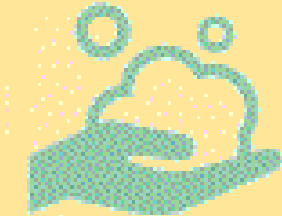


## Prevention: How to prevent being infected

Wash hands.

Wear a face mask.

Keep a two meter distance.



Information: Ota City, Health Promotion Division “*Kenko Zukuri-Ka*”

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