

We Kindly Ask for Your Cooperation with Infection Control Measures

Prevention against infection from the novel coronavirus consists of 3 points: [Hand-washing and Gargling], [Proper Etiquette When Coughing] and [Wearing Your Mask Correctly].

● Hand-washing and Gargling

Make a habit of washing your hands and gargling after you return home from being outdoors.

For the correct way to wash your hands, please refer to the attachment.

Hand-washing and gargling are the basics of personal hygiene. Make a habit of washing your hands and gargling when you return home after being outdoors. Wash your hands if you have used them to cover your mouth or nose when coughing or sneezing.

If you cannot wash your hands with running water, using an alcohol type cleanser which can wash and disinfect the fingers is also useful. However, if there is visible dirt on your hands, the disinfecting effect will be inadequate. In such a situation, wash your hands with running water and soap.

● Proper Etiquette When Coughing

If you cough or sneeze, cover your mouth and nose with a tissue or mask. Try not to allow cough and sneeze droplets to come into direct contact with others.

1. If you have symptoms of coughing or sneezing, wear a mask
2. Cover your mouth and nose with a tissue when you cough or sneeze
3. If you do not have a mask or tissue, cover your mouth and nose with your sleeve

● Wearing Your Mask Correctly

1. Securely cover both your mouth and nose
2. Cover your nose with no gaps

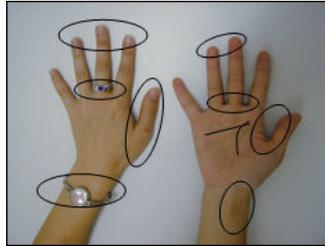
Wash Your Hands Regularly

Create lather with soap and wash your hands as shown below.

Before washing

- ◆ Are your nails cut short?
- ◆ Have you removed your rings and watch?

Check!



Places where dirt easily remains

- ◆ Finger tips
- ◆ Between finger
- ◆ Around the thumb
- ◆ Wrist
- ◆ Wrinkles on your hand

(1) After creating a lather with the soap, thoroughly wash the palms of your hands



(2) Wash the back of your hands



(3) Carefully wash your finger tips and around your nails



(4) Wash between your fingers



(5) Wash your thumbs in a twisting action as below



(6) Don't forget to wash your wrists



Rinse the soap off with running water and dry your hands with a clean towel