

Is wearing a mask, and hand washing necessary?



What can we prevent with a Mask?

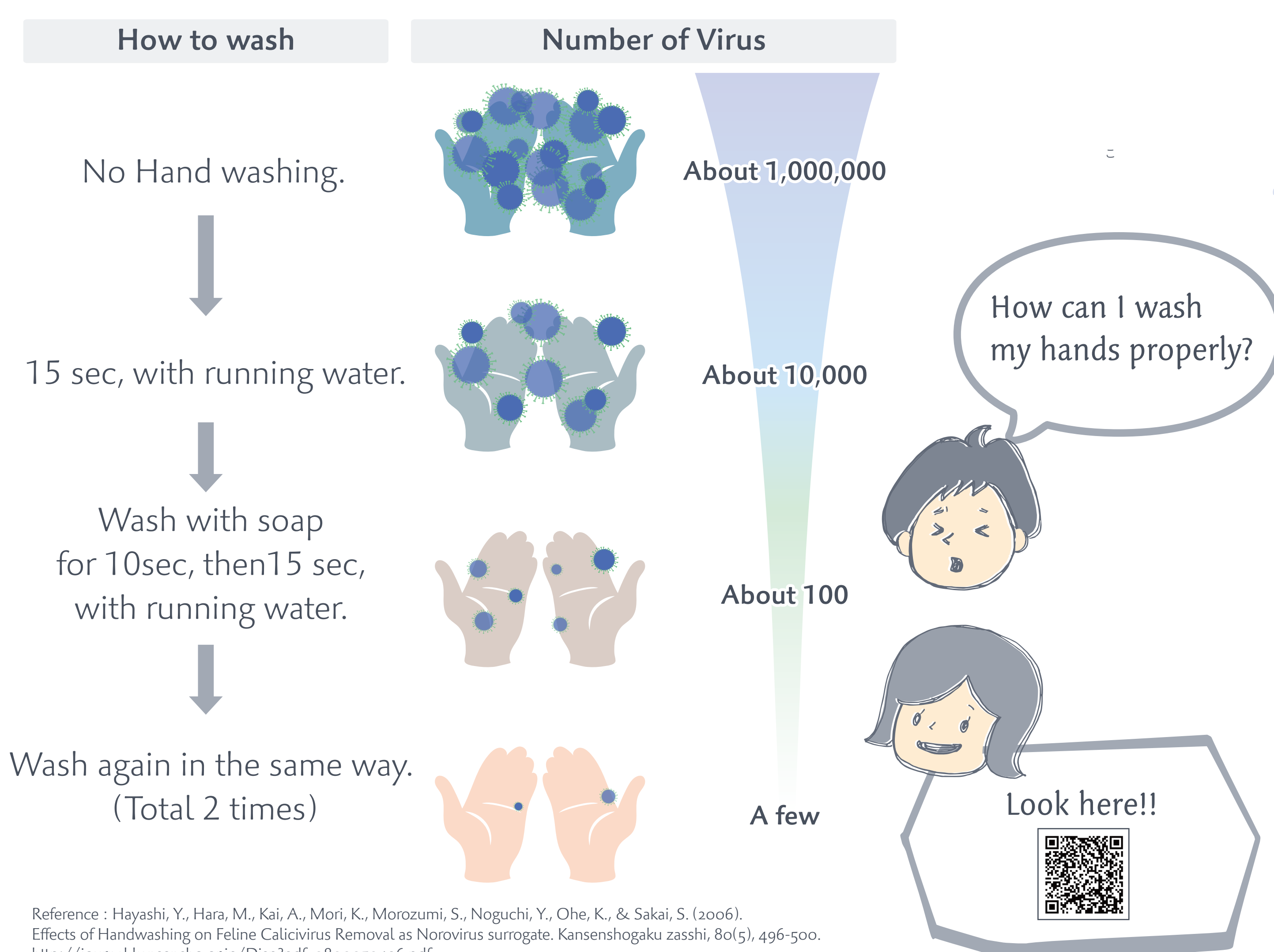
To prevent novel coronavirus infection, just block the way the virus enters your body!

This novel coronavirus will sneak out of the body in the droplets of infected person coughing and sneezing. Let's wear a mask if you feel you might be infected... or when you are coughing and sneezing! Also, the person caring for someone who is sick needs masks.

Is "Hand washing" effective for prevention?

Actually, "Hand washing" is the strongest preventive method that is effective not only for the novel coronavirus but also for other germs! It has been shown that washing thoroughly with running water and soap reduces the number of viruses left on your hands. If you don't have access to water for hand washing, wash with an alcohol-disinfectant onto your hands and defeat the virus!

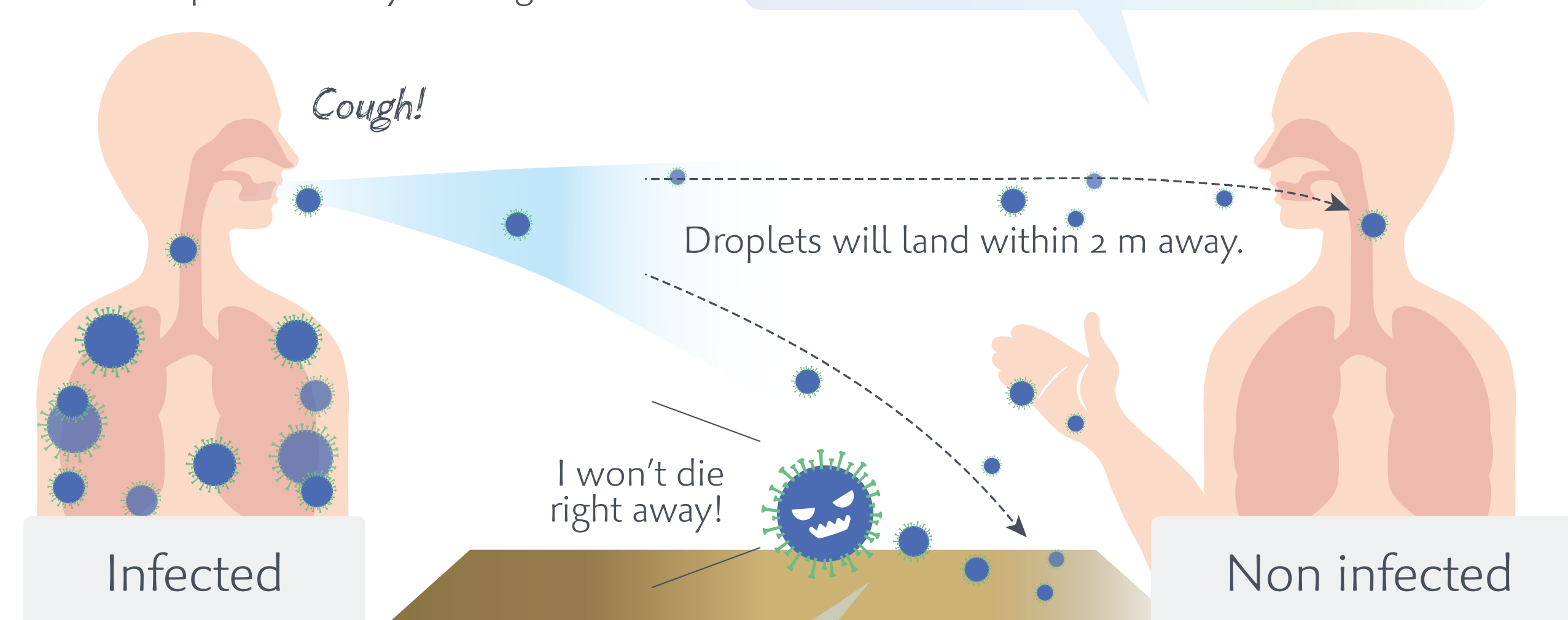
How much virus will be removed by Hand washing do you guess?



Reference : Hayashi, Y., Hara, M., Kai, A., Mori, K., Morozumi, S., Noguchi, Y., Ohe, K., & Sakai, S. (2006). Effects of Handwashing on Feline Calicivirus Removal as Norovirus surrogate. Kansenshogaku zasshi, 80(5), 496-500. <http://journal.kansensho.or.jp/Disp?pdf=0800050496.pdf>

Virus pathway

Tiny droplets include the virus will spread when you cough or sneeze.



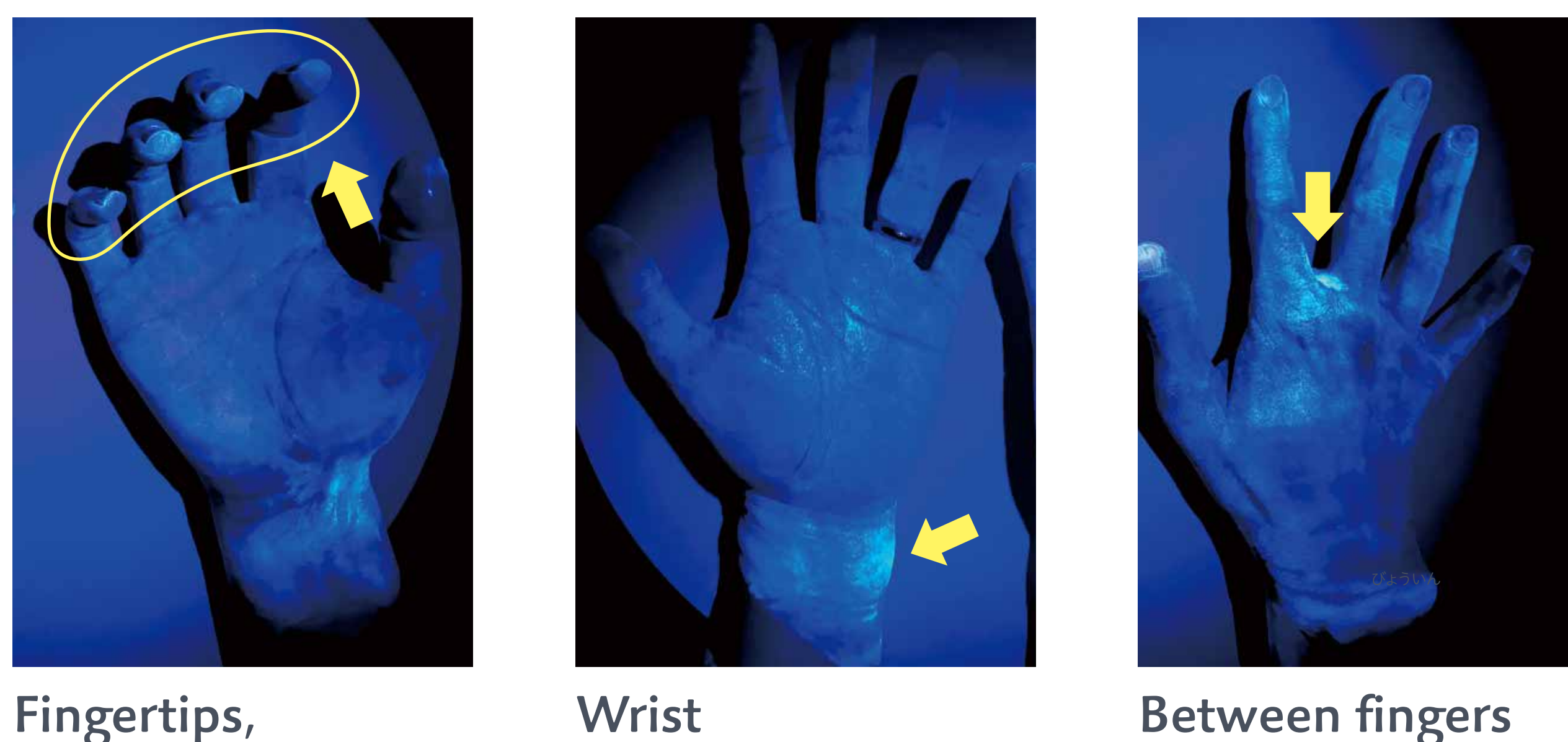
Pathway 1
Inhaling the droplets directly.

Pathway 2
Touching your nose and mouth with unwashed hands.

Who needs a mask?



Virus will likely to remain here!



Fingertips, Under the nail

Wrist

Between fingers

Be careful not to wash too much!!
If your hands are rough and scratched, germs can easily enter.
So keep your washed hands moisturized with cream.

Why is "Hand washing" the best prevention even though it seems to be nothing special?

When a virus or the like enters the body through the respiratory tract, coughing and sneezing system will try to repel them. Therefore, there is a high possibility that the droplets contain the virus. Also, beware of the hands on which the droplets adhere. If you touch an object touched

by the hand with droplets, the virus may also be attached to your hand. We unconsciously touch our eyes, nose and mouth with our hands much more than we think. So "Hand washing" is the strongest precautionary measure that protects you and those around you at the same time.

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