

# Preventing Infection with Hand-Washing

Hand sanitizer



Use hand sanitizer with alcohol if you can't wash your hands with running water.

画像出典：厚生労働省 (<http://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou01/keihatu.htm>)

## How to sanitize your hands and fingers:

出典：「日本環境感染学会教育ツールVer.3.1より引用」



1 Spray about 3ml of hand sanitizer into your hands (1 pump is enough).



2 First, rub the sanitizer into the tips of your fingers.



3 Then rub the palms of your hands together.



4 Rub the sanitizer on the backs of your hands, too.



5 Then, rub it between your fingers.



6 Rub it on your thumbs, as well.



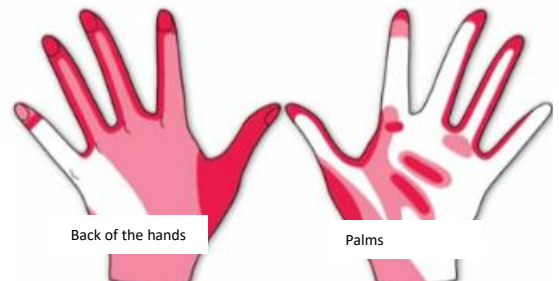
7 Don't forget to rub it on your wrists, too, until it dries.

The point is to sanitize from your fingertips.

You should especially wash your hands **before eating**, **before cooking**, and **after using the bathroom!**

Parts that are usually left unwashed.

Parts that are usually left a little bit unwashed.



Back of the hands

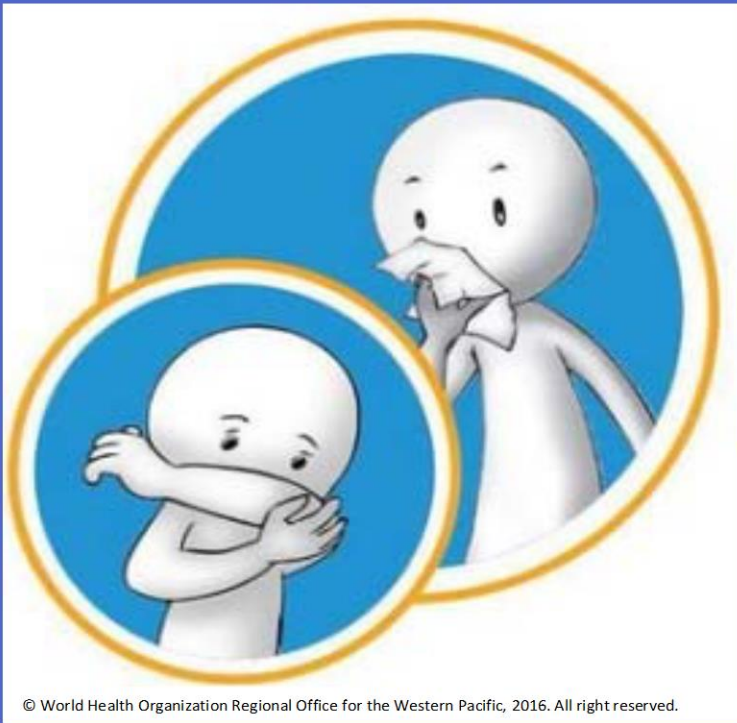
Palms

# Preventing Infection with Coughing Etiquette

## What is "coughing etiquette?"

Coughing etiquette is having manners not to spread sickness to those around you when you cough or sneeze.

What should you do if you don't have a mask?



1. Cover your mouth and nose **with a tissue** when you cough or sneeze.

2. Cover your mouth and nose **with your upper arm** when you don't have a tissue.

When you do have a mask, be sure to wear it properly.

The proper way to wear a mask:



Securely cover both your mouth and nose.



Wrap the bands behind your ears.



Cover your nose and avoid any openings.

画像出典：政府広報 ([http://www.gov-online.go.jp/useful/article/200909/img/06\\_04.gif](http://www.gov-online.go.jp/useful/article/200909/img/06_04.gif))