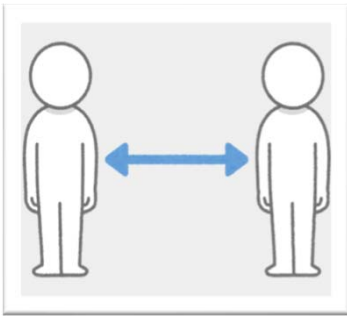


「New Lifestyle in facing Covid」Ex. below

3 Basic Steps to Prevent Infection



①

maintain
at least 1m distance
from each other



②

wearing of
mask



③

handsoap
always
(30 sec.)

Daily habits and precautions to take

- ✓ Body condition and thermal check every morning.
- ✓ When you get home, wash your face & hands first. If possible take a shower or change clothings.
- ✓ Do frequent open air ventilation.
- ✓ In case you get infected, make sure to memo your activities and the persons you meet.
- ✓ Avoid going to other prefecture.
- ✓ Shop alone or in less number of group during uncrowded hours.
- ✓ Use delivery or take-out orders if possible.



With COVID-19
「STAY信州」



知らないうちに、拡めちゃうから。

STOP!
感染拡大
— COVID-19 —