



잠 잘 자기
sleep well



밥 잘 먹기
eat well



운동 하기
exercise

감염 예방을 위해서 할 수 있는 일

코로나 19
新型コロナウイルス

COVID-19



손 자주 씻기
wash your hands
frequently



얼굴 만지지 않기
don't touch your face



마스크 착용하기
cover your nose and mouth



거리 두기
maintain social distancing



감기 기운이 있으면 쉬기
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

note.com/ancov

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Poster : June 2020 ver.3