

Prevention against infection!

Hand washing / Gargle / Coughing etiquette

**Wash your hands frequently** with liquid soap!  
Use alcohol disinfectant as well.

### To prevent against infection

- Gargle when you come home from outside.
- Wear a face mask appropriately.
- When coughing, cover your mouth and nose with a handkerchief, etc., with your face away from others around you.
- Keep your room humidity level rather high.

Wash  
hands  
thoroughly.



① Rub both palms of your hands together



② Make sure to scrub on the back of your hands,



③ Especially carefully finger tips,



④ Thoroughly between fingers,



⑤ Thumb and palm, as well as



⑥ Wrists.