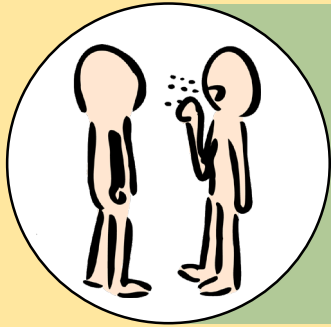




HOKKAIDO UNIVERSITY
WISE Program for
One Health Frontier
Graduate School of Excellence

PROTECT YOURSELF YOUR FAMILY & against COVID-19



HOW IT SPREADS

Human-to-human

- Among people in close contact
- Through respiratory droplets from infected people

NO CURES



YOU can play a main role to STOP COVID-19

WATCH OUT FOR SYMPTOMS

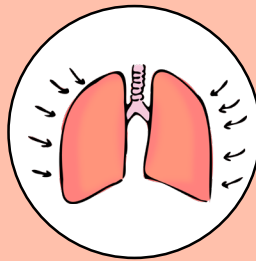
Symptoms can appear 2 – 14 days after exposure



Fever



Cough



Short breath

PROTECT OTHERS



Stay home if you have the symptoms



Cover coughs and sneezes



Wear a facemask



Clean and disinfect surfaces

PROTECT YOURSELF



Avoid contact with others

- Avoid close contact with people
- Keep a safe distance from others (more than 1.8 m)
- Avoid staying in a narrow space with others
- Stay home as much as possible

Watch out in your hands

- Clean your hands often at least 20s with soap or hand sanitizer (> 60% alcohol)
- Avoid touching eyes, nose and mouth



Further information



April 3, 2020

INFORMATION AND UPDATES

Follow official information from government or global organizations

World Health Organization (WHO)

Center for Disease Control and Prevention (CDC)

Ministry of Health, Labor and Welfare (MHLW)

