

# Proper Hand Washing Method

**Hand washing is a fundamental of preventing infection.**

■ After coming home, after coughing or sneezing, wash your hands thoroughly.



1. Wash rubbing your palms together.



2. Hold out and wash the back of your hands.



3. Wash your fingertips and under your nails.



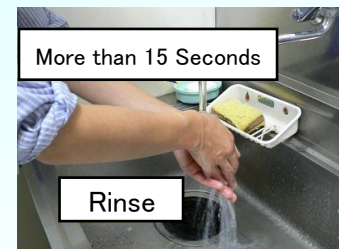
4. Wash between your fingers.



5. Twist your thumb in your palm to wash.



6. Don't forget to wash your wrists.



7. Rinse under running water.



8. Dry your hands thoroughly on a clean towel.

# Proper Mask Usage

※ Disposable masks are effective in preventing the spreading of germs from coughing and sneezing.

※ Prepare enough masks provisions in case influenza becomes widespread.

## 1 Putting It On

- ① Fit the mask over your nose and fix the rubber straps tightly around your ears.
- ② Align it so it covers your nose, mouth, and chin completely.



## 2 Taking It Off

- ① Without touching the front of the mask, take it off of one ear and uncover your face.
- ② Take off the other side.



## 3 Throwing It Away

- ① Throw it in a garbage can with a lid; or put it in a plastic bag, tie it shut, and throw it away.



Disposable masks should be thrown away after being used.  
(1Mask /1Day /1Person)

## Inquiries about New Influenza A(H1N1)

■ If you do not know where to receive a medical examination or want advice about medical care in your home, please contact the Prefectural Health Promotion Division or your district Public Health Center.

## Visit the Following Websites for Detailed Information:

- Ministry of Health, Labor and Welfare (<http://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou04/index.html>)
- Niigata Prefectural Government (<http://2009influ.pref.niigata.lg.jp/bosai/2009influ.html>)