

Ota City Prevention of COVID-19

8 Articles to protect yourself

1 Avoid Crowded places, Close-contact and Closed spaces (3Cs), and body contact with other people (such as hugging and kissing)

Please avoid gathering with many people in poor ventilation and close-contact settings.

2 Wash your hands carefully and frequently with running water and soap

When you cannot wash your hands, please use hand sanitizer.

3 Sanitize the high-touch surfaces frequently

Keeping the high-touch surfaces clean such as tables, door knobs, light switches, and toilets is important.

4 Do not talk while eating and drinking

Please start conversations with a mask on after eating and drinking. Also, avoid sitting and facing each other while eating and drinking.

5 Keep taking your body temperature every day and manage your physical condition

Take your body temperature and do NOT go to work or to school if you are not feeling well.

6 Wearing a mask is indispensable countermeasure against the COVID-19

Covering up your mouth and nose with a mask will prevent droplet transmission such as sneezing.

7 Maintain physical distancing

Avoid crowded places, nonessential and non-urgent outings. Keep a distance of 2 meters between two persons.

8 Ventilate frequently

Frequent ventilation is important for the countermeasures for COVID-19 regardless of the seasons.

**Please cooperate with preventing the spread of COVID-19!!
Let's protect the health of you and your family.**