Basic Infectious Disease Measures

An infectious disease is a condition where viruses or
bacteria enter the body and cause symptoms.
Viruses and bacteria may remain in poorly ventilated spaces,
be present in droplets from coughing, or adhere to your hands.
Under the infectious disease crisis,

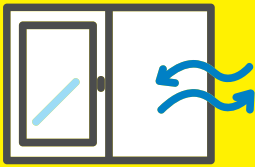| ① Ventilation | ②Coughing manners, including mask-wearing | ③ Handwashing | ④ Avoiding crowded places |

are effective measures.
Practice these basic infectious disease measures
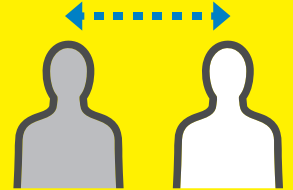to protect yourself and avoid spreading the disease to your loved ones.

① Ventilation

② Coughing manners, including mask-wearing
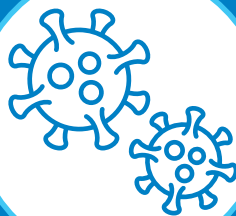
③ Handwashing

④ Avoiding crowded places

Please check the
back page for details.

Three Key Factors for Infection

An infectious disease occurs when three factors are present
:(i) pathogens (source of infection), (ii) transmission routes, and (iii) host.
When you implement effective infectious disease measures,
it is essential to remove at least one of these factors

Eliminating pathogens
(sources of infection)

Preventing
transmission routes
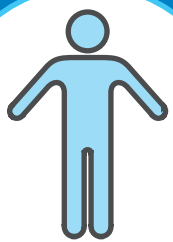
Increasing your
immunity

Up-to-date information

It will be shared regularly through the official websites and social media
accounts of the Ministry of Health, Labour and Welfare and other related agencies.
Please check them out.

| CAICM | Official SNS of the Cabinet Agency for Infectious Disease Crisis Management | WEB | X | Facebook | Instagram | youtube |

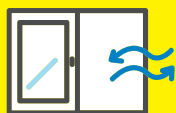| | Official SNS of the Ministry of Health, Labour and Welfare | WEB | X | Facebook | LINE | youtube |

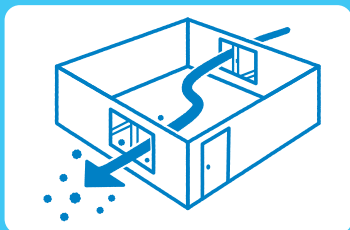# Recommended Basic Infectious Disease Measures Under The Crisis

① Ventilation

Ventilation can help expel viruses in the air.

Using carbon dioxide (CO_2) sensors is one of the methods to check whether sufficient ventilation is secured.

Open two or more windows on opposite sides.

If there is only one window:

Keep the ventilation fan on.

Open the door.

Create an air pathway.

② Coughing manners, including mask-wearing

Coughing manners can prevent droplets containing viruses from spreading.

Non-woven fabric masks are recommended as they can help prevent droplet infections.

THREE COUGHING MANNERS

Practice cough manners in places where people congregate, such as trains, workplaces, and schools

Wear a mask (covering your mouth and nose)

When you do not have a mask

Cover your mouth and nose with a tissue/handkerchief

At a moment's notice

Couth or sneeze into your sleeves

Coughing or sneezing without covering your mouth or nose

Using your hands to cover coughs or sneezing

CORRECT WAY TO WEAR A MASK

1. Ensure that both your nose and mouth are covered
2. Put the elastic band around your ears
3. Cover your nose so that there are no gaps

③ Handwashing

Handwashing reduces viruses on your hands.

If you cannot wash your hands with running water, hand sanitizers (e.g., alcohol-based) are effective.

Steps for Proper Handwashing

! Before washing your hands
- ☑ Keep your fingernails short.
- ☑ Remove wristwatches and rings.

1. After wetting your hands under running water, apply soap and scrub your palms thoroughly.
2. Scrub the back of your hands in a stretching motion.
3. Thoroughly scrub your fingertips and between your fingernails.
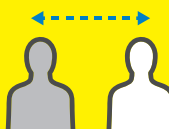4. Wash between your fingers.
5. Wash your thumbs and palms with a twisting motion.
6. Don't forget to wash your wrists as well.

Don't forget to clean between your fingers and your wrists.

④ Avoiding Crowded Places

Avoiding crowded places can reduce the risk of infection even under the infectious disease crisis

If you have a fever, cough, or feel unwell, avoid crowded locations.
Especially

the elderly

individuals with underlying medical conditions,

pregnant women,

those feeling unwell

should avoid crowded places and downtown areas.

Check for updates on the latest information and measures tailored to the characteristics and evolving situations of infectious disease via the official websites and social media accounts of the Ministry of Health, Labour and Welfare.

Cabinet Agency for Infectious Disease Crisis Management
CAICM

Ministry of Health, Labour and Welfare

Stock masks and hand sanitizers at home and workspace!