

「New Lifestyle advice」 from Shinshu (Nagano)

3 basic rules to stop spreading the virus and avoid infection

① Social distancing

- ☐ Stay six-feet (2 meters) from others or at least 3 feet(1 meter) .
- ☐ When going to play, choose outdoors instead of indoors.
- ☐ Avoid talking face-to-face to another person.



② Wear a mask or cloth face coverings and practice proper Cough Etiquette

- ☐ When going out in public settings or using public transportation.
- ☐ When talking in person or by phone with other people nearby.

The mask must cover the nose and the chin.

5 min talking is the same as 1 coughing

If you don't have a mask, cover your nose and your mouth with a tissue

Cover your mouth and nose when you cough or sneeze using the inside of your elbow

③ Wash hands often and disinfect your fingers

- ☐ First thing back home, wash your hands and then your face.
- ☐ Change clothes soon and if possible take a shower.
- ☐ Wash the hands with water and soap for at least 30 seconds.



3 examples of Cough Etiquette

Handwashing tips.

Before washing your hands

- Keep your nails short.
- Took off your rings or watch.



Wet your hands with running water, apply soap and scrub your hands.



Scrub the backs of your hands.



Scrub your fingertips and under your nails.



Scrub between your fingers.



Scrub your thumb with circular movements.



Remember to scrub your wrists.

Let's avoid the Three Cs.

●Closed spaces with poor ventilation.

- ☐ Increase circulation of outdoor air, by opening windows and doors frequently.

●Crowded places with many people nearby.

- ☐ Even at outdoors locations, avoid large group activities (walking or jogging with a few people is OK) .
- ☐ Keep social distancing while on restaurants.

●Close-range conversations.

- ☐ Avoid dining out with many people together.
- ☐ Limit seating capacity by letting one seat unoccupied between seats.
- ☐ Refrain from talking while on the elevator or inside the train, etc.



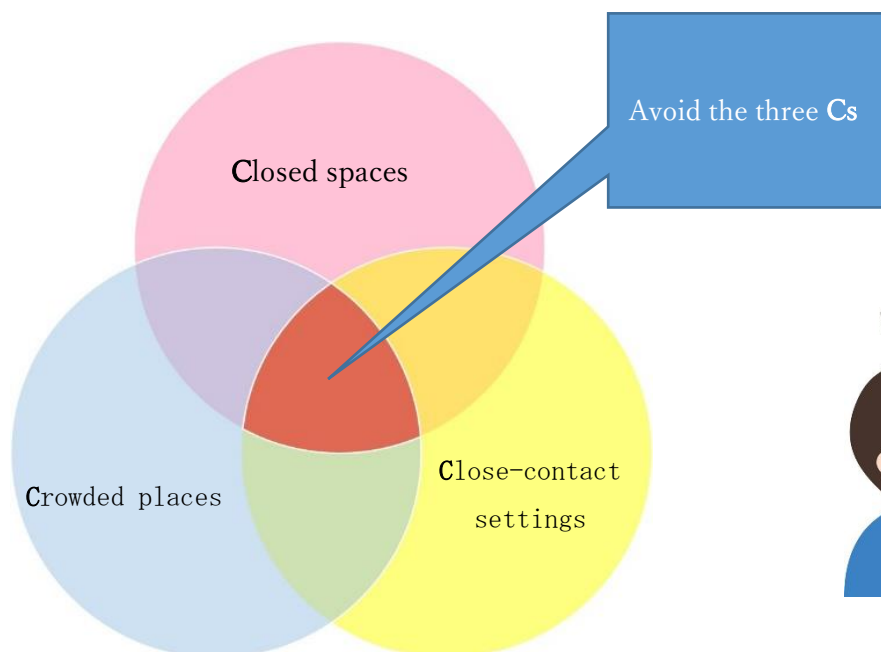
Avoid Closed spaces



Avoid Crowded places



Avoid Close-range conversations



- ◎ If something concerns you, don't hesitate to call the Hokenjo to ask for guidance.
- ① You have a cough, pain in the throat, feel tired, with fever or other symptoms.
  - ② A friend or a family member is infected with coronavirus or took a PCR test, and so on.

If you show symptoms, please keep distance from other people !

Consultation : Ueda Hokenjo    0268-25-7135 ( 24 hours service)

If you cannot speak Japanese please call 0120-691-792 (from 8:30 am to 17:15 pm)

※ We protect your privacy.

※ If you get coronavirus, the Hokenjo gives support so you can receive medical care, etc.