

基本的な感染対策を

体調管理



体調が悪い時は
無理せず休む

こまめに手洗い



食事の前、
トイレの後、
家に帰った時は
まず手洗いを

換気 (空気の入れ替え)



咳エチケット



咳やくしゃみをする時
は、マスクやティッシュ・
ハンカチ、袖などで口
と鼻を覆いましょう

周囲への思いやりを

高齢者や持病のある重症化リスクの高い人と
会う際には より厳重な体調管理と感染防止対策を
心がけましょう

Let's continue to take precautions against infection

Maintain your health



Do not hesitate to take time off if you are ill

Wash your hands frequently



Wash your hands before eating, after using the restroom, and after returning home

Ventilate the room (Make sure fresh air can get in)



Be courteous when coughing



Cover your mouth and nose with a mask, tissue, handkerchief, or sleeve when coughing or sneezing

Be considerate of those around you

If you come into contact with elderly people or individuals with chronic illnesses who are at high risk of becoming gravely ill, be even more stringent in taking measures to help prevent the spread of infection