



How can we fight the new coronavirus, COVID-19? Let's think together!

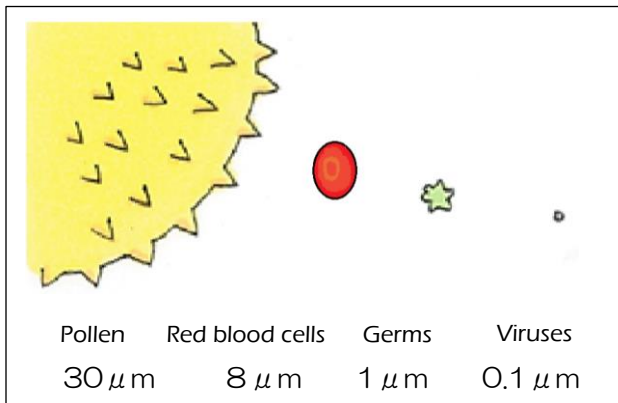
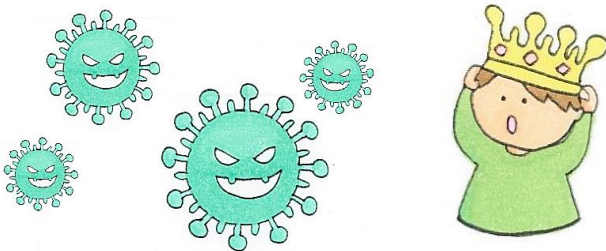
A translation from the original version in Japanese.
https://www.smips.jp/KMS/stop_covid-19_new/

1. What is the new coronavirus?
2. What are the symptoms?
3. How do people become infected?
4. Prevent infection!
5. Support friends and family who are fighting the virus!

To find out more, read the Q&A.



1. What is the new coronavirus?



★One μm (micrometer) is one thousandth (1/1000) of 1 mm

When the virus enters the human body, it stops infected cells working properly.

There are many different types of coronavirus. Six different types of coronavirus have been known to infect humans.

This new coronavirus is the seventh type of coronavirus to be discovered.

Because this virus is new, scientists have not had time to find out how it works. There is no treatment for the new virus yet.

2. What are the symptoms?

Fever

Fatigue

Cough

Shortness of breath



Some people lose their sense of **smell** or **taste** temporarily. The sensory changes could also be signs of coronavirus infection.



Smelling...



Tasting...

Infection without symptoms

Some people who are infected do not show any clear symptoms.

It is possible to be infected by someone who does not show symptoms.



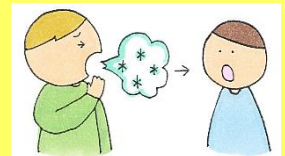
3. How do people become infected?

The virus enters the body through the mouth, nose, or eyes: through the mucous membranes.



You can become infected by:

1) breathing someone's coughs or sneezes.



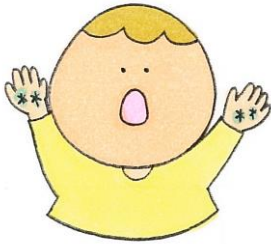
2) touching your mouth, nose, or eyes, after touching something with the virus on it.



4. How can I prevent infection?

- ✓ Protect yourself!
- ✓ Avoid spreading the virus to your family and friends!

★ Wash and sanitize your hands!



Remove and deactivate the virus on your hands.

Wash your hands!

How to wash your hands

Wipe your hands with soap and wash the backs and fronts of your hands and between your fingers and nails thoroughly.



Let's use alcohol disinfectant / hand sanitizer!



Rub alcohol disinfectant / hand sanitizer evenly into both hands and dry thoroughly!

Scrub and wash your hands for 20 seconds.



Wash your hands long enough to hum the Happy Birthday song TWICE.

Let's get the mask on!



- To avoid spread the virus with your cough or sneeze!
- To avoid inhaling the virus.

Rinse with water then dry your hands with a clean towel.



- ★ Don't share hand towels with others.
- ★ It's better to use disposable paper towels than to use cloth towels or an air dryer.

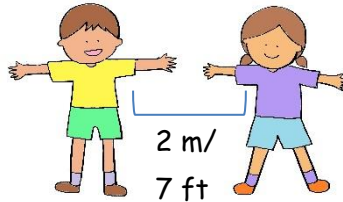
★Prevent mass infections (clusters)!

Avoid 3Cs;
-Contact
-Crowding
-Closed environment!

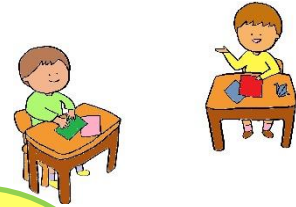
Open windows frequently for ventilation.



Stay at least 2 meters / 7 feet apart.



Keep your distance during lunch and group activities.



What else can we do to stay safe, and why?

Talk quietly, especially at close distance.



Let's use the tools individually (don't share tools): for your sake or for the sake of your friends.



Keep a safe physical distance to your friends.

5. How can I support friends and family who are fighting the virus, but don't come too close?

- ★ Don't discriminate against people who are infected.
- ★ Help people who are fighting the virus to get better.
- ★ Recognise who is ill, but don't be afraid of them.



What is difference between physical distance and emotional distance?

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