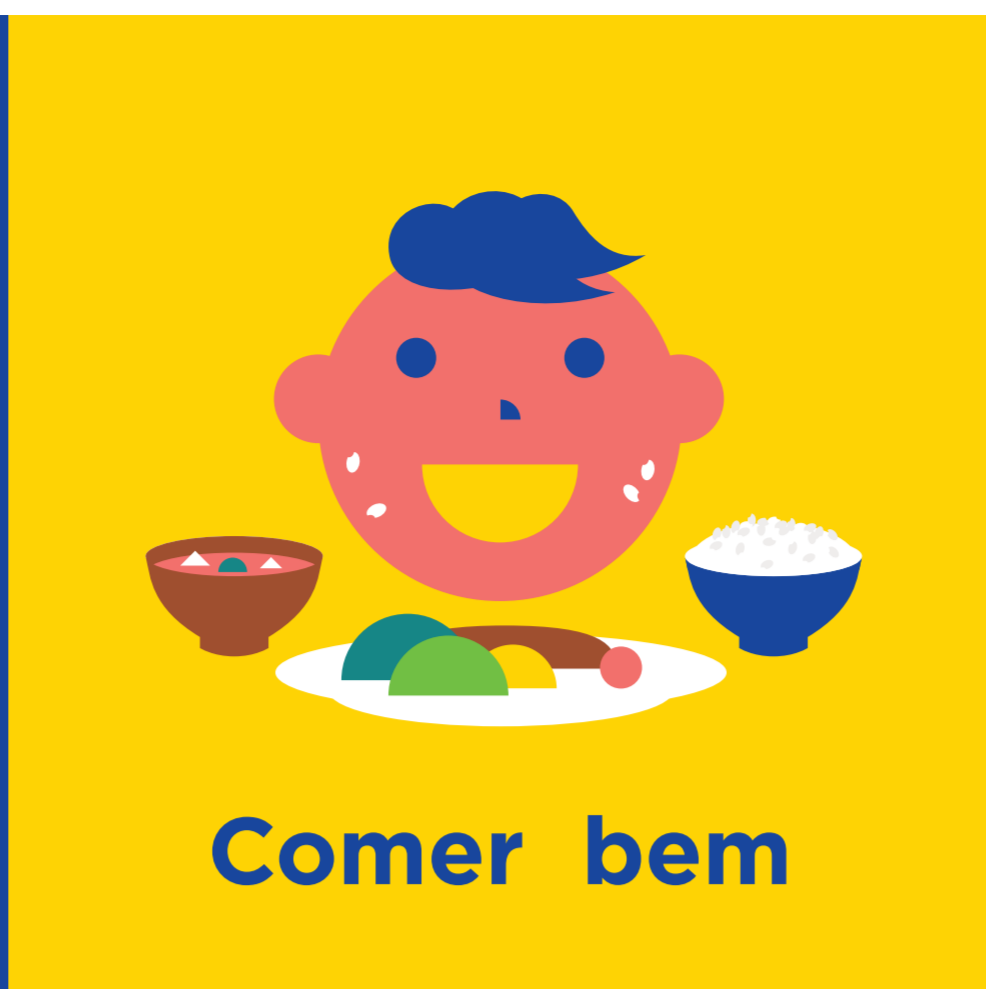




**Dormir bem**



**Comer bem**



**Exercício**

# Medidas simples que puder tomar para evitar contágio

**Novo coronavírus**  
新型コロナウイルス

## COVID-19



### Lavar as mãos frequentemente



**Não toque no seu rosto**



**Cobrir o nariz e a boca**



**Mantenha a distancia**



**Fique em casa**



@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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