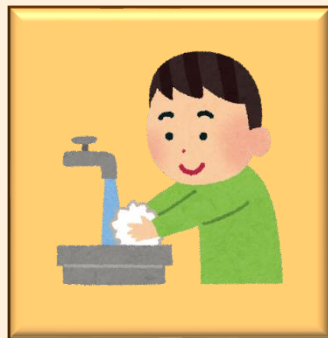


~Stay healthy during autumn~ by taking daily preventive measures

As we move into the autumn tourist season, there's an increased chance that you will run into crowds. In order to protect yourself and those around you (**especially the elderly or those with underlying conditions**), please check the preventive measures and prepare in advance for possible infection.

Daily prevention !



**Wash your hands, disinfect,
and ventilate**
daily without fail!

Thoroughly wash your hands before eating, and after using the bathroom or returning home!

Infection can happen suddenly!



Make sure to **stock up** on anything you may need if you feel unwell!

Things to prepare

- Rapid antigen Covid-19 test kits
- Over-the counter pain and fever meds
- Daily necessities
- Non-perishable food and drinks

Don't push yourself !



If you have symptoms such as fever, etc., don't push yourself and **rest at home**.

*If you want a check-up at a medical institution, call in advance and make sure to wear a mask.

The large fluctuations in temperature during autumn make it easier to become sick.
Make sure to look after your health everyday!