

# Please cooperate in measures against infectious diseases.

The basic measures against infectious disease, as well as the novel coronavirus, are washing hands and "coughing manners" including wearing a mask.

## **Washing hands**

#### Correct way to wash hands.



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



Wash between your fingers.

#### **Before washing hands**

- ·Keep your fingernails short.
- Remove wristwatches and rings.



Rub the back of your hands up and down.



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



Thoroughly rub the fingertips and

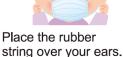


Don't forget to clean your wrists.

### Correct way to wear a mask.



Ensure both your nose and mouth are covered.



Cover up to your nose so there are no gaps.







Ministry of Health, Labour and Welfare