

Novel Coronavirus Countermeasures

Let's Think About a 'New Lifestyle' Together!

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The "Post corona" era has arrived.

It will take a long time to end the spread of the novel coronavirus. It is important to keep the spread of the novel coronavirus under control while continuing social activities such as going to school, work, and shopping, and to have a new lifestyle with the coronavirus.

There are many ways to live, which are different from our 'normal' lifestyle!

What kind of a lifestyle do we need now?



What is a 'lifestyle' ?

Lifestyles vary depending on time, country and culture. We call each of these ways of living a 'lifestyle.'

In the cold regions of Europe, it snows, and strong winds blow. So, some people live in brick houses to protect themselves.



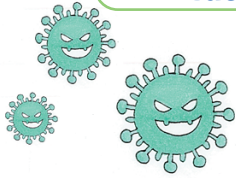
Japan has a humid climate. Therefore, in order to make it easier for the wind to pass through a house, many houses have detachable sliding doors and have the ground-level floors higher than Western houses.



The Inuit people live in a freezing-cold region. They traditionally live in a house built with ice and snow.



What is the coronavirus?



The virus enters the human body and damages the functions of cells.

The shape resembles a crown, so it was named "corona" which means "crown" in ancient Greek.

Cell: It's like a small room. Our body is made of so many cells. When we are made in our mother's womb, we start with a single cell, but it divides and multiplies. And then they start to share body functions. The novel coronavirus has a strange shape.



(1) To protect us from the coronavirus!

(2) To not spread it to our friends and family!

What are the symptoms of the virus?

High fever, fatigue, and a cough



Difficulty breathing



Change in taste and smell

They may think that they are not infected, but they could actually have the virus. Because even if they are infected, they may not have clear symptoms, or they have only mild symptoms.

People with no symptoms or mild symptoms can also infect others.

Even if you don't have a fever, you may have the virus. So, wash your hands and wear a mask to prevent the virus from spreading to people around you. Don't forget!

Why should you carefully wash your nails and wrists as well? - How to wash and the reason -?

★ Wash your hands with soap!

★ Wash between your fingers and inside your nails!

The virus is hiding in the gaps between your nails and fingers, and between your fingers!

★ Wash your wrists!

Dirt and virus may accumulate around your wrists because they can be sweaty. Don't forget to wash them!



★ Wash them thoroughly for about 20 seconds!

Once you get used to washing your hands, you tend to be careless about washing them. → Washing while singing the song "Happy Birthday" twice is a good way!



But, if you worry too much and take a long time washing your hands, you won't be able to do anything.

It is not necessarily good to take a long time washing your hands.

It is important to understand the reason for washing your hands and wash them carefully and thoroughly one step at a time.

★ After washing your hands with soap, rinse them with water and wipe them with a clean towel.

- You can also wipe them with a paper towel.
- If you wipe your hands with a handkerchief, don't share it with your friends.



★ Alcohol disinfection is also

Why do soap and alcohol work? It's because they can destroy the mucous membrane that contains the virus. You can learn more in the booklet: Q & A for Everyone Who Wants to Know More About the Novel Coronavirus (Children's Edition) Please read it!

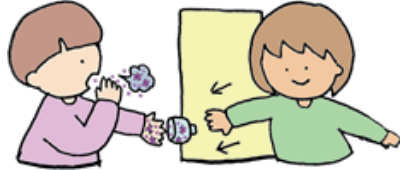


● How do you get infected?

The virus enters the body through the mouth and nose. It can also even come in from the mucous membranes of your eyes.



When you touch your mouth and other parts of your face with hands that touched something with the virus on it, you may get infected.

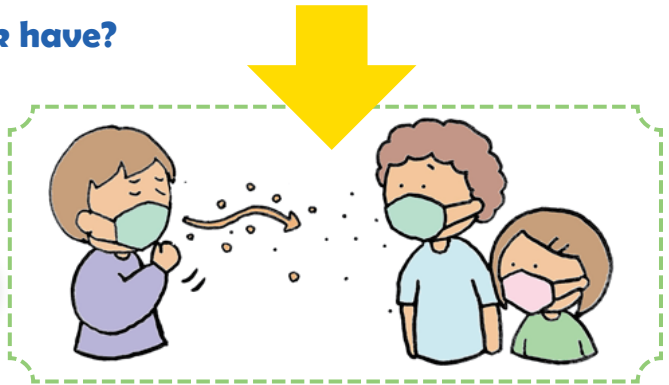


The virus is carried by sprayed droplets from coughing and sneezing. People may be infected from the droplets.



● What effect does wearing a mask have?

Find the difference between wearing a mask and not wearing a mask!



Q Does the sprayed virus from a cough float in the air for a long time?

A Sprayed droplets from coughing and sneezing carry a lot of virus.

If you inhale them, there is a high possibility of being infected. But in fact, each droplet is heavy, so in many cases the time that the virus drifts in the air is short, and the distance it travels is also short. It is assumed that if droplets are heavy, they fall right away, and if they are light, they may stay in the air for several hours. That's why it's important for each of us



to wear a mask when we talk to someone within the range of droplets. Also, a virus that is sprayed from a cough cannot stay in the air for a long time. However, if it sticks to something, it may be contagious for several days at the longest. You may touch something with such a virus without knowing. So, it's important to wash your hands.

Keep social distancing!

- What should I be careful about? -



Open windows frequently.

Move the desks away from each other at lunch time.



Do not talk loudly when you are close to a person!



Open your arms and keep that distance from the person next to you.

Let's think!

What else can you do at school, at home or outside?

You may be worried about going to school because of getting infected or getting your family infected. You don't have to think, "I'm scared, but I have to go to school." If you are worried, don't hesitate to talk to your family or teacher. Let's talk and find a new lifestyle and ways to protect ourselves together!

Take care of both your life and heart.

Lastly

**Support your family and friends who are fighting the virus!
Be thankful for medical workers and essential workers who support our lives!**



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coronavirus, please read this booklet.

Let's Consider the Novel Coronavirus!

http://www.smips.jp/KMS/stop_covid-19_new/



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