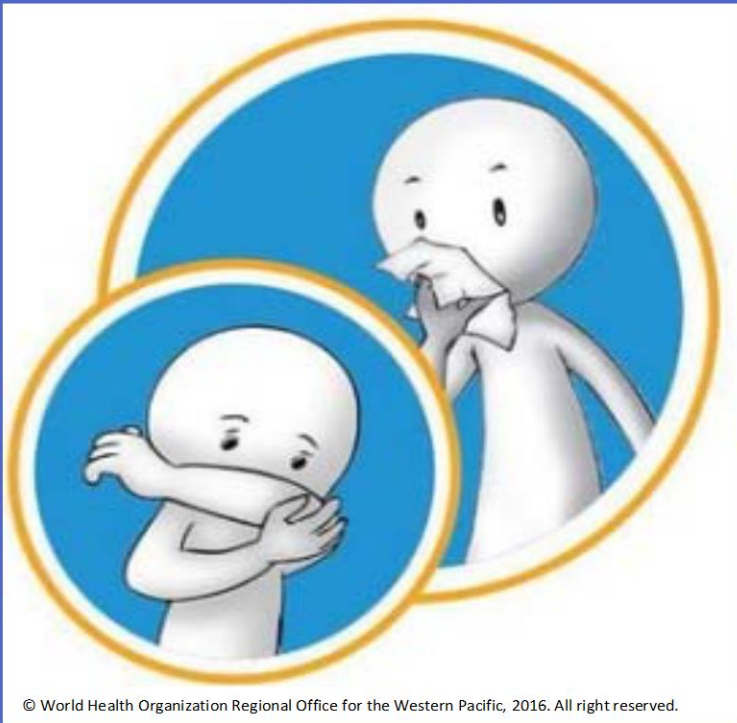


Preventing Infection with Coughing Etiquette

What is "coughing etiquette?"

Coughing etiquette is having manners not to spread sickness to those around you when you cough or sneeze.

What should you do if you don't have a mask?



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1. Cover your mouth and nose **with a tissue** when you cough or sneeze.

2. Cover your mouth and nose **with your upper arm** when you don't have a tissue.

When you do have a mask, be sure to wear it properly.

The proper way to wear a mask:



Securely cover both your mouth and nose.



Wrap the bands behind your ears.



Cover your nose and avoid any openings.

画像出典：政府広報 (http://www.gov-online.go.jp/useful/article/200909/img/06_04.gif)