

Prevent Infectious Diseases!

Infectious diseases caused by the novel coronavirus, cold, the flu...

They have been growing and going around the world. Wear a mask, cover your mouth and wash your hands. Keep yourself safe from these diseases.

◇For Virus Safety◇

- Make it a rule to wash your hands with water and soap.
- Wash your hands when you are back home or after coughing. Don't touch the mouth, nose or eyes before hand-washing.
- Cover your mouth and nose with tissues before coughing. Be considerate of other people and wear a surgical mask.
- Don't stay in a crowd of people.



The novel coronavirus could be around you. Don't let it get you!

ADVICE...Stay at home unless you need to go out. Stay out of the three "C" situations below. Stay safe from the virus.

◇Three C's◇

- "**CONFINED**" — Small area with poor ventilation
- "**CROWDED**" — Small area with a lot of people
- "**CLOSE**" — Talking face-to-face in close physical contact



Get info about novel coronavirus↓↓

○National Institute of Infectious Diseases

<https://www.niid.go.jp/niid/ja/from-idsc/2482-corona/9305-corona.html>

Hospital? Ambulance?

Do you know what to do with your sickness or injury? Our **Tokyo EMS Guide** can help you.

Make it your constant companion!

[Tokyo EMS Guide] https://www.tfd.metro.tokyo.lg.jp/hp-kyuuumuka/en_guide/main/index.html