



# 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.

## 1. Washing hands

### Correct way to wash hands.

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.

### Before washing hands

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

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

## 2. “Coughing manners”

### Three “coughing manners”

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



Coughing or sneezing without shielding your mouth or nose.

Using your hands to cover coughs or sneezing.



Wear a mask. (covering mouth and nose)

Cover your mouth or nose with a tissue/handkerchief.

Cough or sneeze into your sleeve.

### Correct way to wear a mask.

1



Ensure both your nose and mouth are covered.

2



Place the rubber string over your ears.

3



Cover up to your nose so there are no gaps.



Ministry of Health, Labour and Welfare

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