
















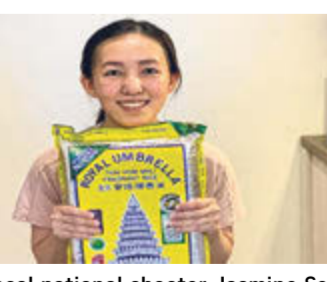


COVID-19 THE FIRST 100 DAYS

<p>1 STAY AWAY</p> <p>Social distancing, out of nowhere, is now an everyday term. Depending on which country you are in, the rules for keeping a safe distance from another can range from 1m to 2m.</p>	<p>2 NO HUGS</p> <p>Handshakes and hugs have been replaced by the wave, bow and namaste – and also the elbow bump and foot tap.</p>	<p>Wearing face masks is now a socially acceptable norm. ST FILE PHOTO</p> 	<p>3 MASK UP</p> <p>Masking up has become a socially acceptable norm. In fact, going maskless now makes one look out of place or even risk being ostracised.</p>	<div style="text-align: center;"> <h1>100</h1> <h2>WAYS THE WORLD HAS CHANGED</h2> <p>The coronavirus outbreak has upended the world as we know it. Here are 100 ways our lives have been changed by the virus.</p>  <p>Lim Yan Liang Assistant Political Editor</p> <p>Ling Chang Hong Deputy Foreign Editor</p> </div>					<p>4 EMPTY CAUSEWAY, CBD</p> <p>When Malaysia's movement curbs kicked in on March 18, Singaporeans witnessed an unprecedented sight: an empty Woodlands Causeway and Tass Second Link. Likewise, on April 7, the first day of the circuit breaker, downtown Singapore was empty.</p>	<p>5 VIRTUAL TOMB SWEEPING</p> <p>During the Qing Ming Festival, the enterprising in China and Taiwan offered virtual grave sweeping services.</p>	<p>6 DATING</p> <p>Besides the usual text messaging and video conferencing, experts suggest that couples go on virtual dates like playing online games or watching a movie together.</p>	<p>7 MARRIAGE</p> <p>In places like New York and the United Arab Emirates, couples are now allowed to apply for marriage licences remotely, followed by a virtual wedding ceremony, complete with a registrar and witnesses.</p>	<p>8 'COVIDIVORCE'</p> <p>In China, the number of divorce applications surged in February in at least two provinces, Sichuan and Shanxi, as alterations intensified between quarantined couples.</p>	<p>9 COUGHING, SNEEZING ETIQUETTE</p> <p>Experts say you should cover your mouth and nose with a tissue, or cough or sneeze into your upper sleeve.</p>		
<p>10 GHOST TOWNS</p> <p>From London to New York to Beijing, residents get used to the sound of silence as roads are emptied of cars and pedestrians.</p>  <p>A near-empty street in Manhattan, New York City, in the United States last month. PHOTO: REUTERS</p>	<p>11 NO SITTING</p> <p>X marks the spot in Singapore as hawkers centres, malls, banks and parks mark alternate seats to enforce safe distancing.</p>	<p>18 STIR CRAZY</p> <p>There is a rise in "cabin fever", where people become irritable, claustrophobic or restless after being stuck indoors for too long. Some are also suffering from anxiety attacks owing to prolonged social isolation.</p>	<p>12 7-STEP HAND WASHING</p> <p>The 20-second hand-washing method has become popular, ensuring a thorough cleaning.</p>						<div style="text-align: center;"> <h1>100</h1> <h2>WAYS THE WORLD HAS CHANGED</h2> <p>The coronavirus outbreak has upended the world as we know it. Here are 100 ways our lives have been changed by the virus.</p>  <p>Lim Yan Liang Assistant Political Editor</p> <p>Ling Chang Hong Deputy Foreign Editor</p> </div>	<p>13 ESSENTIAL ITEMS</p> <p>Masks, hand sanitiser and disinfectant wipes have become essential items in every home.</p>	<p>14 PANIC BUYING</p> <p>First, masks, disinfectants and hand sanitisers flew off the shelves. With stay-at-home measures, people stocked up on toilet paper and instant noodles. Queues formed for bubble tea here after drink and dessert shops were made to close.</p>	<p>15 MALLS AND MARKETS</p> <p>Those visiting malls and markets are subject to temperature screening and queues. At some popular wet markets, patrons are allowed to shop only on alternate dates.</p>	<p>16 DIY</p> <p>People are cutting their own hair and making their own bubble tea at home.</p>	<p>17 RELIGIOUS FESTIVALS</p> <p>Christians spent an unusual Easter as churches stood empty. Pope Francis broke with centuries of tradition and livestreamed his Easter Sunday Mass to the world's 1.3 billion Roman Catholics. Muslims are observing their fasting month of Ramadan in unprecedented ways, refraining from the usual communal activities such as mass prayers and break-fast meals.</p>  <p>A priest livestreaming Easter Sunday Mass from an empty church in the town of San Giorgio Ionico, Italy, on April 12. PHOTO: REUTERS</p>	<p>20 LOSS OF ACTIVITIES</p> <p>Activities such as going for a stroll, having a burger at McDonald's, or hugging your partner in public, once taken for granted, have suddenly become difficult to do or even forbidden.</p>	
<p>24 HOME-BASED LEARNING</p> <p>Home-based learning in the form of online assignments, instructional videos and worksheets is now the norm, along with catching up over "Zoom recess".</p>	<p>25 DRIVE-THROUGH TO MEET TEACHERS</p> <p>Schools in South Korea have drive-through parent-teacher meetings.</p>	<p>26 NO CHEATING</p> <p>To prevent cheating during online exams, two universities in Singapore locked students' browsers so they could not access other websites during the exams.</p>	<p>27 ACADEMIC YEAR DELAYED</p> <p>The start of the academic year is delayed for the Singapore University of Technology and Design, pushed to Sept 14 from May 18. Students in the 2020 cohort will graduate in May 2024 instead of September 2023.</p>							<div style="text-align: center;"> <h1>100</h1> <h2>WAYS THE WORLD HAS CHANGED</h2> <p>The coronavirus outbreak has upended the world as we know it. Here are 100 ways our lives have been changed by the virus.</p>  <p>Lim Yan Liang Assistant Political Editor</p> <p>Ling Chang Hong Deputy Foreign Editor</p> </div>	<p>28 ROBOTIC GRADUATION</p> <p>While some graduation ceremonies have been cancelled, a university in Tokyo let students attend a graduation ceremony remotely by controlling avatar robots from home.</p>	<p>29 NEW POSSIBILITIES</p> <p>Educators are finding new ways to impart knowledge, such as by using videos to conduct PE lessons and making use of online games and quizzes to teach subjects like mathematics.</p>	<p>30 EXAM TOPICS DROPPED</p> <p>In Singapore, national exams such as the PSLE, O and A levels will still go on, but the Education Ministry says some topics will not be tested.</p>	<p>31 JOB LOSS</p> <p>The outbreak will wipe out some 6.7 per cent of working hours across the world in the second quarter of this year, equivalent to 195 million full-time workers losing their jobs.</p>	<p>32 BIG MEETINGS CANCELLED</p> <p>Major conferences have been cancelled or postponed, such as Facebook's developer conference and the Mobile World Congress in Barcelona, the largest annual smartphone conference.</p>	<p>33 WORK FROM HOME</p> <p>A typical company saves about US\$11,000 (S\$15,570) per half-time telecommuter per year.</p>
<p>34 LOOKING GOOD ON ZOOM</p> <p>Lighting and background have become key to looking good in Zoom meetings.</p>  <p>Singer Dace Cernisova during an online rehearsal on Zoom in Riga, Latvia, last month. PHOTO: REUTERS</p>	<p>35 NO PYJAMAS PLEASE</p> <p>Telecommuting etiquette: Do not lie in bed or be in pyjamas during video conferences.</p>	<p>36 DO NOT DISTURB</p> <p>Experts say it is important to establish boundaries by signalling to those who live with you that you are at work.</p>	<p>37 JOB INTERVIEWS</p> <p>Recruiters have been switching to online interviews.</p>								<div style="text-align: center;"> <h1>100</h1> <h2>WAYS THE WORLD HAS CHANGED</h2> <p>The coronavirus outbreak has upended the world as we know it. Here are 100 ways our lives have been changed by the virus.</p>  <p>Lim Yan Liang Assistant Political Editor</p> <p>Ling Chang Hong Deputy Foreign Editor</p> </div>	<p>38 TOUGH JOB MARKET</p> <p>This year's graduates face a weakened job market.</p>	<p>39 JOB TRANSFORMATION</p> <p>Cabbies and private-hire car drivers have turned to delivering food and groceries.</p>	<p>40 REDEPLOYMENT</p> <p>Those who have had their jobs disrupted have been redeployed to roles such as social distancing ambassadors.</p>	<p>41 AIR TRAVEL</p> <p>Airlines have grounded their fleets as demand for flights plunges. Some are now leaving seats vacant between passengers, even offering "one ticket, many seats" deals.</p>	<p>42 FEWER TRAINS, BUSES</p> <p>The frequency of trains and buses has been reduced in Singapore.</p>  <p>ST PHOTO: LIM YAHUI</p>
<p>46 NO GRABSHARE</p> <p>GrabShare, GrabHitch and other carpooling services have also been suspended.</p>	<p>47 CHANGI T2 CLOSED</p> <p>Changi Airport Terminal 2 has been closed and will remain so for 18 months, as demand for flights shrinks and it gets an early start on upgrading works.</p>	<p>48 OIL PRICE PLUNGE</p> <p>US oil prices turned negative for the first time in history as output exceeded demand and storage facilities reached full capacity.</p>	<p>49 NO CHEEK BY JOWL</p> <p>Observing safe distancing on public transport has become mandatory, with transport ambassadors and enforcement officers deployed to make sure this is done.</p>  <p>People queuing for unemployment benefits at a workforce centre in Arkansas in the US last month amid the coronavirus crisis. PHOTO: REUTERS</p>	<div style="text-align: center;"> <h1>100</h1> <h2>WAYS THE WORLD HAS CHANGED</h2> <p>The coronavirus outbreak has upended the world as we know it. Here are 100 ways our lives have been changed by the virus.</p>  <p>Lim Yan Liang Assistant Political Editor</p> <p>Ling Chang Hong Deputy Foreign Editor</p> </div>	<p>50 FREE BUS RIDES</p> <p>Countries such as Britain have begun free bus travel and are restricting passengers to boarding from the middle doors for drivers' protection.</p>	<p>51 E-CAMPAIGNING</p> <p>Virtual campaigning trumps traditional outreach in the United States. Some politicians have launched their own podcasts to reach out to voters.</p>	<p>52 ELECTIONS</p> <p>Face masks, disposable gloves and temperature checks were de rigueur when South Korea voted at its recent polls. The election provides a model for other countries with polls due soon, such as Japan and Singapore.</p>	<p>53 VIRTUAL COURT HEARINGS</p> <p>Governments and the courts continue to function with virtual meetings. Singapore's apex court held its first Zoom hearing, while the European Council also met virtually.</p>				<p>54 VIRTUAL SUMMITS</p> <p>Diplomacy has continued via virtual summits, as leaders discussed the global response to Covid-19. Asean leaders also held a virtual summit last month.</p>	<p>55 POLITICAL ENGAGEMENT</p> <p>Political engagement on social media is up, particularly among the youth. Students, such as those in China, have taken to the Internet to raise funds for front-line workers.</p>			
<p>56 NEW LAWS</p> <p>New laws and powers have been enacted – such as in Israel to use mobile phone data for contact tracing, and in Singapore to suspend contractual obligations.</p>	<p>57 GREATER SURVEILLANCE</p> <p>Advocacy groups are decrying what they see as greater surveillance and movement tracking, and have called mandatory tracking and emergency laws an infringement on people's liberty.</p>	<p>58 MEET-THE-PEOPLE SESSIONS</p> <p>In Singapore, Meet-the-People Sessions are now online, as both People's Action Party and opposition MPs have suspended their physical outreach.</p>	<p>59 ANTI-LOCKDOWN PROTESTS</p> <p>In the United States, thousands turned out for anti-lockdown rallies to demand the country's reopening, even as Covid-19 cases soared in the country.</p>		<div style="text-align: center;"> <h1>100</h1> <h2>WAYS THE WORLD HAS CHANGED</h2> <p>The coronavirus outbreak has upended the world as we know it. Here are 100 ways our lives have been changed by the virus.</p>  <p>Lim Yan Liang Assistant Political Editor</p> <p>Ling Chang Hong Deputy Foreign Editor</p> </div>	<p>60 POLITICAL CONSEQUENCES</p> <p>The political consequences of the Covid-19 crisis are still to be seen. Experts say established parties and politicians with experience in government could see a resurgence.</p>	<p>61 TACKLING FAKE NEWS</p> <p>Governments are keeping an eye on platforms such as Facebook and Twitter. Many have pushed back against fake news on the virus being spread online.</p>	<p>62 E-WALLETS</p> <p>Mobile payment use around the world has shot up, as people fear the virus could be transmitted through money changing hands.</p>	<p>63 FOOD DELIVERIES</p> <p>Deliveries of food and groceries are booming as more people order in.</p>			<p>64 ONLINE SHOPPING</p> <p>Online retailers like Amazon are also thriving, as are delivery fulfilment firms such as Deliveroo and Ninja Van.</p>	<p>65 FREE TRADE</p> <p>Some countries are rethinking globalisation. Even then, many have agreed it is important to keep trade open for essential items.</p>	<p>66 CREATIVE BUSINESS IDEAS</p> <p>Businesses are finding new ways to reach customers, with fishmongers going online, for instance. Drive-in theatres have seen a resurgence in South Korea, Britain and the United States.</p>  <p>PHOTO: LIAN HUAT SEAFOOD</p>		
<p>67 E-BAZAARS</p> <p>In Singapore and Malaysia, hawkers and small traders have shifted to Ramadan e-bazaars.</p>	<p>68 FROM PERFUME TO SANITISER</p> <p>Brands have repurposed their production lines. Luxury goods giant LVMH, for example, has used its perfume-making prowess to produce hand sanitiser.</p>	<p>69 SUPPLY CHAIN</p> <p>Logistical chains are under pressure, causing delays to goods arriving from overseas as retailers like Amazon close their distribution centres.</p>	<p>70 GLOBAL TRADE</p> <p>Global trade will fall by up to one-third this year, as the pandemic disrupts normal economic activity, said the World Trade Organisation.</p>			<div style="text-align: center;"> <h1>100</h1> <h2>WAYS THE WORLD HAS CHANGED</h2> <p>The coronavirus outbreak has upended the world as we know it. Here are 100 ways our lives have been changed by the virus.</p>  <p>Lim Yan Liang Assistant Political Editor</p> <p>Ling Chang Hong Deputy Foreign Editor</p> </div>	<p>71 ACT OF GIVING</p> <p>Donations have gone up, especially online. In Singapore, fund-raising website Giving.sg, which supports more than 500 organisations, has seen donations spiking since February.</p>	<p>72 TOUCHLESS TECH</p> <p>Touchless technology such as facial recognition (right) and sensors is gaining more traction. Lifts with contactless panels and biometric security that work with masks could see wider adoption.</p>  <p>PHOTO: NEC</p>	<p>73 DEFINING MORTALITY RATE</p> <p>Countries are rethinking the definition of the coronavirus mortality rate. It is measured differently in different places, which has caused it to appear higher for countries that test only serious cases of infection, compared with those that do widespread testing.</p>	<p>74 UV PHONE SANITISERS</p> <p>Ultraviolet sanitisers for phones are now in vogue. Phones have been found to have up to 10 times more bacteria than most toilet seats.</p>		<p>75 CONTACT TRACING APP</p> <p>Tech giants Apple and Google are teaming up for a contact tracing app. Smartphones running the two major mobile operating systems will soon be able to exchange data with one another and speed up contact tracing.</p>	<p>76 TESTING BOOTHS</p> <p>Sealed testing booths that separate the doctor from the patient, which reduces the risk of contagion, are being used in more countries.</p>	<p>77 SCIENTIFIC TERMS</p> <p>Terms like R0 (a measure of contagiousness) and RNA (ribonucleic acid) have entered the public consciousness, while others like "wipe down" and "second wave" are trending.</p>		
<p>78 ASYMPTOMATIC</p> <p>Evidence has been found that those with no symptoms can be carriers of the coronavirus and infect others. This has tremendous implications for public health policy.</p>	<p>79 TEST KITS</p> <p>Scientists are working hard to develop new, low-cost tests that do not require special expertise or equipment. Such tests, likely based on a gene-editing tool called Crispr, would provide results far more quickly than today's tests.</p>	<p>80 HERD IMMUNITY</p> <p>Herd immunity, or having enough infections in society to provide indirect protection, was touted as a possible solution but quickly debunked after scientists found that this would devastate populations and overwhelm healthcare systems.</p>	<p>81 RACE FOR VACCINE</p> <p>Global efforts are under way to find a vaccine, but this could take 12 to 18 months. The most advanced candidates have entered human clinical trials, which is unprecedented as vaccines typically take 10 to 15 years to develop.</p>				<div style="text-align: center;"> <h1>100</h1> <h2>WAYS THE WORLD HAS CHANGED</h2> <p>The coronavirus outbreak has upended the world as we know it. Here are 100 ways our lives have been changed by the virus.</p>  <p>Lim Yan Liang Assistant Political Editor</p> <p>Ling Chang Hong Deputy Foreign Editor</p> </div>	<p>82 TRADITIONAL EVENTS CANCELLED</p> <p>From the famous Oktoberfest in Germany to the running of the bulls in Pamplona, Spain, centuries-old traditional events have been cancelled. Packed events were found to have been a major source of virus transmission.</p>	<p>83 ONLINE CONCERTS</p> <p>Artists and musicians have gone online, such as for the One World concert which raised US\$127.9 million (S\$181 million) for charity last month.</p>	<p>84 DIGITAL ORCHESTRAS</p> <p>Digital concerts have replaced live shows. The renowned Berlin Philharmonic is offering live chamber music concerts and archive recordings of orchestral works online. The Singapore Symphony Orchestra and the Singapore Chinese Orchestra are also offering content online.</p>	<p>85 NO LIVE MUSICALS</p> <p>Broadway in New York and West End theatres in London go dark. Theatre companies are bringing filmed plays such as Cats and Romeo And Juliet to audiences worldwide.</p>	<p>86 VIRTUAL MUSEUM TOURS</p> <p>From the Louvre in Paris to the Rijksmuseum in Amsterdam, some of the best museums in the world are offering virtual tours. In Singapore, the National Gallery Singapore and Lee Kong Chian Natural History Museum offer virtual tours and webinars.</p>	<p>87 NEW HOTEL SERVICES</p> <p>Hotels are offering new services. In Singapore, the Six Senses hotels in Duxton and Maxwell have uploaded instructional videos on making hand sanitiser as well as microgreen planting, while hotel operator Accor is livestreaming exercise routines of popular football players.</p>	<p>88 STREAMING SERVICES</p> <p>Streaming services and other stay-at-home entertainment options have seen a jump in consumption. Research firm Nielsen said time spent streaming video has more than doubled compared with a year ago, while use of video game consoles has risen 35 per cent.</p>	<p>89 VIRAL VIDEOS</p> <p>Going viral has taken on a different meaning as more people go online. Videos such as of the "corona foot shake" challenge have lifted spirits. Video app TikTok has also teamed up with the World Health Organisation to issue challenges.</p>	
<p>90 NEW TV CONTENT DRYING UP</p> <p>Even as more are watching TV at home, advertising revenues have dropped, and channels are at risk of running out of content. Some shows are spacing out episodes and shortening seasons to avoid running out of content while production is halted.</p>	<p>91 MAJOR SPORTS EVENTS DISRUPTED</p> <p>The Olympics and major leagues in sports ranging from football to tennis have been postponed or scrapped. This is the first time that the quadrennial Games have been postponed or cancelled in peacetime.</p>	<p>92 CARDBOARD FANS</p> <p>Cardboard spectators and mannequins replace real-life fans, who have been barred from live sporting events. In Germany, fans of a soccer club were represented as plastic cut-outs, while Taiwan launched its baseball season with mannequins dressed in home team colours.</p>	<p>93 RISE OF E-SPORTS</p> <p>E-sports has risen in popularity with fans ranging from football to tennis. Twitch, the world's largest game-streaming site, saw viewership jump over 20 per cent in March to 1.2 billion hours.</p>	<div style="text-align: center;"> <h1>100</h1> <h2>WAYS THE WORLD HAS CHANGED</h2> <p>The coronavirus outbreak has upended the world as we know it. Here are 100 ways our lives have been changed by the virus.</p>  <p>Lim Yan Liang Assistant Political Editor</p> <p>Ling Chang Hong Deputy Foreign Editor</p> </div>				<p>94 DROP IN SPONSORSHIP</p> <p>Sports teams are facing a steep drop in marketing and sponsorship dollars, as brands cut endorsement spending. Sponsorship consultancy IEG said that in the US market alone this year, deals worth over US\$10 billion will be affected.</p>	<p>95 ATHLETES TRAIN IN NEW WAYS</p> <p>Like sports communities elsewhere, Singapore's athletes have found new ways to keep training even as circuit breaker measures disrupt their usual routines. Swimmers, for instance, train together over video conference, under the watchful eye of their coaches.</p>	<p>96 RERUNS</p> <p>The suspension of sports events worldwide has led fans to seek new ways to get their sports fix. With no new English Premier League matches, National Basketball Association games or Formula One races, fans have had to make do with reruns or follow matches from smaller leagues.</p>	<p>97 DITCHING OLD SPORTS HABITS</p> <p>From cricketers using saliva to aid swing bowling to pre-match handshakes between football teams, Covid-19 is likely to change long-entrenched sporting habits. Even traditions such as the exchange of jerseys will likely come under scrutiny.</p>	<p>98 SPORT VENUES REPURPOSED</p> <p>Countries such as Singapore are converting sporting venues into isolation and housing facilities. The Singapore Sports Hub has converted its OOCB Arena halls to temporarily house foreign workers, while ActiveSG sports halls will also be used to house these workers as needed.</p>	<p>99 SOLO EXERCISE</p> <p>More are taking to solo pursuits such as walking, running and cycling. Fitness studios and coaches have also put up more videos to cater to demand for at-home and no-equipment exercises, such as high intensity interval training.</p>	<p>100 CREATIVE WAYS TO KEEP FIT</p> <p>No exercise equipment? That is not a problem as more follow the new trend of improvising with household items to keep fit. From stair runs to chair squats to water bottle dumbbells, fitness trainers say being stuck at home is no excuse to pack on the pounds.</p>  <p>Local national shooter Jasmine Ser exercising at home with a bag of rice. PHOTO: JASMINESER/INSTAGRAM</p>		