



よく寝る
sleep well



よく食べる
eat well



運動をする
exercise

感染予防のために、 できること。

The new Coronavirus
新型コロナウイルス

COVID-19



ひんぱんに手を洗う
wash your hands
frequently



目鼻口をさわらない
don't touch your face



鼻と口をおおう
cover your nose and mouth



距離を取る
maintain social distancing



かぜ気味なら休む
stay home when you're sick



@ancov2020

SNS # 感染予防のためにできること

www.bowlgraphics.net/covid19

note.com/ancov

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