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.

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

### 2. "Coughing manners"

**Three “coughing manners”**

- 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.

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

**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.
Please cooperate in measures against infectious diseases.

“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”

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- Using your hands to cover coughs or sneezing.
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Correct way to wear a mask.

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Prime Minister’s Office of Japan
Ministry of Health, Labour and Welfare
Please cooperate in measures against infectious diseases.

Washing hands

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

As you touch many objects like door knobs and the straps on trains it is possible that the virus is present on them.

**Frequently wash your hands, upon returning home, before and after cooking and before meals.**

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**Washing hands**

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5. Twist and wash your thumbs with the palms of your hands.
6. Don’t forget to clean your wrists.

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**Before washing hands**

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

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After cleaning with soap thoroughly rinse with water and wipe dry with a clean towel or paper towel.
POINT 1
Frequently wash your hands, upon returning home, before and after cooking and before meals!

POINT 2
When you sneeze or cough cover your mouth or nose with a tissue etc. and wear a mask correctly!