

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.

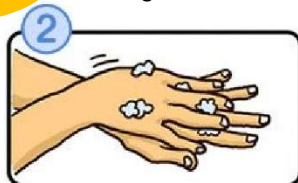
○ Handwashing

Before start washing

- Trim your nails.
- Remove watches and rings.



流水でよく手をぬらした後、石けんをつけ、手のひらをよくこすります。



手の甲をのぼすようにこすります。



指先・爪の間を念入りにこすります。



指の間を洗います。



親指と手のひらをねじり洗います。



手首も忘れずに洗います。

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

○ Wear a face mask

When you put on,



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.

咳やくしゃみを手でおさえる



何もせずに咳やくしゃみをする



3つの咳エチケット 家庭や職場、学校など人が集まる場所でやろう



○ Stay away from the crowded places



○ Lead a well-regulated life

