

防控感染症！请予以配合

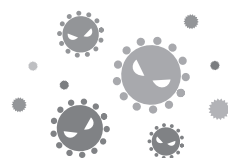
咳嗽礼仪

包括新型冠状病毒在内的感染症的基本对策是“洗手”和“包括佩戴口罩的咳嗽礼仪”。

为了不让他人感染

打喷嚏或咳嗽时，飞沫可能含有病毒。因此咳嗽时要注意下述各点。

- 佩戴口罩。
- 要用纸巾等遮住鼻子和口。
- 突然要咳嗽或打喷嚏时，要用衣袖或上衣的内侧遮住鼻子和口。
- 尽量远离人群。



咳嗽礼仪

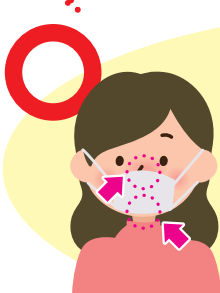
三个咳嗽礼仪

在电车、单位和学校等
多人聚集的地方咳嗽时



什么都不做就咳嗽和打喷嚏

咳嗽和打喷嚏时用手去捂



佩戴口罩
(遮住口和鼻子)



用纸巾或手绢遮住口和鼻子



用衣袖遮住口和鼻子

口罩的正确佩戴方法



1 要确实地遮住鼻子和口



2 将口罩两侧的耳带挂在耳上



3 要覆盖到鼻子，不可留下间隙

首相官邸
Prime Minister's Office of Japan

厚生労働省
Ministry of Health, Labour and Welfare

厚生劳动省

搜索





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包括新型冠状病毒在内的感染症的基本对策是“洗手”和“包括佩戴口罩的咳嗽礼仪”。

① 洗手

正确的洗手方法

洗手前

- 要把指甲剪短
- 取下手表和戒指

1



在流动水下，将双手充分淋湿后，涂上肥皂，充分揉搓手掌。

2



揉搓手掌时，手背要伸直。

3



要充分揉搓指尖和指甲之间。

4



清洗手指与手指之间。

5



握住大拇指与手掌旋转揉搓。

6



不要忘记清洗手腕。

用肥皂清洗完毕后，要用流水清洗干净，然后用清洁的毛巾或纸巾好好地擦干。

② 咳嗽礼仪

三个咳嗽礼仪

在电车、单位和学校等多人聚集的地方咳嗽时



什么都不做就咳嗽和打喷嚏

咳嗽和打喷嚏时用手去捂



佩戴口罩（遮住口和鼻子）

用纸巾或手绢遮住口和鼻子

用衣袖遮住口和鼻子

口罩的正确佩戴方法



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！洗手

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接触门的手把或电车的吊环等物体时，
自己的手可能会沾上病毒。

从外面回到家里时以及做饭前后和吃饭前等，
要好好地洗手。

洗手

正确的洗手方法

洗手前

- 要把指甲剪短
- 取下手表和戒指



在流动水下，将双手充分淋湿后，
涂上肥皂，充分揉搓手掌。



揉搓手掌时，手背要伸直。



要充分揉搓指尖和指甲之间。



清洗手指与手指之间。



握住大拇指与手掌旋转揉搓。



不要忘记清洗手腕。

用肥皂清洗完毕后，要用流水清洗干净，
然后用清洁的毛巾或纸巾好好地擦干。

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Please cooperate in measures against infectious diseases.

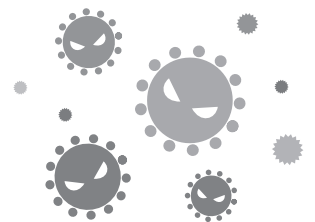
! “Coughing manners”

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.

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.

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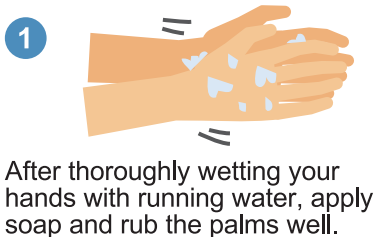


Please cooperate in measures against infectious diseases.

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”



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Using your hands to cover coughs or sneezing.



Wear a mask. (covering mouth and nose)

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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.

Washing hands

Correct way to wash hands.

Before washing hands

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



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.



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关键 1

从外面回到家里时以及
做饭前后和吃饭前等，
要好好地洗手！



关键 2

打喷嚏或咳嗽时，要用纸巾等
遮住口和鼻子，并要正确地佩
戴口罩！

防控感染症 



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!


**Measures
against infectious
diseases**