

# Protecting Foreign Residents from COVID-19 in Fukuoka City

Could your everyday life and way of acting be putting you and those around you at risk from COVID-19?

It is important to take measures to prevent spread of infectious diseases. However, it is equally important to respect the culture and traditions of your home country. It is therefore crucial to stay up to date with accurate information to prevent the spread of COVID-19, and to act in a way that protects you and the people around you from the disease.

## 1) Basic Measures to Prevent the Spread of COVID-19

- The most important preventative measures are to:

- ① Maintain social distancing
- ② Wear a mask
- ③ Wash your hands



- Specifically:

- Maintain 2-meters-distance where possible (at least 1 meter) from other people.
- Avoid talking face on to people where possible.
- Wear a mask when you cannot maintain social distancing. Even if you have no symptoms of the virus you must still wear a mask.
- Wash your hands and face as soon as you get home after going out.
- Wash your hands thoroughly for around 30 seconds with water and soap (you can also use hand sanitizer).

