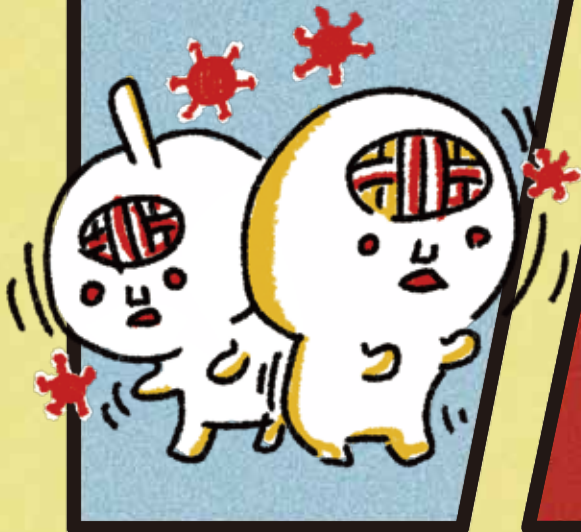


Avoid closed rooms and crowded areas as much as possible.



Do not touch unnecessarily



Let's ventilate the room. Let's open the car window just a little.

Disinfect with alcohol



Mask



Wash your face and hands

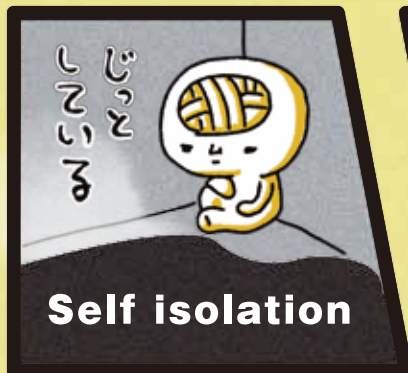


Is something wrong?
I have a sore throat.
I have a cough.
I feel feverish.
My food tastes different.



I feel exhausted.
If you feel something is wrong,
consult your doctor and get
tested as soon as possible.

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Self isolation

Don't go out



And don't forget to eat your udon noodles!!!!!!



Fight back the COVID-19 and survive! ~コロナサバイバル~

CORONA SURVIVAL TACTICS



Mask

It is safer to wear a mask. Masks can even be made with just rubber bands and a piece of cloth.



Washing hands

Let's Wash and scrub your hands as frequently as possible. This can be quite effective.



Disinfect

Let's disinfect frequently when going out. It may be a good idea to keep at hand your own hand sanitizer.



Ventilation

Let's avoid closed rooms and ventilate as much as possible. Also, let's keep the windows in the car open while inside.



No big gatherings

Don't gather in large numbers. It is best to keep a two meter distance from others.



Stay at home

Let's stay at home unless you have something important to do.



Don't touch

Let's try not to touch anything around us!



Stay wary

If you feel ill or any other abnormal symptoms, consult your doctor and get tested as soon as possible!



Don't wander around

Do not go out and avoid contact with others, especially when you are not feeling well.



Nutrition

Eat nutritious food in a balanced manner and manage your physical condition



Fight back the COVID-19 and survive!

CORONA SURVIVAL TACTICS