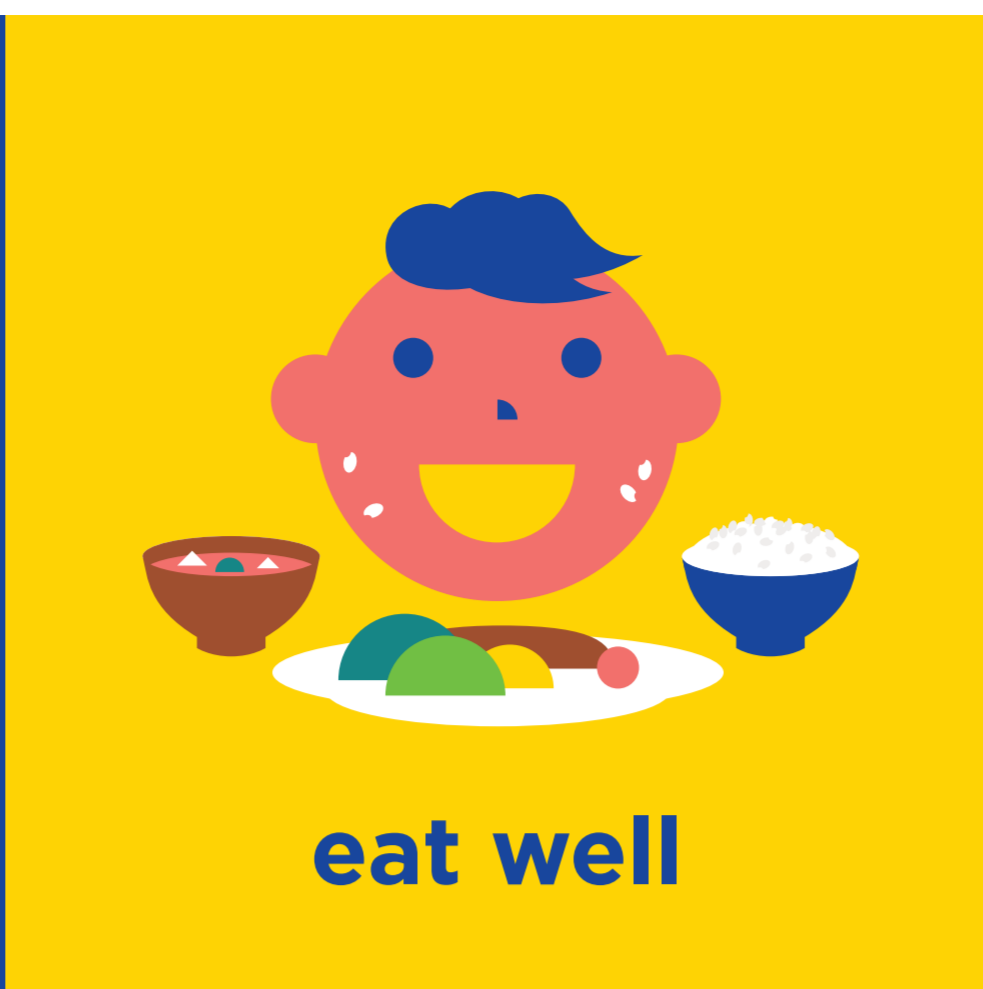
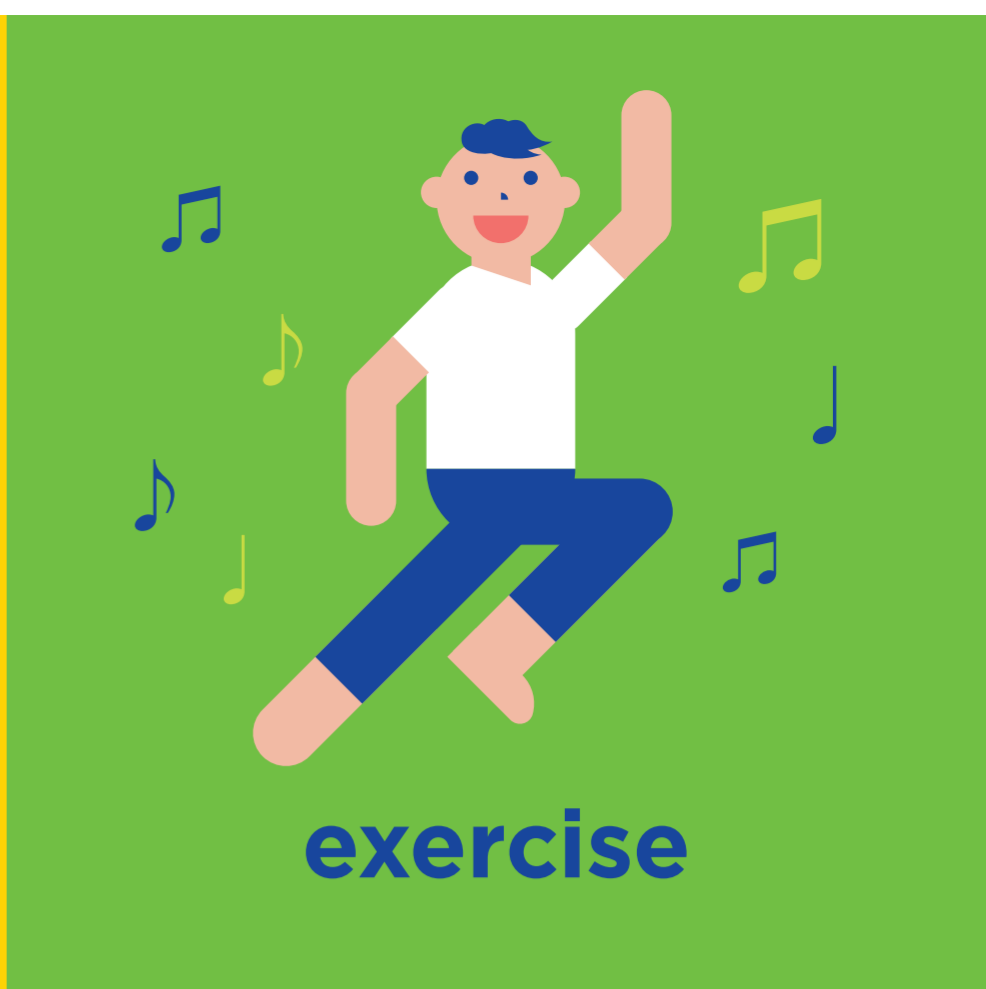




sleep well



eat well



exercise

# All we have to do to prevent infection is simple.

The new Coronavirus  
新型コロナウイルス

## COVID-19



### wash your hands frequently



don't touch your face



cover your nose and mouth



maintain social distancing



stay home when you're sick



@ancov2020

SNS # 感染予防のためにできること

[www.bowlgraphics.net/covid19](http://www.bowlgraphics.net/covid19)

[note.com/ancov](https://note.com/ancov)

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