

# Protect yourself from the new coronavirus!

The virus spreads through sneezing and coughing and can attach itself to various places such as doorknobs, hand straps on trains, and personal computers.

Germs of many infectious diseases can enter the body through the mucous membranes of the eyes, nose and mouth by touching places other people with the virus have touched.

Removing germs through handwashing is effective in preventing the spread of infections.

## Let's Properly Wash Hands!!



- 1) Wet your hands with water.
- 2) Put some soap in your hand.
- 3) Rub hands together until there are bubbles.
- 4) Rub the back of the hands.
- 5) Rub between fingers.
- 6) Rub around your thumbs.
- 7) Rub your palms and fingertips
- 8) Rub around your wrists.
- 9) Rinse well with water.
- 10) Wipe your hands dry.

Those who have a fever of 37.5 degrees Celsius or higher with symptoms of coughs and phlegm, should contact the Health and Medical Services Center.

Those with the above symptoms, are asked to wear a mask to not spread the virus to others.

Health and Medical Services Center  
Phone: 06-6605-2108