



# Matulog nang mabuti

**sleep well**

よく寝る<sup>ね</sup>

**Simple lang ang kailangan nating gawin upang maiwasan ang impeksyon**

Ang Bagong Coronavirus | COVID-19



感染予防のために、できること。

All we have to do to prevent infection is simple.

 @ancov2020

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# Kumain nang mabuti

**eat well**

よく<sup>た</sup>食べる

**Simple lang ang kailangan nating gawin upang maiwasan ang impeksyon**

Ang Bagong Coronavirus | COVID-19



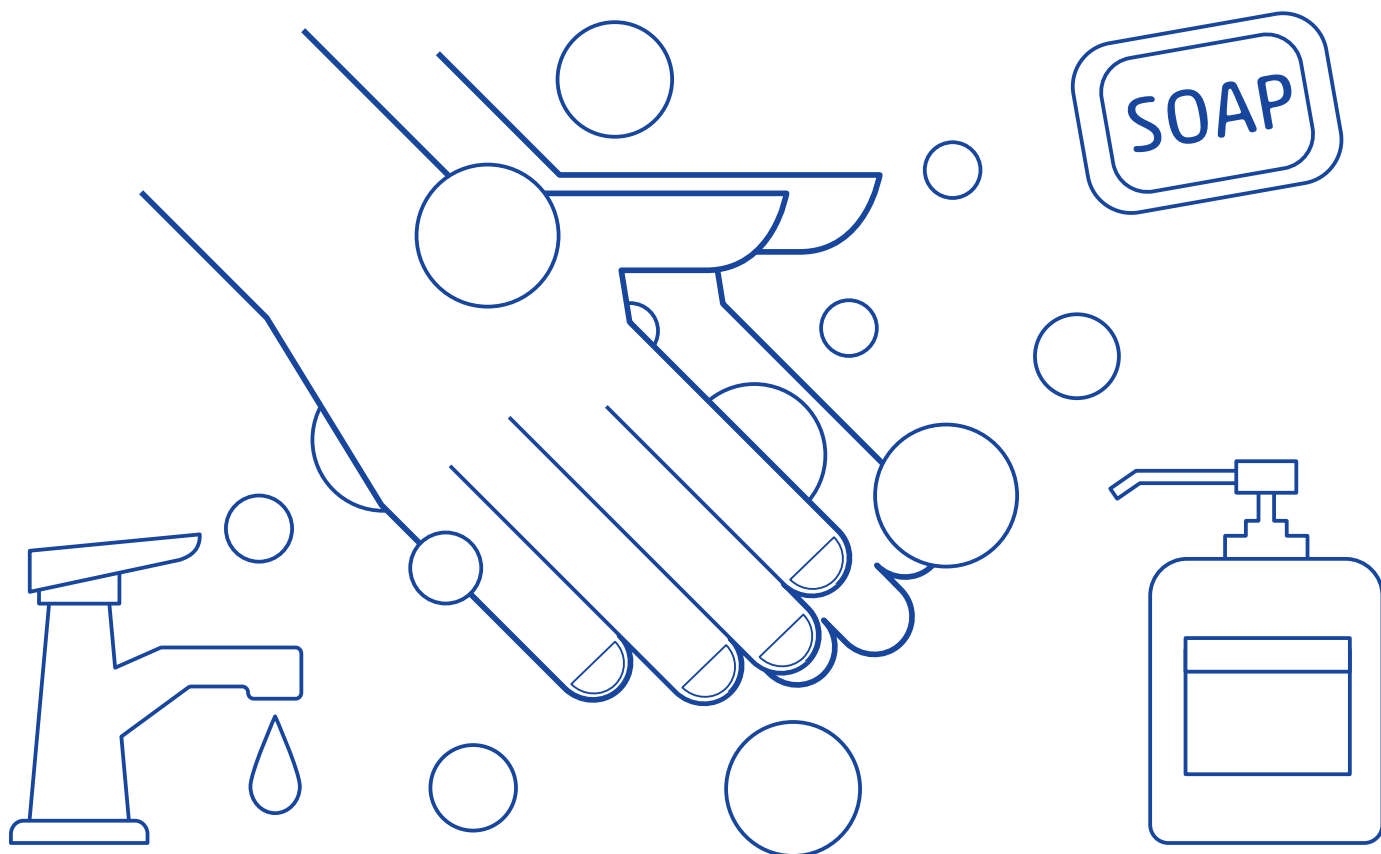
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# Laging hugasan ang mga kamay

**wash your hands frequently**

ひんぱんに<sup>て</sup>手を<sup>あら</sup>洗う

**Simple lang ang kailangan nating gawin upang maiwasan ang impeksyon**

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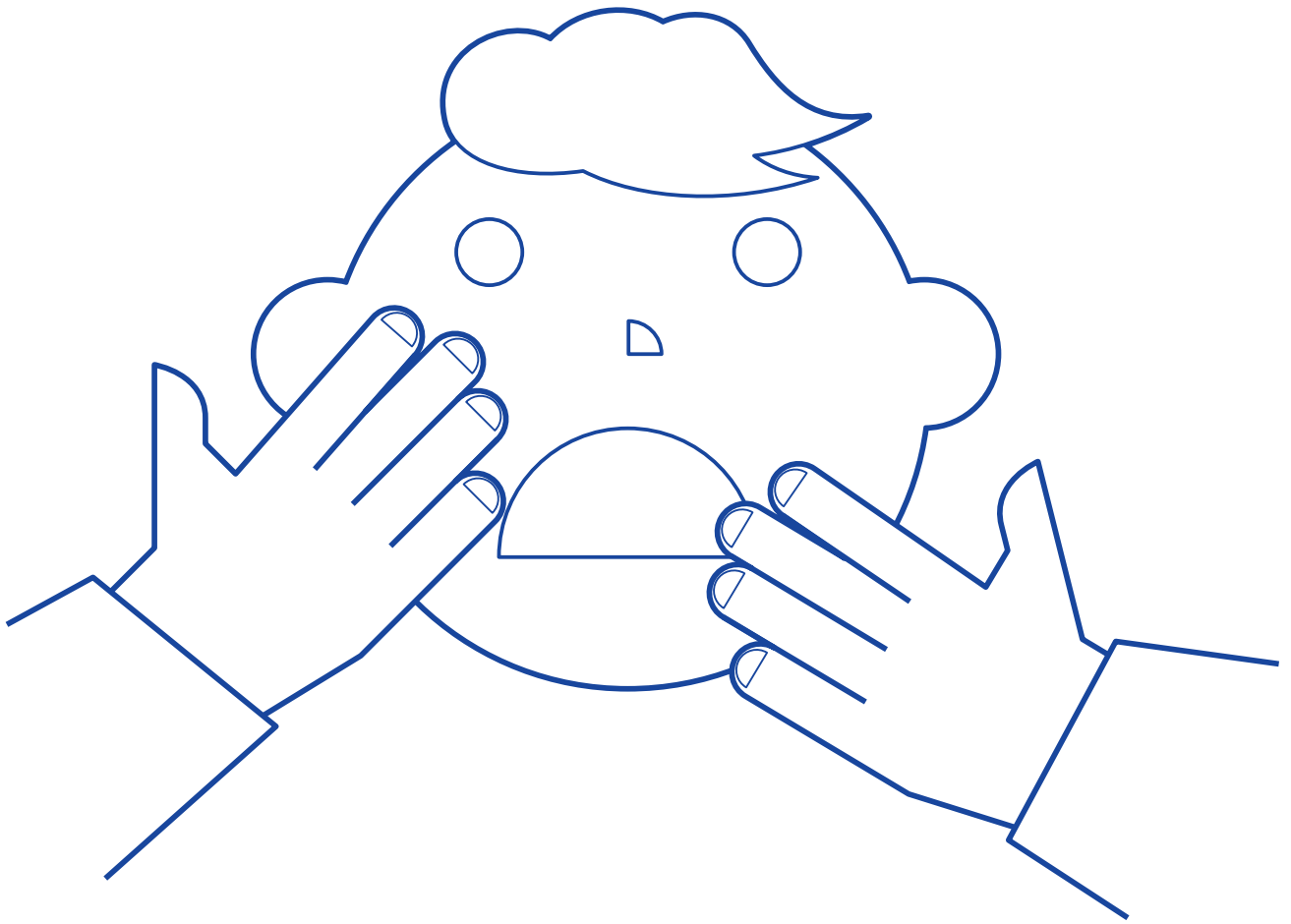
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# Huwag hawakan ang iyong mukha

**don't touch your face**

め はなくち  
目鼻口をさわらない

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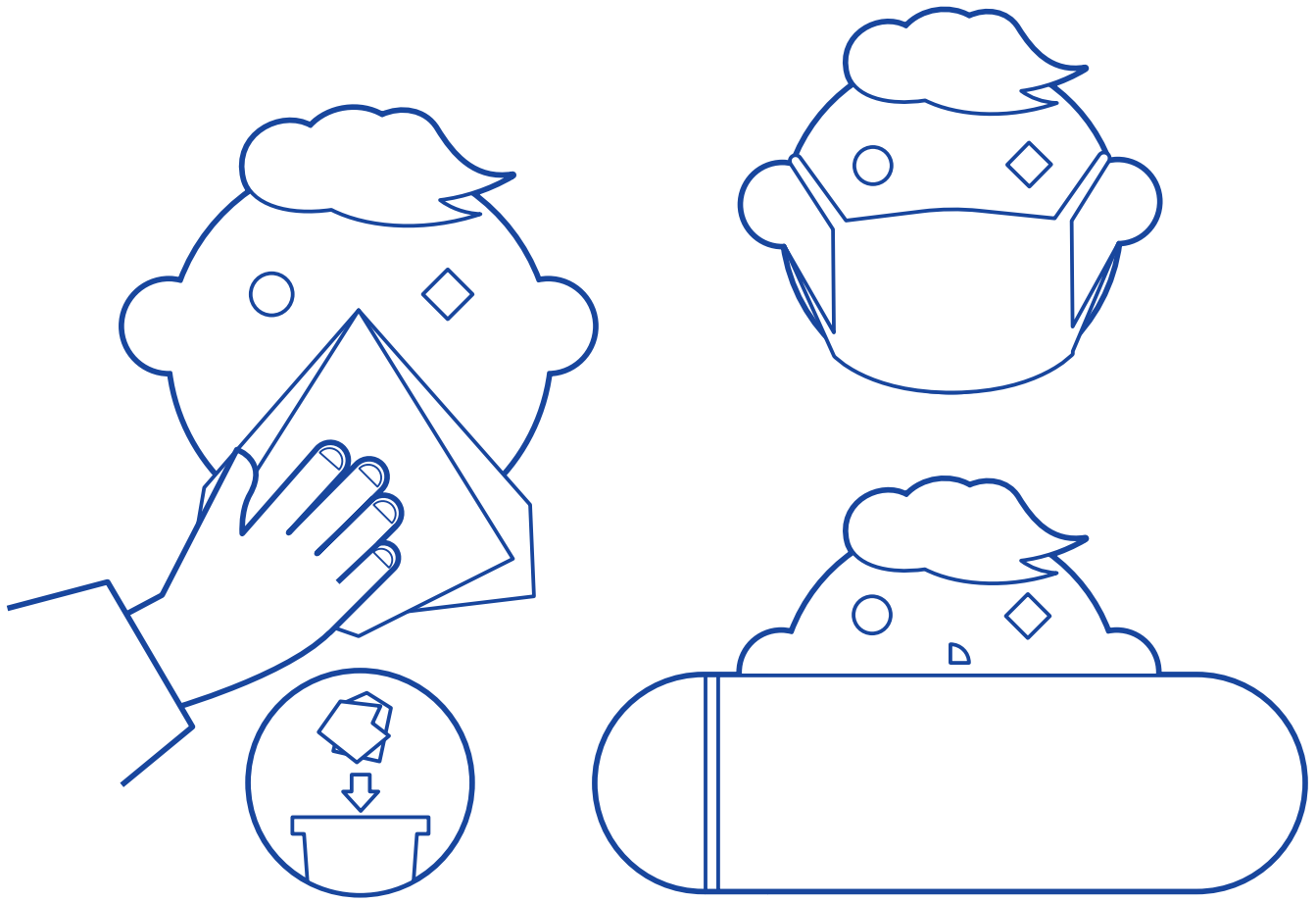
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# Laging hugasan ang mga kamay

**cover your nose and mouth**

せき<sup>せき</sup>のしぶきを飛ばさない<sup>と</sup>

**Simple lang ang kailangan nating gawin upang maiwasan ang impeksyon**

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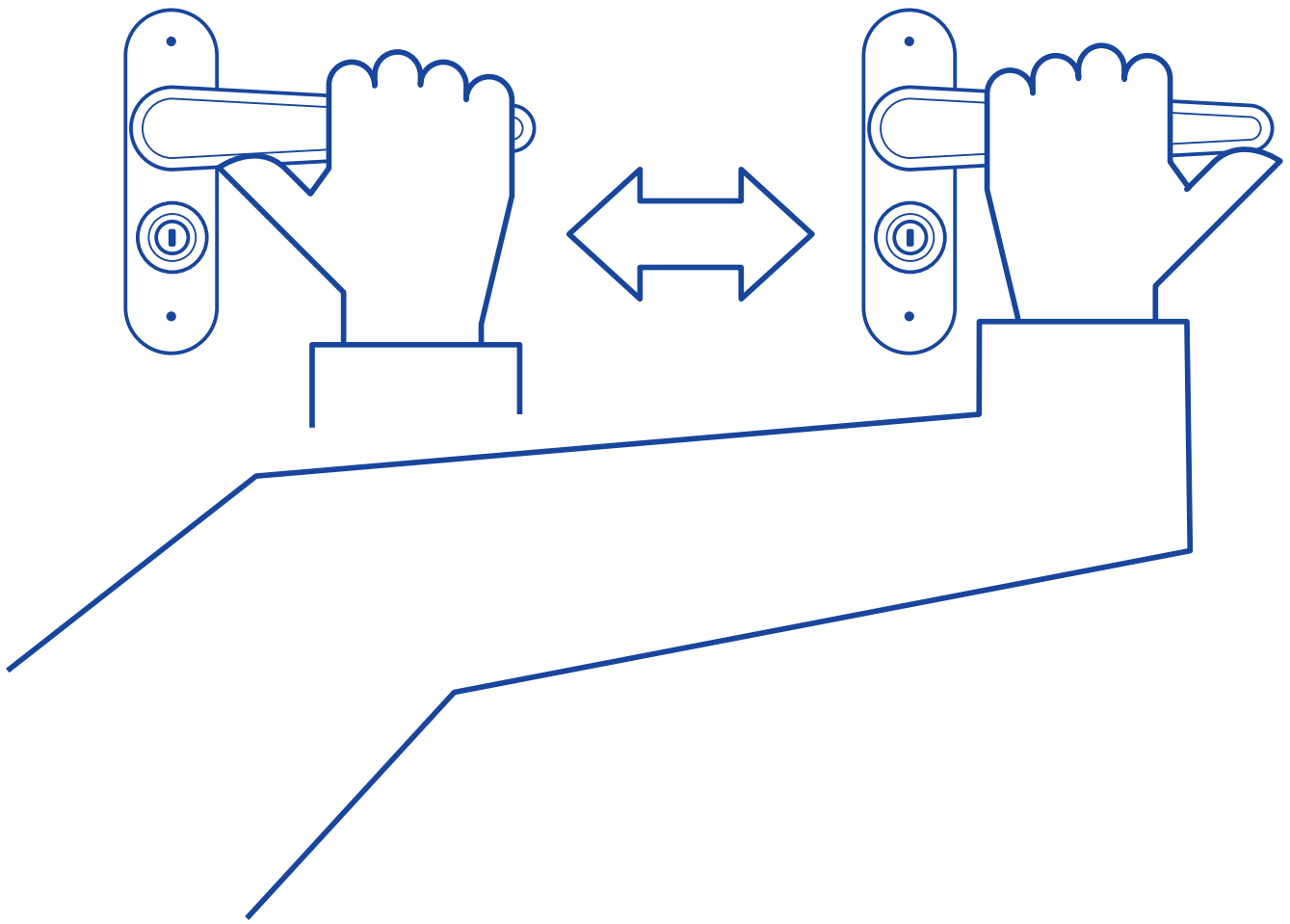
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# Gamitin ang kamay na hindi madalas ginagamit

**use your non-dominant hand**

利き手で「あちこち」さわらない

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# Mag-ehersisyo

**exercise**

うん どう  
運動をする

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# Manatili sa bahay kapag may sakit

**stay home when you're sick**

かぜ<sup>ぎ</sup>気味<sup>み</sup>なら<sup>やす</sup>休む

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# Panatilihin ang social distancing

**maintain social distancing**

きよりと  
距離を取る

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