

「New Normal」 Shinshu Ed.

A new coronavirus infection is transmitted by getting into the **eyes, nose and mouth** of a droplet (**droplet infection**) that is caused by coughing, sneezing or having a conversation within 2M without a mask. It can also be infected by **touching the eyes, nose and mouth** with the virus. (**contact infection**)

Take some precautionary measures in order to prevent the spread of the new coronavirus.

- Three basic steps to avoid the spread of infection
(always **maintain proper physical distance**, **wear masks in crowded places**, **wash hands** regularly.)
- Avoid the **3C's** (Closed spaces, Crowded places, Close-contact settings)
- Make sure to have **a daily health check**. If you have a cold symptom, avoid going out, and also having a prolonged condition or **serious symptoms** such as breathing difficulties, high fever, consult your doctor or public health center.