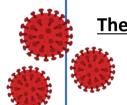# Ways to protect yourself from coronavirus

The coronavirus that is spreading around the world!First of all,what can you be doing for yourself!

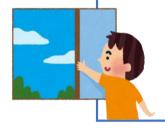## There are three ways to be infected by the virus,let's avoid it!

①Closed places with poor ventilation

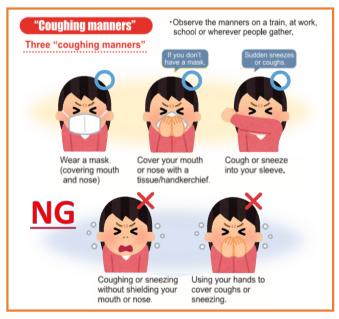②Places where people gather

③Chat very closely with other people

⇒When indoors,ventilate the air frequently to reduce the density of people.
Avoid close conversation,and wear a mask!

★「Hand washing」and「Cough etiquette」are important★

Washing hands

Correct way to wash hands.

Before washing hands
・Keep your fingernails short.
・Remove wristwatches and rings.

1 After thoroughly wetting your hands with running water, apply soap and rub the palms well.

2 Rub the back of your hands up and down.

3 Thoroughly rub the fingertips and nails.

4 Wash between your fingers.

5 Twist and wash your thumbs with the palms of your hands.

6 Don't forget to clean your wrists.

After cleaning with soap thoroughly rinse with water and wipe dry with a clean towel or paper towel.

"Coughing manners"

・Observe the manners on a train, at work, school or wherever people gather.

Three "coughing manners"

If you don't have a mask.

Sudden sneezes or coughs.

Wear a mask. (covering mouth and nose)

Cover your mouth or nose with a tissue/handkerchief.

Cough or sneeze into your sleeve.

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Coughing or sneezing without shielding your mouth or nose.

Using your hands to cover coughs or sneezing.

Coronavirus is transmitted by air and infection by contact.
Let's do what we can do and take care in our daily life.