



充足睡眠  
sleep well



營養均衡  
eat well



保持運動  
exercise

# 預防感染我們可 以做的事

The new Coronavirus  
新型冠狀病毒

## COVID-19



勤洗手  
wash your hands  
frequently



不要觸摸眼口鼻  
don't touch your face



咳嗽時飛沫勿四散  
cover your nose and mouth



保持距離  
maintain social distancing



感覺感冒時在家休息  
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](http://note.com/ancov)