

HOW TO PROTECT YOURSELF FROM THE NOVEL CORONA VIRUS

We need to work together to prevent the spread of the novel coronavirus!

The things we can do.



Cloth mask

key point

Even when wearing a mask, cough etiquette

key point

Keep your mask clean.

The virus gets out through your mask when you cough or sneeze.

Achoo!

Don't cover your mouth with your hands. Wash your hands if you did.

When you sneeze, cover your mouth with inside of your elbow even when you're wearing a mask.

Wash masks every day.

Don't wear it dirty.

Be sure to **wash your mask every day and replace it with a new one when it gets dirty.**

!!

If you touched it...

Avoid touching your mask.

Wash your hands.

If you touch the mask, wash your hands.

Handwashing

key point

The best way to prevent! Wash with soap for 20seconds.

key point

after washing Dry and moisturize your hands after washing.

Handwashing is the most effective way for virus prevention!

Suppose there're 1million viruses on your hands before washing...

Wash with soap for 10-30seconds + water rinse 15 sec

You can reduce the number of the viruses down to a few hundreds!

Wash your hands for 20 seconds with soap.

When to wash hands

before and after eating. After using the bathroom.

after playing After reading a library book. After touching your mask.

The virus is less likely to spread if you dry your hands well.

Dry

Use a moisturizer at night on your dry hands from washing a lot.

How to wash your hands

How long is 20 seconds? ... Hum the "Happy Birthday" or "twinkle twinkle little star" song from beginning to end.

- 1 Palm to palm
- 2 Back of hands
- 3 Between fingers
- 4 Fingernails
- 5 Base of thumbs
- 6 Wrists

comic by emura yasuko

No discriminating or bullying!

If your friend gets infected, please remember that it **is not his/her fault**, that **he/she is trying hard**, that **he/she is going through a hard time**, and that **after he/she gets better, the virus will not spread from him/her anymore.**



有志によるボランティアチームに翻訳していただきました。

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