

To avoid COVID-19 associated pneumonia

～ A careful life style to create a new society ～

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Abstract

Initial COVID-19 symptoms resemble a cold, however, in some patients it can be severe and fatal. In order to avoid COVID-19, it is necessary to maintain a daily life so as to preserve the immune function and thorough protection against infection. For that purpose, you keep the following three principles:

Slow : Switch to slow life to keep a careful life.

Clean : Always live yourself in a clean environment.

Eco : Avoid crowded places and keep ecological lifestyle.

Such a lifestyle leads to a downturn economy. However, it is better to slow down your work and move entirely to telework. Today we live in a society where it is possible. It would be better to move into a new society in that way. We will be able to move to new work styles and organizations that we have never imagined before.

Key words

corona flu, new coronavirus, COVID-19, infection control, immunity individual