

# いっしょにやろう！ Let's keep our coughing manners!

## せきエチケット / Cough etiquette

咳が出るときはマスクをする  
Wear a surgical mask when you have a cough.



鼻をかんだらすぐゴミ箱へすてる  
Put your used tissue in the rubbish bin.

咳は人がいない方に向けてティッシュやハンカチなどで覆って出す  
If you have to cough or sneeze, turn your head away from all others and cover your mouth and nose with a tissue or handkerchief.



鼻をかんだ後は、手を洗う  
Wash your hands with soap and running water after blowing your nose.



## 手の洗い方

## How to Wash Your Hands Properly



手のひら  
Palm



手の甲  
Back of hand



指の間  
Between the fingers



親指  
Thumbs



指先・爪  
Fingertips and under your nails



手首  
Wrists