

Keep your hands disinfected !!

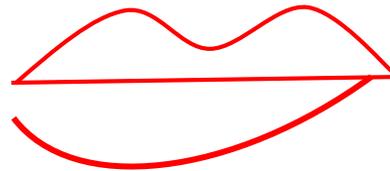
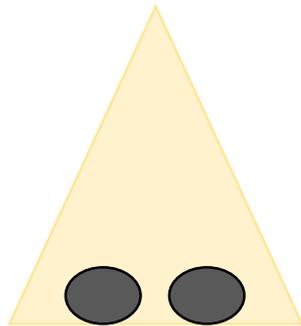
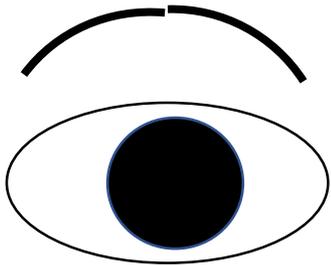
- When entering a room
- When leaving a room



At the entrance of every room

Keep your hands disinfected !!

- Before and after touching one's eyes, nose or mouth



At the entrance of every room

Keep your hands disinfected !!

- When arriving to a floor
- When leaving a floor



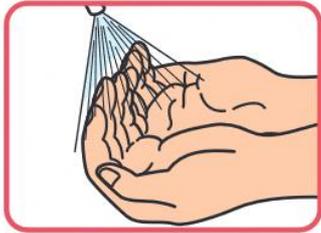
At the entrance of every floor

Keep your hands disinfected !!

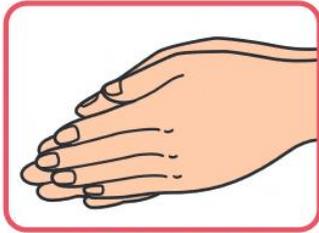
- Before entering the shower
- When leaving the shower



At the entrance of the shower



① 噴射する速乾性手指消毒剤を指を曲げながら適量手に受ける



② 手の平と手の平を擦り合わせる



③ 指先、指の背をもう片方の手の平で擦る(両手)



④ 手の甲をもう片方の手の平で擦る(両手)



⑤ 指を組んで両手の指の間を擦る



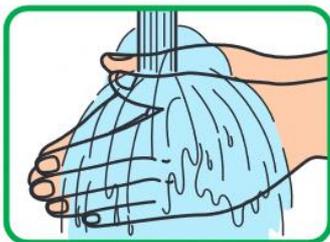
⑥ 親指をもう片方の手で包みねじり擦る(両手)



⑦ 両手首までていねいに擦る



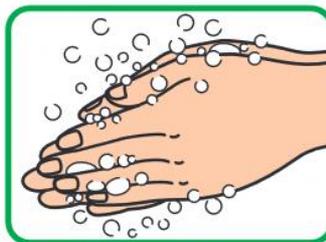
⑧ 乾くまで擦り込む



1 まず手指を流水でぬらす



2 泡せっけん液を適量手の平に取り出す



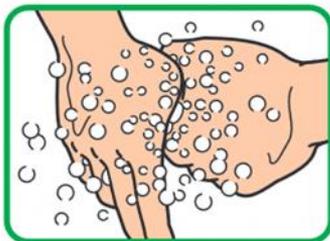
3 手の平と手の平を擦り合わせよく泡立てる



4 手の甲をもう片方の手の平でもみ洗う(両手)



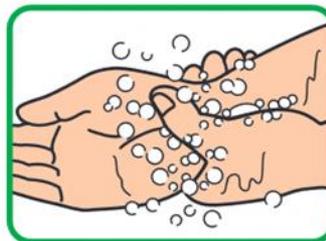
5 指を組んで両手の指の間をもみ洗う



6 親指をもう片方の手で包みもみ洗う(両手)



7 指先をもう片方の手の平でもみ洗う(両手)



8 両手首までていねいにもみ洗う



9 流水でよくすすぐ



10 ペーパータオルでよく水気を拭き取る

Wash your hands with soap and water!!

- After using the toilet



At toilets and sinks



Wash your hands with soap and water!!

- Before cooking
- Before meals



Where meal preparation and dining are done

Wash your hands with soap and water!!

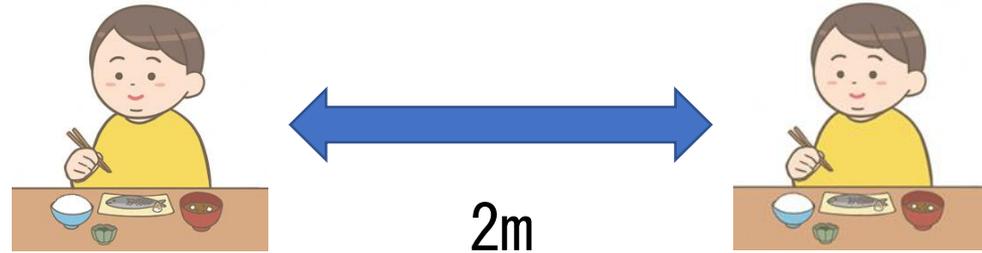
- After disposing of garbage



Near garbage bins

Countermeasures during Meals

- Refrain from conversation.



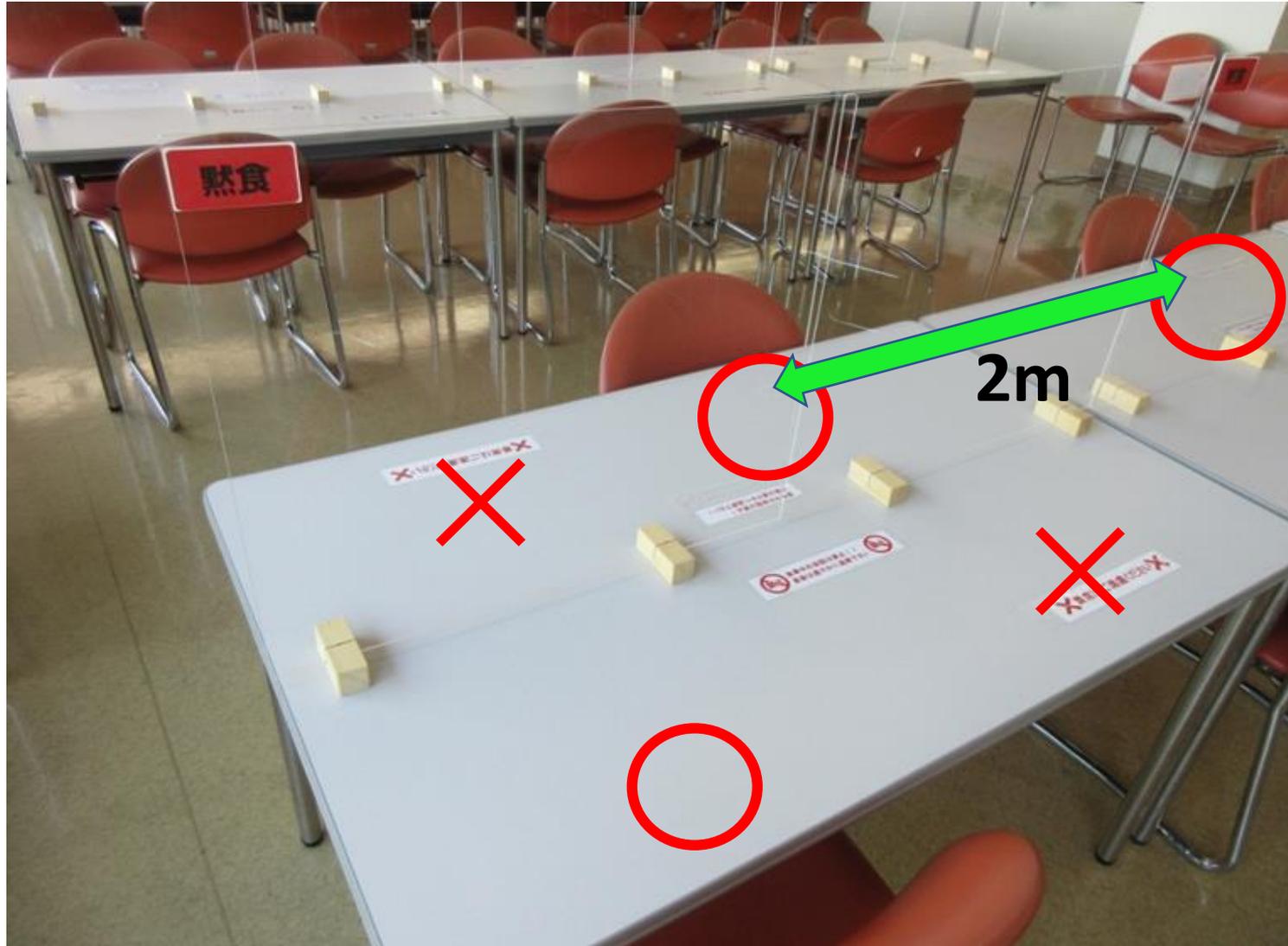
- Wear a mask after finishing one's meal.



- Tidy up all plates and utensils, and thoroughly disinfect areas of the table that are touched often after every meal.

【Microwave, Refrigerator, Rice Cooker, Faucet etc.】

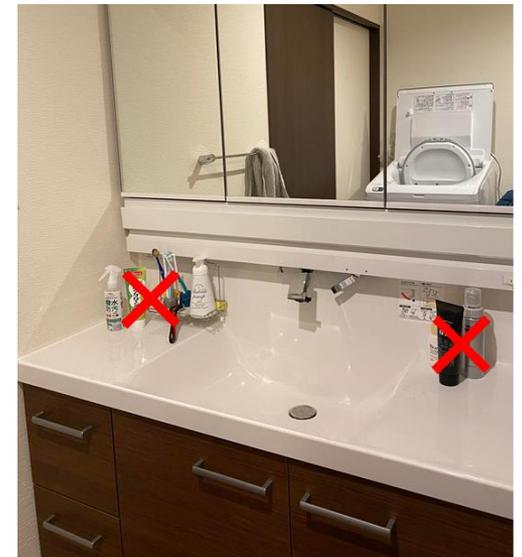
Countermeasures during Meals



Instructions for Using the Sink

- Only one person should be using the sink at a single time.
- Do not leave your personal belongings on the sink.

【Tooth Brush • Razor • Face Wash etc.】



Instructions for Using the Sink

- Do not leave any personal belongings in the shower.

【Face Wash etc.】

- Clean daily after use.



Cleaning the Toilet

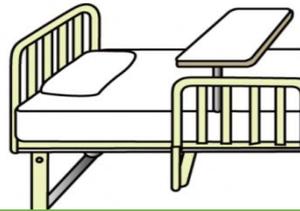
- Clean daily.
- Thoroughly clean and disinfect areas that are touched often.



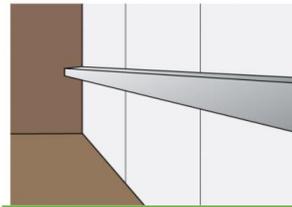
Environmental Cleaning

Wipe areas that are touched often 2 or more times per day.

(Use a cleaner that contains surfactant and alcohol wipes)



Bed shelves/
Over-bed tables



Handles



Switches



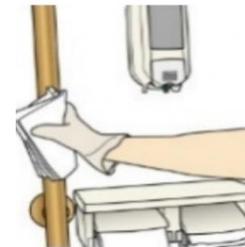
Door knobs



Water
Faucets



Toilet flush
handles

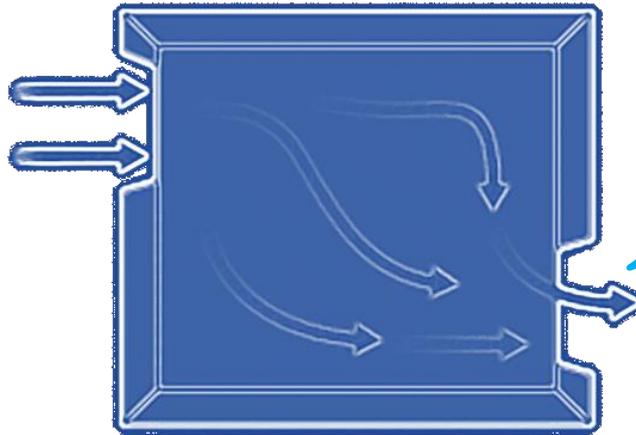


Toilet handrails

Let's Ventilate

- Ventilate regularly.
- Creating an air current increases effectiveness.

Open windows slightly.



Keep doors wide open.

Appropriate Way to Wear a Mask

- The mask should fully cover the area from one's nose to their chin.
- Wear a mask that fits appropriately, as to not create any openings.
- Sanitize your hands before and after touching your mask.



Nose is exposed.



Nose and mouth are exposed.

