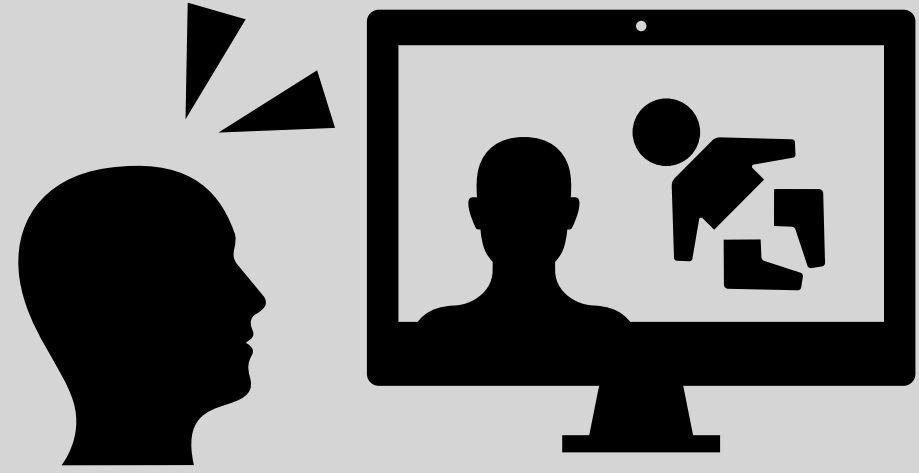


## オンラインで 帰省・飲み会を

Online communication with your family or friends.



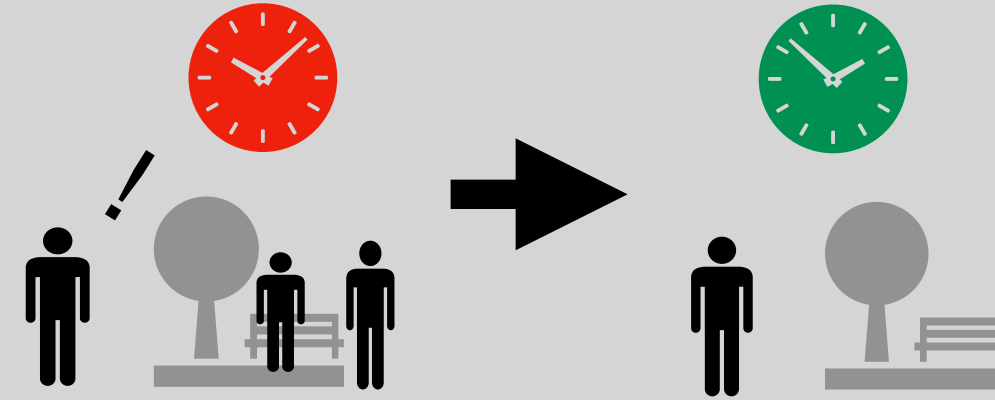
## 買い物は出来る限り 世帯ひとりで

Shop alone, not in groups.



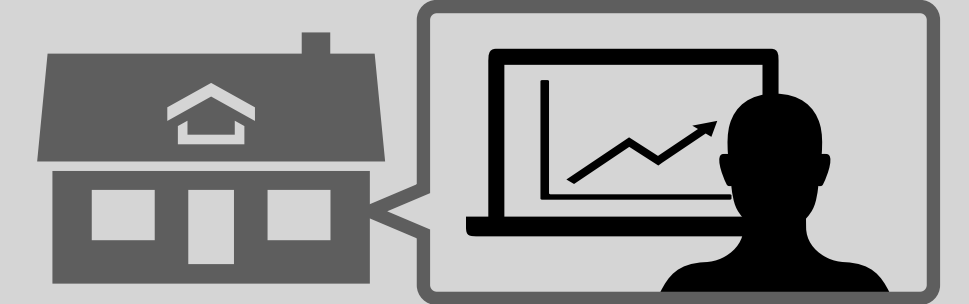
## 公園はすいている 場所と時間帯に

Avoid using parks if they are crowded.



## リモートワークが できる仕事は在宅で

Work from home if you can.



## 咳エチケットを守り 安全な距離で会話を

When talking, keep a safe distance from others and cover your cough.



## 新型コロナウイルス感染症対策 STOP COVID-19

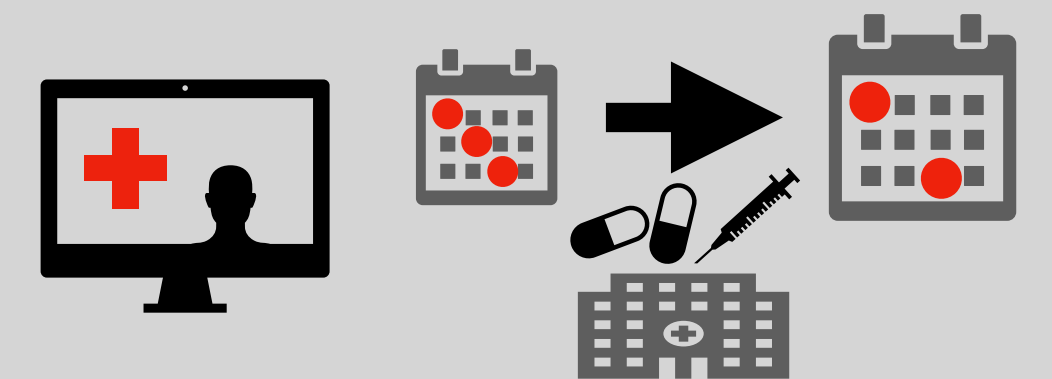
# 人との接触を 8割減らすには

## TIPS FOR SOCIAL DISTANCING

### 10のポイント

## 遠隔診療の利用や 定期受診の間隔調整

Use telemedicine services, reduce the frequency of regular visits to the doctor if you can.



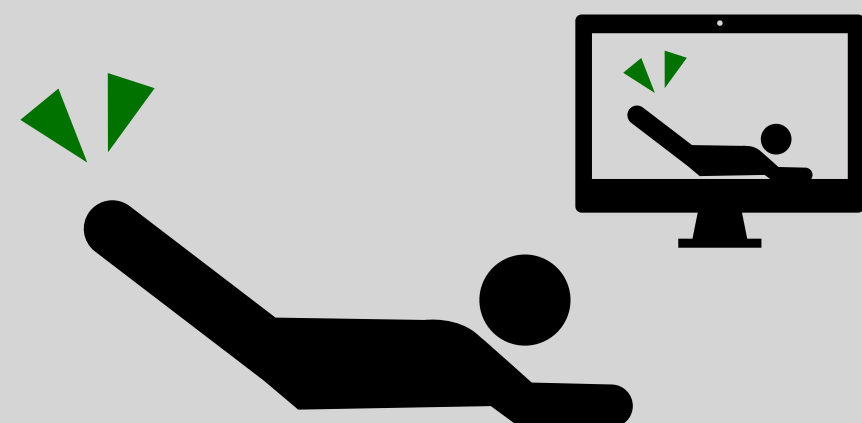
## テイクアウトや各種 宅配サービスを活用

Use takeout and delivery services.



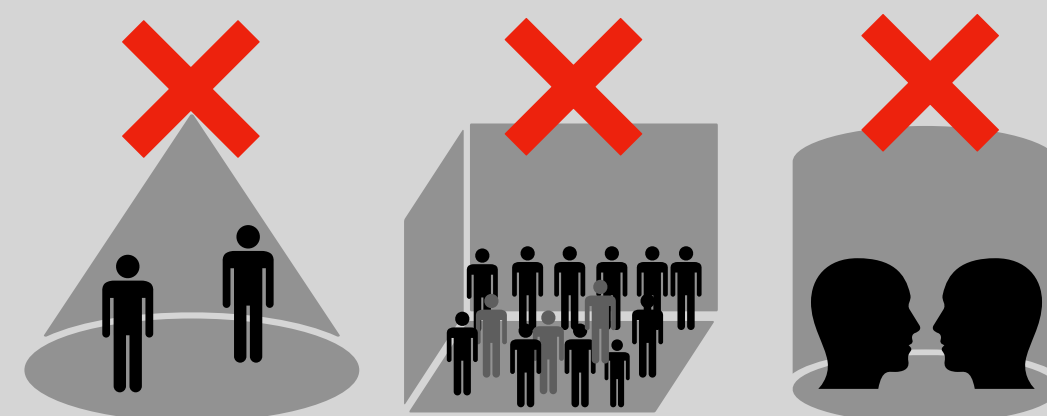
## 筋トレやヨガは 自宅で動画を活用

Use online exercise videos to stay physically and mentally healthy.



## 密閉空間、密集場所、 密接場面(3密)を避ける

Avoid enclosed spaces, crowded places, close contact.



## おもいやりも、 お忘れなく

Respect each other with your warm heart.

