

# Keep your hands disinfected !!

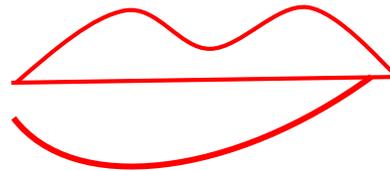
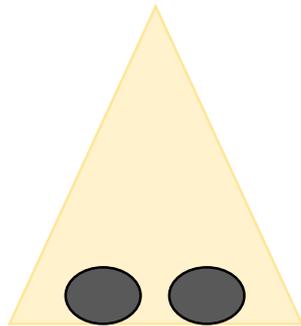
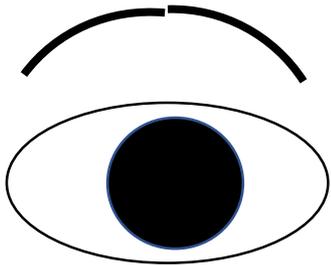
- When entering a room
- When leaving a room



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



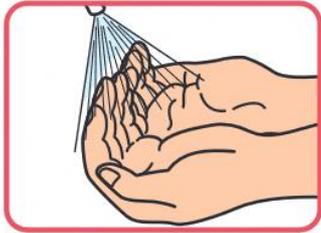
At the entrance of every floor

# Keep your hands disinfected !!

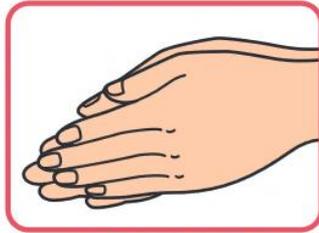
- Before entering the shower
- When leaving the shower



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



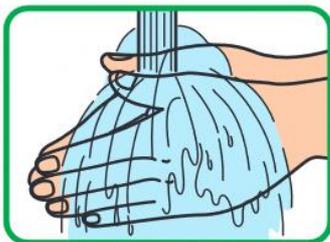
⑥ 親指をもう片方の手で包みねじり擦る(両手)



⑦ 両手首までていねいに擦る



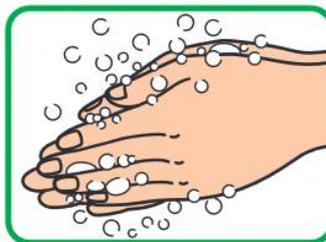
⑧ 乾くまで擦り込む



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)



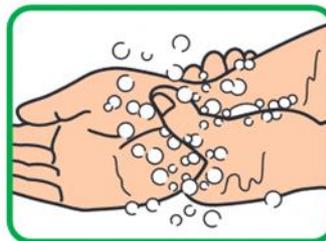
5 指を組んで両手の指の間をもみ洗う



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

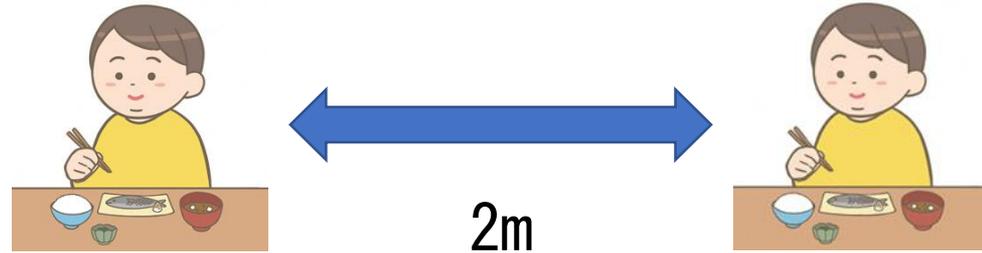


Near garbage bins

# Countermeasures during Meals

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- Refrain from conversation.



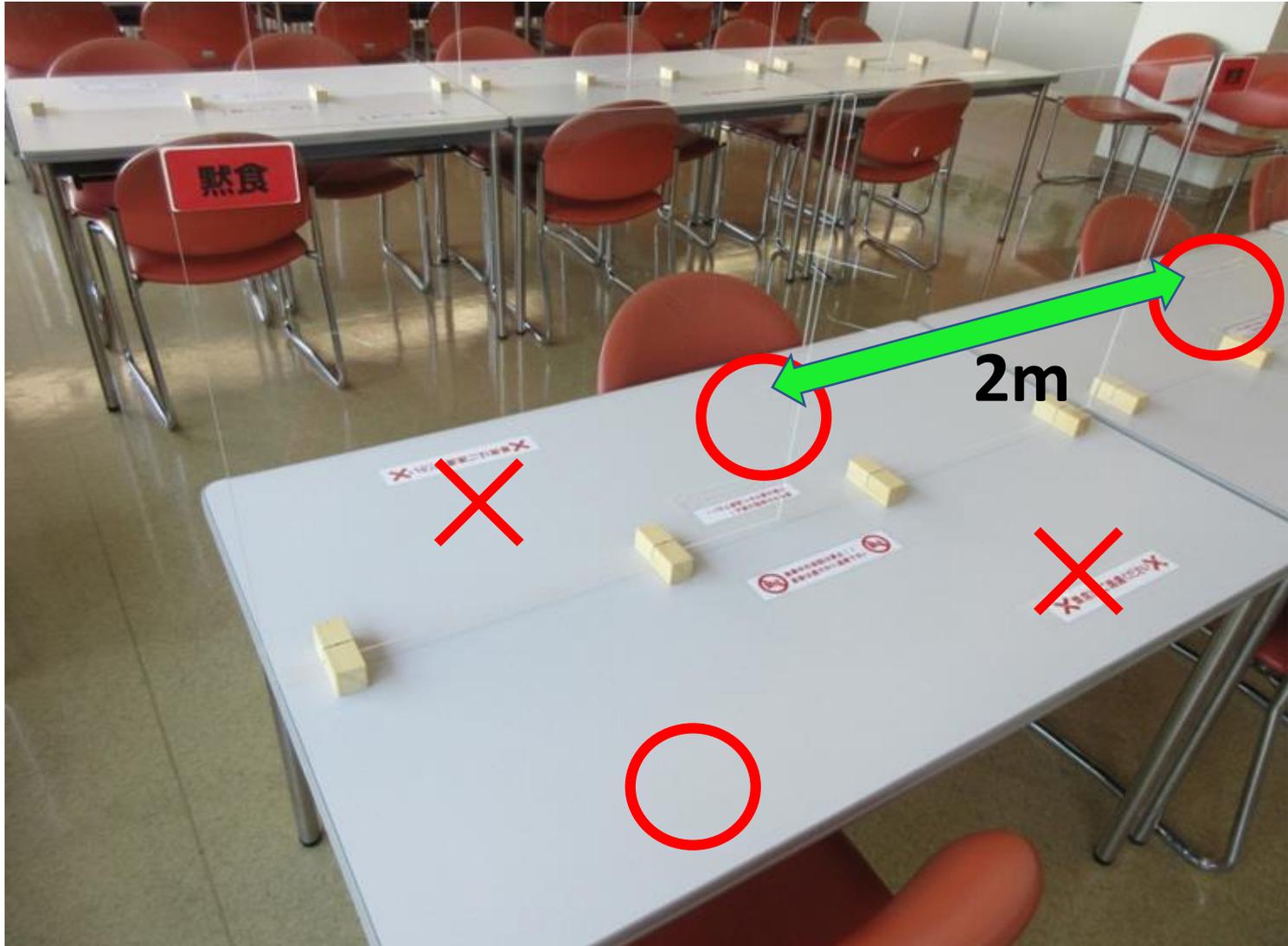
- Wear a mask after finishing one's meal.



- 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

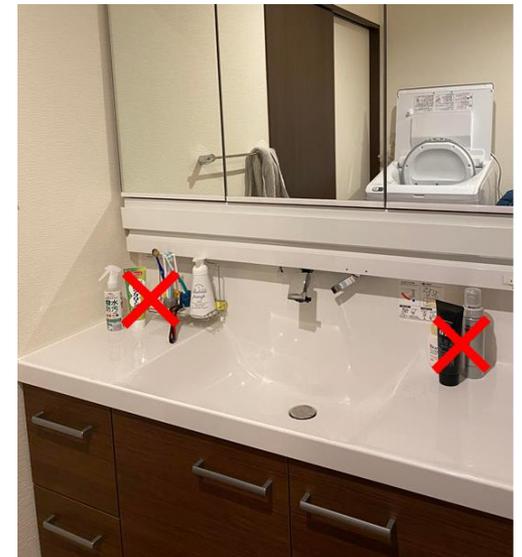


# Instructions for Using the Sink

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- 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

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- Do not leave any personal belongings in the shower.

【Face Wash etc.】

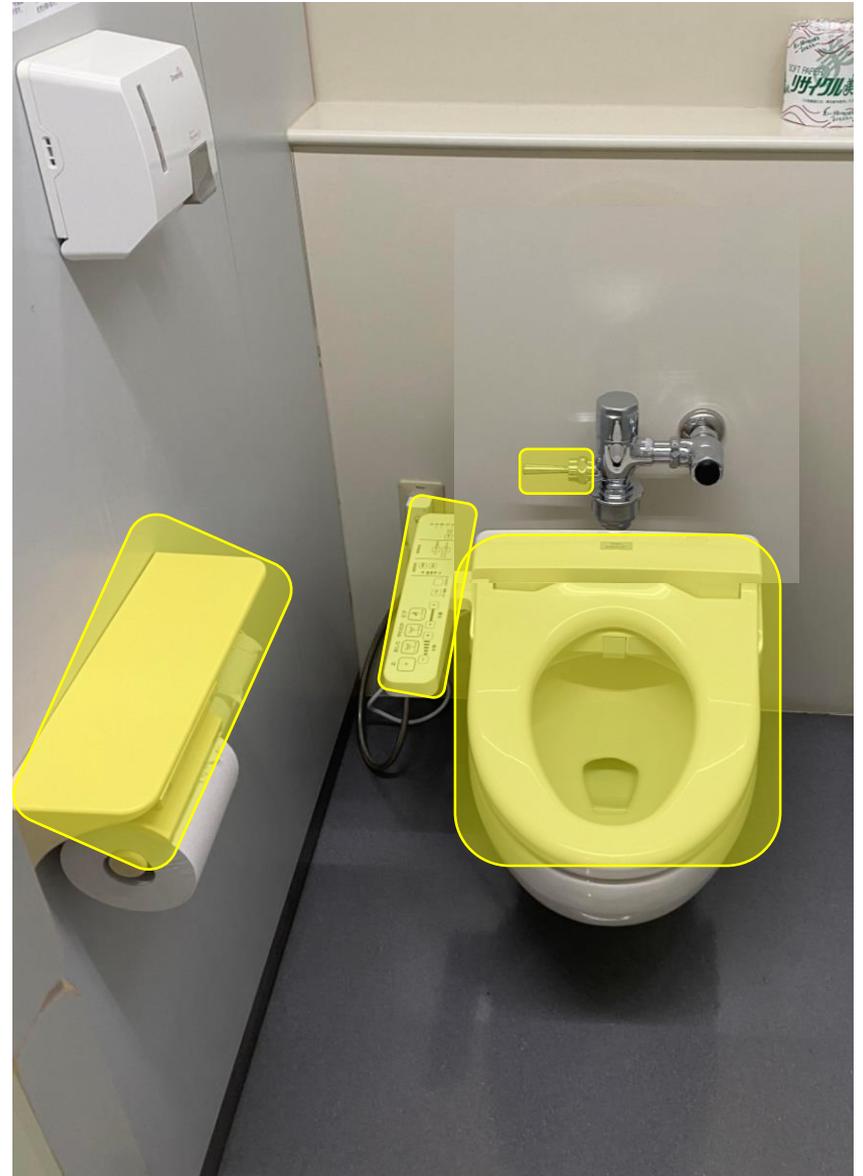
- Clean daily after use.



# Cleaning the Toilet

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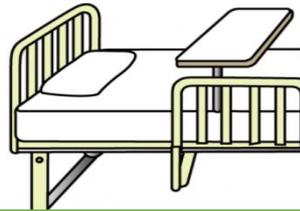
- Clean daily.
- Thoroughly clean and disinfect areas that are touched often.



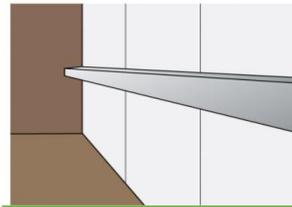
# Environmental Cleaning

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

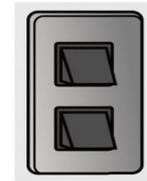
(Use a cleaner that contains surfactant and alcohol wipes)



Bed shelves/  
Over-bed tables



Handles



Switches



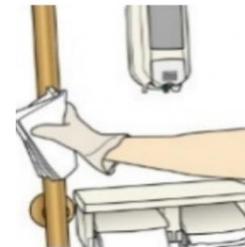
Door knobs



Water  
Faucets



Toilet flush  
handles



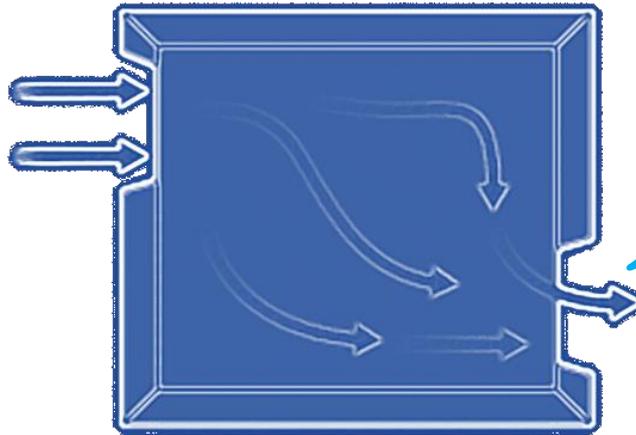
Toilet handrails

# Let's Ventilate

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

Open windows slightly.



Keep doors wide open.

# Appropriate Way to Wear a Mask

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- 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.

