



さいたま暮らしの<sup>く</sup>情報誌<sup>じょうほうし</sup>

Information for Living in Saitama City  
Folleto de Información de Vida en Saitama  
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コロナウイルスから自分とまわりの人を守るために<sup>じぶん</sup> <sup>ひと</sup> <sup>まも</sup>  
Protect Yourself and Those Around You

Para protegerse y proteger a los de su alrededor del coronavirus

コロナウイルスに<sup>かんせん</sup>しないためにやるべき<sup>こと</sup>事  
How to protect yourself from the coronavirus  
Las recomendaciones para no contagiarse

こまめに<sup>てあら</sup>手洗い、うがいをしよう

Wash your hands and gargle often.

Lavarse las manos y hacer gárgaras con frecuencia.

外出には<sup>がいしゅつ</sup>マスクをしよう

Wear a mask when going out.

Ponerse mascarillas al salir a la calle.

密閉・密集・密接の場所を作らない、行かない<sup>みっぺい</sup> <sup>みっしゅう</sup> <sup>みっせつ</sup> <sup>ぼしよ</sup> <sup>つく</sup> <sup>い</sup>

Avoid closed, crowded and close-contact settings.

No hacer lugares cerrados, aglomerados y contactos cercanos ni ir a esos lugares.



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The new coronavirus infection prevention measures seek to reduce chances of contact, limiting our freedom of movement like no other time.

It may take a while before the explosive spread is stopped, allowing us to return to our normal way of life without the new coronavirus causing the health care system to collapse. In the meantime, we must change our lifestyle to prevent the infection and spread of the new coronavirus.

To protect ourselves, not only from the new coronavirus but also from influenza and other viruses and bacteria that infect people each year, let's make sure to do the following things each day.

New Habits We Should Adopt



**Washing your hands:  
The most basic way to protect yourself**

After coming home, after sneezing or blowing your nose, before and after eating, after touching money, etc.

**Keep your rooms ventilated: Change the air 5 times a day**



Open your windows

**Wear your mask properly**

to avoid inhaling and becoming infected with the virus



**How to wash your hands effectively**

1. Lather with soap
2. Wash your fingertips and base of your thumbs
3. Rub your fingers on the palm of your hand
4. Cross your fingers
5. Wash the back of your hands and thumbs
6. Wash around your wrist
7. Dry with a clean towel or paper towel

(Wash well for about 30 seconds)

**Social Distancing:**  
Keep a space of at least 2-meters between yourself and other people



**Avoid crowded places**

**Avoid speaking in a loud voice or near others**

**Stay home**

**Strengthen Your Immune System**

To protect yourself from the new coronavirus it is important to wash your hands, wear a mask, and avoid closed, crowded and close-contact places, but it is also important to strengthen your immune system.  
(Your immune system protects your body from infection by viruses and bacteria)

**Avoid sleep deprivation, an uneven diet, lack of exercise, smoking, and excessive drinking.**

**Laugh and smile a lot.**

