如何预防 新型冠狀病毒?

新型コロナウイルスの感染防御法

How to keep yourself safe from new coronavilus

https://enapp.chinadaily.com.cn

佩戴口罩

Wear masks outdoors

マスク着用

Wearing a mask is one of the most effective ways to protect you from getting infected.
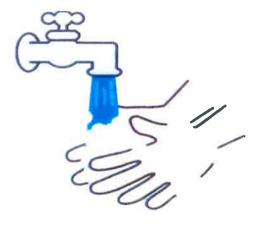
咳やくしゃみはティシュか袖で覆う

打喷嚏或者咳嗽时用纸巾遮盖

在打喷嚏或者咳嗽时，需要用纸巾或者是胳膊进行遮挡，不要用手直接遮挡。

Cover your coughs and sneezes with tissue or into sleeve

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve, but avid covering with your hands directly.

石鹸・流水でこまめに手洗い

勤洗手和正确洗手

Wash your hands frequently and properly

Wash your hands with soap and running water thoroughly for at least 15 seconds.