

Stop the spread of germs that make you and others sick!

Cover your Cough

咳エチケットを
心がけよう!

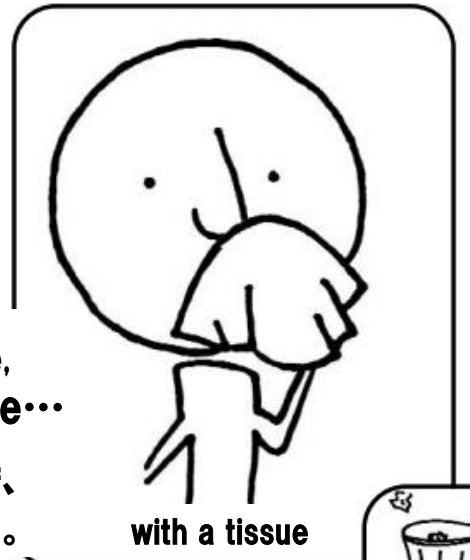


by wearing a surgical mask

マスクを着用

When you cough or sneeze,
cover your mouth and nose...

咳やくしゃみをする時、
口や鼻を覆いましょう。



with a tissue

ティッシュで



Put your used tissue
into a trash-can.

使ったティッシュ
はゴミ箱へ!



by using your upper sleeve

腕の上部で

咳やくしゃみをしたら、
手を洗おう!

After coughing or sneezing,

Clean your Hands

Wash your hands in soap and water often,
or use an alcohol-based hand gel.

石けんや水でよく手を洗おう、
または手指消毒液を使おう



To keep from spreading your illness to others,
stay home and whenever possible avoid contact with other people.

病気を拡げないように、できるだけ人と会うことを控えて、家で休もう!



Minnesota Department of Health
625 N Robert Street, PO Box 64975
St. Paul, MN 55164-0975
651-201-5414 TDD/TTY 651-201-5797
www.health.state.mn.us



Minnesota
Antibiotic
Resistance
Collaborative



ASSOCIATION FOR PROFESSIONALS IN
INFECTION CONTROL AND EPIDEMIOLOGY, INC.

IC#141-1428