

# Ten Points for Reducing Human Contact by **80%**

The entire country is under a state of emergency. Everyone is at risk of infection and infecting others. Let's review our daily activities in order to protect your life and the lives of your loved ones from covid-19.

**1** Use online **video chats**



**2** Do grocery shopping by yourself or **with a small group during less busy hours.**



**3** Go jogging with **fewer people in your group at a quiet location of your choice**



**4** Purchase non-essential items **online.**



**5** Meetings with friends should be **remote.**



**6** When possible **seek medical consultations online.**



If you see a doctor regularly, plan your visits ahead.

**7** Utilize digital **workouts at home** instead of going to the gym or yoga studio.



**8** Order **takeout or delivery** for meals.



**9** **Work from home.**



Commuting is limited to essential employees including but not limited to medical, energy, and logistics.

**10** Wear a **face mask** during conversations.



Avoid the **"Three Cs"**

1. **Closed spaces** with poor ventilation.
2. **Crowded places** with many people nearby.
3. **Close-contact settings** such as close-range conversation.

Washing your hands, exercising coughing etiquette, ventilating air, and managing your health care are equally as important.