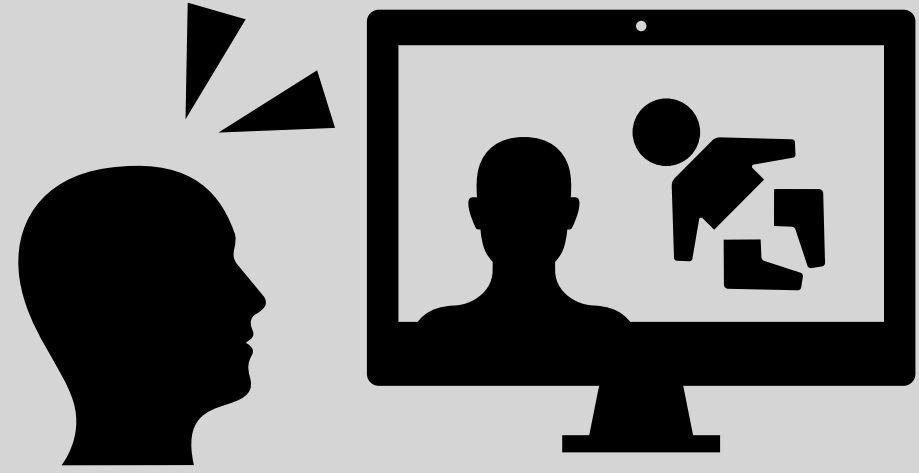


オンラインで 帰省・飲み会を

Communicate online
with your family or friends.



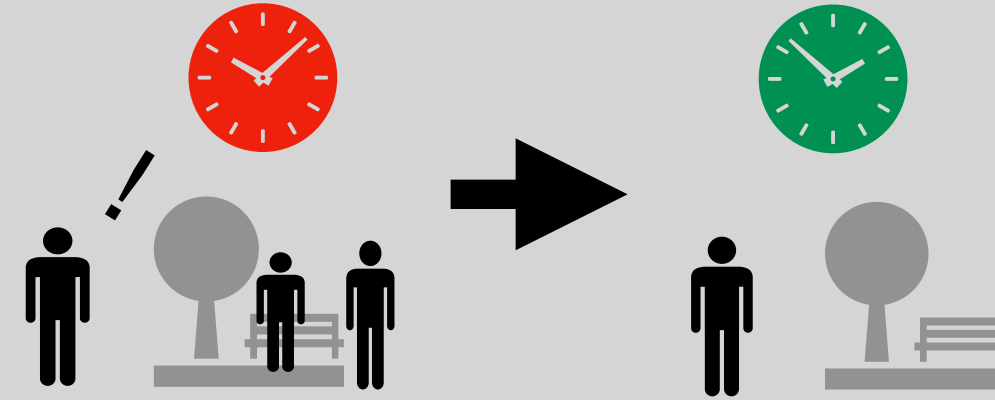
買い物は出来る限り 世帯ひとりで

Shop alone, not in groups.



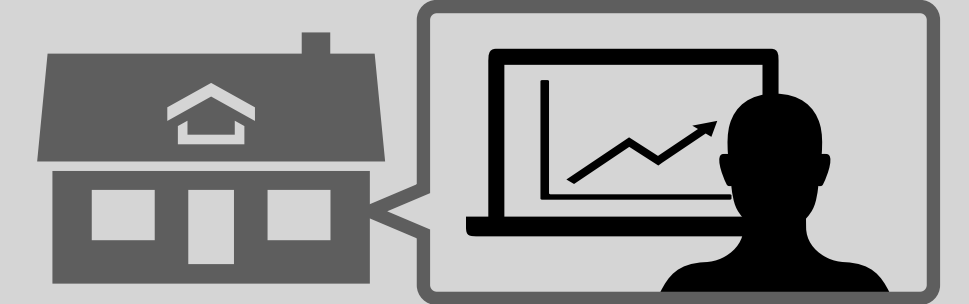
公園はすいている 場所と時間帯に

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

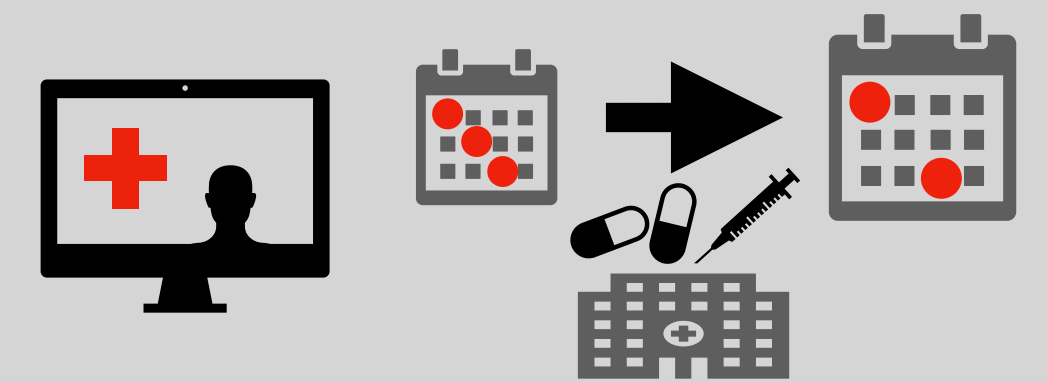
人との接触を 8割減らすには

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 and
reduce the frequency of regular
visits to the doctor if you can.



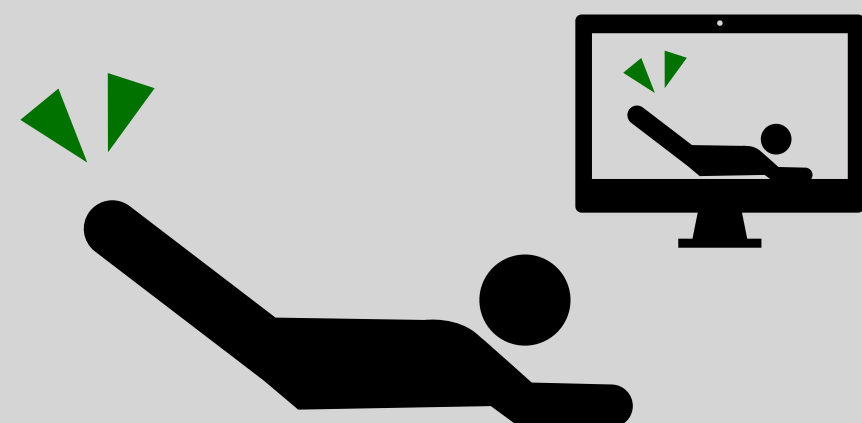
テイクアウトや各種 宅配サービスを活用

Use takeout and delivery
services.



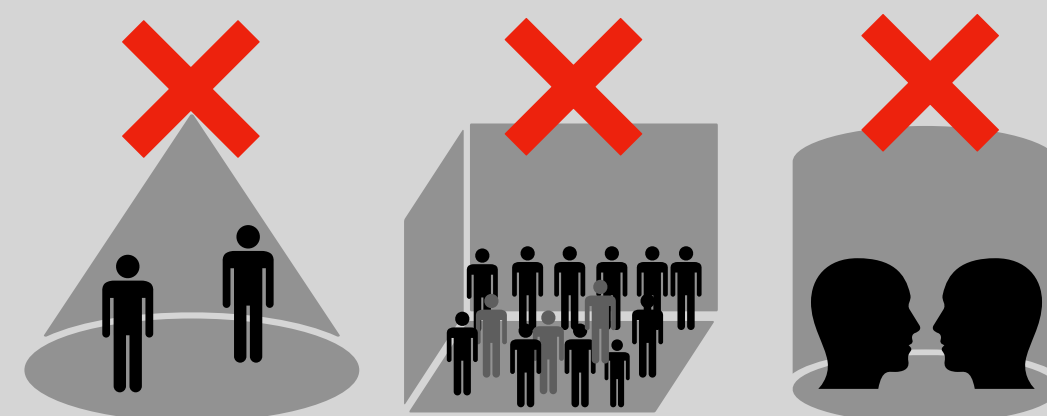
筋トレやヨガは 自宅で動画を活用

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.

