

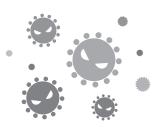
"Coughing manners"

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

In order not to transmit viruses to others.

It is possible that the droplets ejected when you cough or sneeze may contain viruses. Please observe the following "coughing manners".

- · Wear a mask.
- · Cover your mouth and nose with a tissue etc.
- · If you suddenly sneeze or cough do so into your elbow or inside your jacket.
- · Keep as far away as possible from other people.



"Coughing manners"

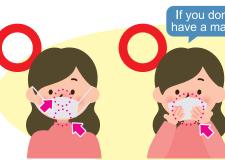
Three "coughing manners"



Coughing or sneezing without shielding your mouth or nose.

Using your hands to cover coughs or sneezing.

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



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.



Ensure both your nose and mouth are covered.

Place the rubber string over your ears.



Cover up to your nose so there are no gaps.







Ministry of Health, Labour and Welfare

