

New Way of Life with COVID-19

新しい生活様式

Since the beginning of 2020, the whole world has been in a battle against COVID-19. New cases have thankfully been decreasing, but the battle isn't over yet.

In this month's issue of Obihiro Pioneer, we will introduce some of the new practices suggested by the Ministry of Health, Labour and Welfare to use in your daily life to prevent further spread of COVID-19.

3 Basic Precautions



1. Maintain social distancing

Practice social distancing as much as possible. Maintain at least an arm's length (1 meter) from others, 2 meters if possible.

2. Wear a mask

Even if you don't feel sick, wear a mask when going out. If you forget your mask,

use a scarf or handkerchief to cover your mouth and nose.

*Wearing a mask improperly (ex. not covering your nose) is not effective in prevention.

3. Wash your hands (and face)

Virus particles may have stuck to your body and/or clothes while outside.

When returning home, get into the habit of immediately washing your hands and face and changing your clothes. Wash your hands for at least 30 secs using water and soap, or use a disinfectant.

New Basic Daily Routines

1. Check your temperature and state of health frequently



Even if you think you can handle feeling unwell, others with a weakened immunity may not be able to. If you have a fever or feel unwell in any way, please do not leave your home. Staying home can help save lives.

Continued on page 3

Contents:

New Way of Life with COVID-19 **1, 3**

Events **2**

Learn Nihongo! COVID-19 **3**

Exercising Outside Safely **4**



New Way of Life with COVID-19 (pg 1, 3)



Events (pg 2)



Exercising Outside Safely (pg 4)

Events at TIRC and in Tokachi and Obihiro

Please be aware that these events may be cancelled to prevent the spread of the 2019 novel coronavirus.

To find out if these events are still running, please contact the respective organizers.

When	What	Where/Contact
	<p>In order to prevent the spread of the 2019 novel coronavirus, the following event has been cancelled:</p> <ul style="list-style-type: none"> ● Japanese Conversation Table (2nd and 4th Saturday) 森の日本語講座 ※ Japanese Conversation Table will be on hiatus until further notice. 	<p>Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihoro.hokkaido.jp</p>
5/27–11/3 (Wed-Tue)	<p>Obihiro Zoo Opening (Summer Hours) おびひろ動物園 開園</p> <p>Starting May 27th, the Obihiro Zoo will be again open to the public. Enjoy both the rides and animals!</p> <p>※ Open Everyday</p> <p>Hours for June 1–August 30: 9:00-16:30 Hours for May 27–November 3: 9:30-16:00</p>	<p>Obihiro Zoo おびひろ動物園 0155-24-2437</p>
6/6 (Sat) 10:00-13:30	<p>Boy Scout Experience: Pizza Making ボーイスカウト体験隊「ピザづくり体験」</p> <p>Parent and child pairs can try their hand at making their own unique pizza at the Ecology Park.</p> <p>Participation Cost: 1000 yen per pair Bring your own apron and bandana.</p>	
6/13 (Sat) 13:00-14:00	<p>Blue Sky Yoga 青空yoga</p> <p>Enjoy some peaceful yoga under the blue sky. Participants of all ages are welcome to join. Middle school aged participants and younger will also receive a snack and drink after exercising.</p> <p>Participation Fee: Middle schooler and above: 1500 yen Elementary schooler and under: 300 yen</p> <p>Wear comfortable clothing to exercise in and bring, your own towel, yoga mat and picnic sheet.</p>	<p>Tokachi Ecology Park 十勝エコロジーパーク 0155-32-6780 www.tokachi-ecopark.jp</p>

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Continued from page 1

Remember, your condition may affect others more than it does you.

2. Maintain proper cough/sneezing etiquette

COVID-19 lingers in the particles that are spread by sneezing and coughing. Using a face cover (such as a mask) and facing into your shoulder/elbow can help limit the number of



particles in the air.



If you happen to sneeze/cough into your hand, don't touch anything and wash (or disinfect) your hands right away!

3. Ventilate spaces frequently

Poorly ventilated spaces have been determined to

be a high risk area for contracting COVID-19.

Avoid entering such places and ventilate your own home to reduce any risk of virus particles that



may have gotten in. The Ministry of Health, Labour and Welfare recommends opening windows to air out a room twice an hour for at least a few minutes at a time. Proper ventilation also lets out condensation and lets in fresh air for a more comfortable living space.

Please refer to the Ministry of Health, Labour and Welfare website for more examples on our new way of life with COVID-19.

<https://www.mhlw.go.jp/index.html>

Learn Nihongo!: COVID-19

にほんごをまなびましょう！ : 新型コロナウイルス

For the last few months, the main topic on everyone's minds has been the COVID-19 pandemic. There are many resources in a variety of languages regarding COVID-19, but for information on local news, it may take time to be translated or may not even exist in your preferred language. In this issue of Obihiro Pioneer, we will introduce some COVID-19 related keywords that you are likely to hear in the news and/or daily life!



感染者 かんせんしゃ *kansensha*
Meaning: Infected person

自粛 じしゆく *jishuku*
Meaning: Self-restraint, self-discipline

避ける さける *sakeru*
Meaning: Avoid

保健所 ほけんじょ *hokenjo*
Meaning: Health center

新型コロナウイルス しんがた ころなういるす

shingata koronauirusu

Meaning: The novel coronavirus

※ "COVID-19" isn't commonly used in Japan.

While these aren't the easiest to remember, they are almost guaranteed to pop up in conversation. Try to listen for these words the next time you watch Japanese news! Stay safe and stay healthy!



Cinema Taiyo Obihiro has reopened from May 25th.

Please contact Cinema Taiyo Obihiro for more information.

Times and movies are subject to change! (for space reasons not all movies are listed)
To confirm, call or check online at: http://www.taiyogroup.jp/cinema/theater/_obihiro/movie.shtml

Exercising Outside Safely

屋外での安全な運動

After a long winter and unstable spring, summer has finally come to Obihiro. With everyone doing their part to avoid spreading COVID-19 by staying home, one can't be housebound forever! While avoiding unnecessary trips, going outside to exercise is not only allowed, but encouraged! In this issue of Obihiro Pioneer, we will introduce how to exercise safely outside!

Before exercising: Check your condition

If you are feeling unwell and/or have a fever over 37.5 degrees Celsius, do not exercise (outside). You are at risk of hurting yourself and possibly others if you happen to be carrying the virus.

Before exercising: Choose your location and time

While outside might be less crowded than indoor locations, many people will also want to go outside and gather at popular spots, especially when the weather is good. Choose to go to a less known area or go at an off-time.

Cover your mouth and nose

Being outside reduces the risk of spreading COVID-19, but it doesn't eliminate it. Cover your mouth and

nose while exercising to keep yourself and others safe. A standard mask can restrict your breathing which can be very dangerous if you are doing a difficult exercise. Pay attention to your body and take a break or stop your activity if necessary.



There are face covers made of lighter materials which are made specifically for use during exercise. Consider preparing a face cover for exercise use or tone down your activity to avoid oxygen shortage.

Keep your distance

Maintain social distancing, even when exercising. Keep a distance of at least 2 meters from others. Avoid being directly behind others, even if you are separated by more than 2 meters. COVID-19 particles can linger in the air, making it possible for someone to run through the contaminated space.

COVID-19 won't be disappearing anytime soon. We need continue to maintain our new way of life to protect both ourselves and others. Enjoy being outside this summer while keeping safe!

Obihiro Pioneer can be found at the following locations: Obihiro City Hall, Tokachi International Relations Center, Obihiro University International Center, Obihiro Tourism and Convention Center inside the Obihiro JR Station, Obihiro Public Library, Tokachi Plaza, Cinema Taiyo, Joy English Academy and online at www.city.obihiro.hokkaido.jp (click on "Information for Foreigners")

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