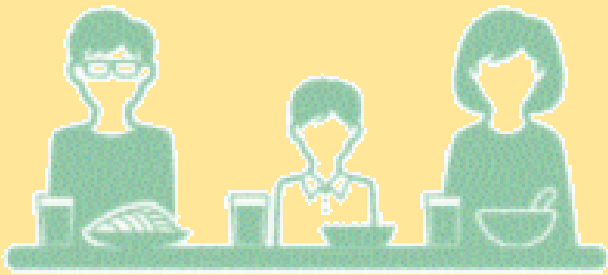


Let's change our lifestyles

to protect ourselves and our families and friends!

Meals

- ✓ Stop sharing from the same plate.
- ✓ Avoid talking while eating.



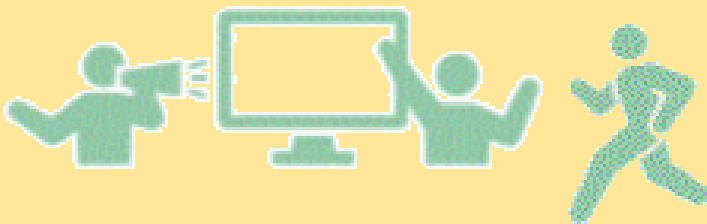
Shopping

- ✓ Use online shopping or electric payment.
- ✓ Plan purchases beforehand and minimize shopping time.



Sports

- ✓ Jog alone or in small group.
- ✓ Cheer from a distance or online.

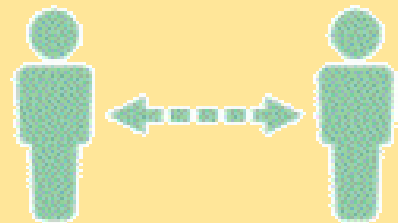
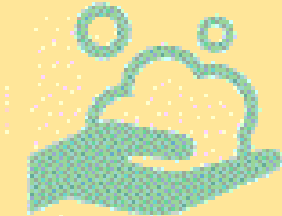


Prevention: How to prevent being infected

Wash hands.

Wear a face mask.

Keep a two meter distance.



Information: Ota City, Health Promotion Division “*Kenko Zukuri-Ka*”

Tel. **0276-46-5115**