

# STOP! 感染再拡大

感染力の強い変異株にも、基本的な感染予防策が有効です。

These basic preventative measures are also effective against highly infectious COVID-19 variants.

## 正しく使おう **マスク!** Use your **MASK** properly!

POINT



鼻の形に合わせて  
すき間をふさぐ  
Fit the wire to  
the shape of  
your nose.



あご下まで伸ばし顔に  
すき間なくフィットさせる  
Cover your chin with the  
mask and **make sure there  
are no gaps between your  
face and the mask.**

**会話時は必ず着用!**  
Be sure to wear a mask  
during conversations!

- 鼻出しマスク **×**
- あごマスク **×**
- 着いたら外側は触らない
- 品質の確かな、できれば不織布を
- Do not expose your nose or mouth **×**
- Do not touch the surface of your mask.
- Try to use a non-woven mask.

## こまめにしよう **手洗い・手指消毒!** Wash or disinfect your hands!

- 公共物を触ったあと
- 食事の前後
- 公共交通機関の利用後
- After touching public objects.
- Before and after a meal.
- After using public transportation.

## 目指そう **ゼロ密!** Avoid the "Three Cs"!

