

防控感染症！请予以配合

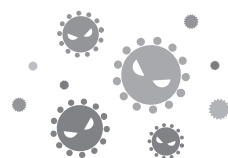
# 咳漱礼仪

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

## 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。



### 咳漱礼仪

### 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



Please cooperate in measures against infectious diseases.

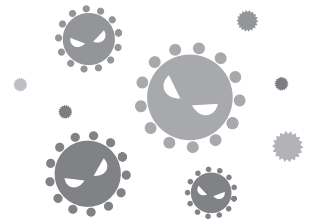
# ! “Coughing manners”

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”

- Observe the manners on a train, at work, school or wherever people gather.



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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# 防控感染症！请予以配合

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

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在电车、单位和学校等  
多人聚集的地方咳嗽时



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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

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搜索





# 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.

### Before washing hands

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

After cleaning with soap thoroughly rinse with water and wipe dry with a clean towel or paper towel.

## 2. “Coughing manners”

### Three “coughing manners”

- Observe the manners on a train, at work, school or wherever people gather.



Coughing or sneezing without shielding your mouth or nose.

Using your hands to cover coughs or sneezing.



Wear a mask. (covering mouth and nose)

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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



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。

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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

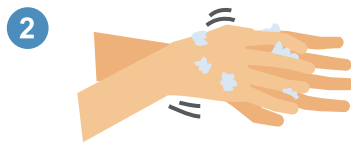
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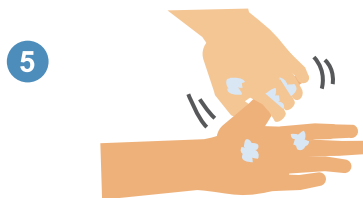
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4 Wash between your fingers.



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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**