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”**

- 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.
- If you don’t have a mask.
- Sudden sneezes or coughs.

**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.