



**Matulog  
nang mabuti**



**Kumain  
nang mabuti**

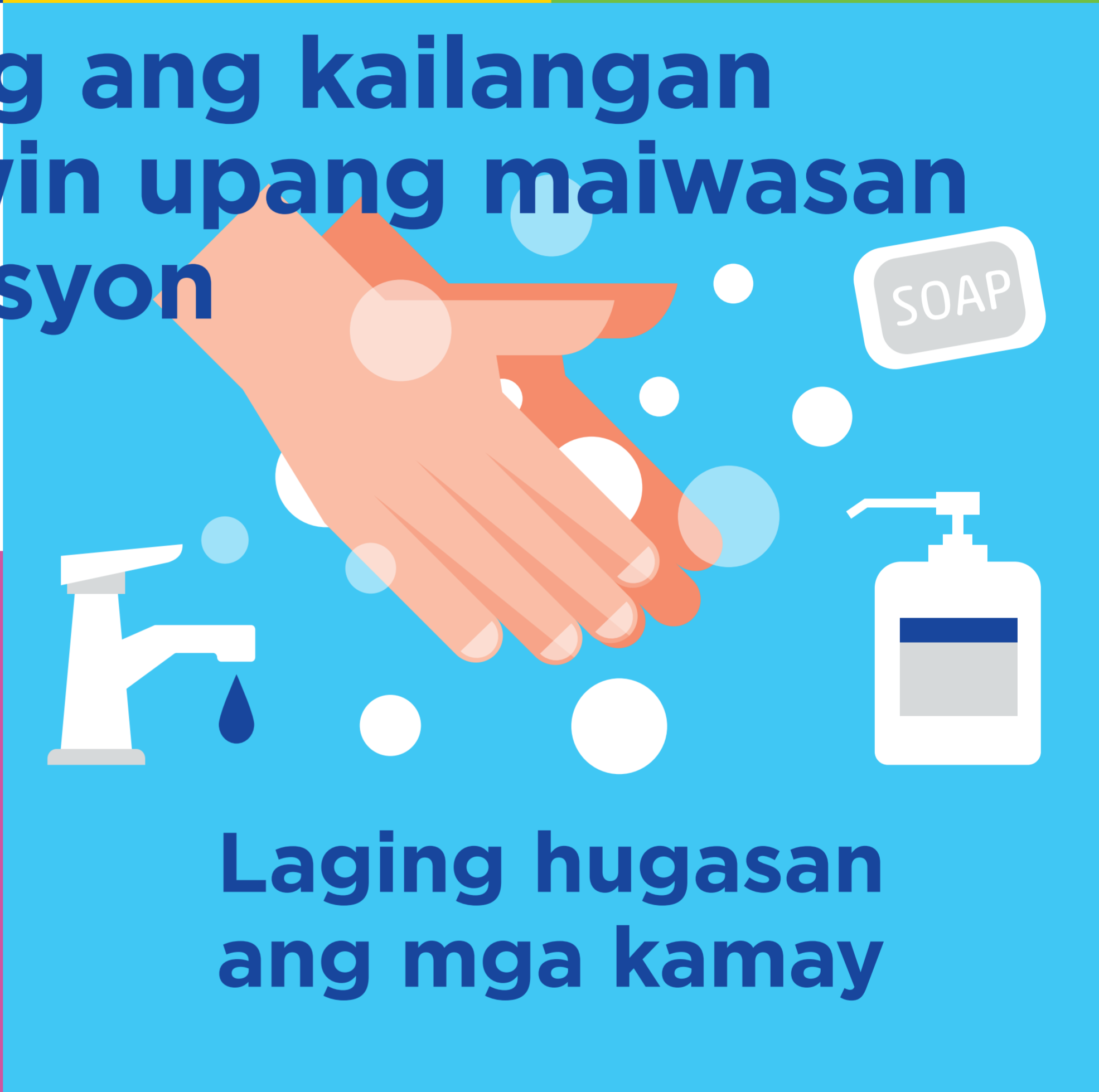


**Mag-ehersisyo**

# Simple lang ang kailangan nating gawin upang maiwasan ang impeksyon

Ang bagong coronavirus  
新型コロナウイルス

## COVID-19



### Laging hugasan ang mga kamay



**Huwag hawakan  
ang iyong mukha**



**Takpan ang iyong  
ilong at bibig**



**Panatilihin ang  
social distancing**



**Manatili sa bahay  
kapag may sakit**



@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)

Creative commons: Attribution-NonCommercial-NoDerivatives 4.0 International  
CC BY-NC-ND 4.0

Supervision :  
Kenji Shibuya (King's College London),  
Yoshiro Hayashi (Kameda Medical Center),  
Narumi Hori (National Center for Global health and Medicine),  
Eiji Kusumi (Navitas Clinic)  
Translation : Julius C. Martinez  
Design / Illustration : Takashi Tokuma (bowlgraphics inc.)  
Poster : June 2020 ver.3