

**TRY**

# Basic rules to prevent infection

Let's **these!**

Recommended preventive actions are summarized in "Cough Etiquette", recommending "Handwashing", "Mask wearing", etc. Always keep everyday preventive actions in your mind and put them into practice.

## ○ Handwashing

Before start washing

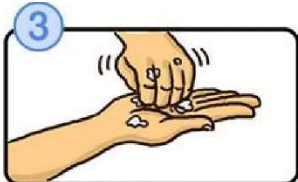
- Trim your nails.
- Remove watches and rings.



Wet your hands with water (warm or cold), apply soap, lather your palms by rubbing them together.



Then, lather the backs of your hands.



Lather the fingertips and under your nails.



Lather between your fingers.



Rub your thumb with palm.



Do not forget to wash your wrists, too.

Rinse your hands well under running water, dry them using a clean towel, paper towel, etc.

## ○ Wear a face mask

When you put on,



Completely cover your nose and mouth    Put elastic cords around ears    Adjust the mask, leaving no openings.

When you remove it

- Pinch the elastic cords and remove the mask from your face
- Dispose it without touching the surface

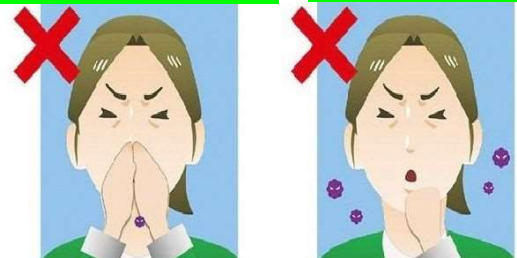
## ○ Cough Etiquette

When you sneeze or cough, you might be spraying viruses with your droplets. To prevent spreading viruses, be sure to follow the "Cough Etiquette" below.

- Wear a mask.
- Cover your nose and mouth with tissues, etc.
- You can cough into your sleeve or inside the jacket when tissues are not readily available.
- Away from people around you as far as possible.

Catch the cough and sneeze with your bare hands

Cough and sneeze without covering your mouth



3 Cough Etiquettes (When you are in places where lots of people; train, workplace, school, etc.)



① Wear a mask (cover your mouth and nose)

② To cover your mouth and nose with tissues, handkerchief, etc.

③ Cover your mouth and nose with your sleeve

## ○ Stay away from the crowded places



## ○ Lead a well-regulated life

