

~Let's prevent Novel Coronavirus and other Infectious Diseases~

Wash your Hands, Cover your Cough and Sneeze!

Handwashing and cough etiquette are essential.

Let's do both properly!



Hand Washing Tips (Keep nails short and remove jewelry)

1. Wet your hands before applying soap or disinfectant. Foam up soap between your palms.



2. Start with the backs and palms of your hands, and wash thoroughly between your fingers, too.



3. Pay attention to the gaps under your nails. A brush is helpful here.



4. Rinse with running water, dry with a clean handkerchief or towel.



Cough Etiquette (three ways to cover your sneeze)

1. Put on a Mask



Cover your face
chin to nose

2. Use a Tissue

No Mask Available



Use a tissue to cover
mouth and nose, throw
away immediately.

3. Use your Sleeve

If Nothing Else



Avert your face, and
cover your mouth with
your elbow.

Adapted from the MHLW website.